

PURSUIT

July 2017

Florida Blue 
BetterYou 

A monthly wellness newsletter from Better You



Urgent Care or the ER?

Illness and injuries usually occur when you least expect them. That's why it's important to know what options are available for you to get the care you need. Going to the emergency room is more expensive and often takes longer than visiting an urgent care center. Unfortunately, many people don't know when to go to the emergency room or when they can save time and money by going to an urgent care center. When

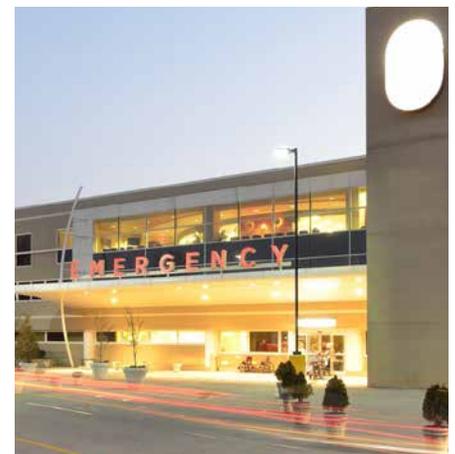
you're faced with one of the following conditions, an urgent care center is a great option for you:

- Cough and sore throat
- Flu and cold symptoms
- High fever
- Vomiting, diarrhea, stomach pain
- Cuts and severe scrapes
- Eye or ear infections
- Minor fractures, sprains, strains
- Migraines
- Rash or skin conditions

When your condition is severe or life-threatening, you should call 911 or go to the nearest emergency room to get care. They are ready to handle serious conditions, such as:

- Allergic reactions to food, animal or bug bites
- Broken bones
- Chest pains
- Stroke symptoms
- Seizures and convulsions
- Head injuries
- Severe bleeding or burns
- Maternity complications
- Severe shortness of breath

For help finding an urgent care center in your network, visit floridablue.com/locations or call us at 1-800-352-2583. TTY users should call 1-800-955-8770.



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Deep Breathing to Relieve Your Stress

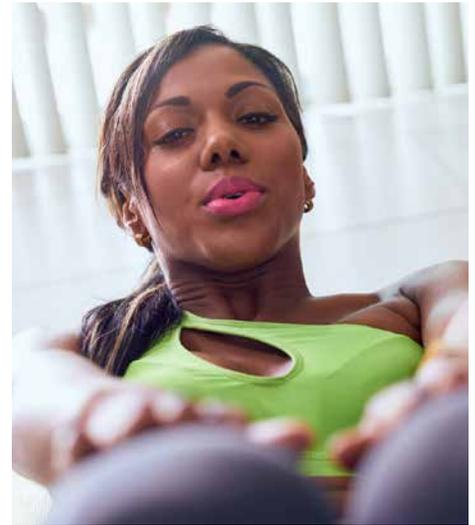
Knowing how to cope with stress is essential to your mental and physical wellness. The first step is to be able to recognize the signs of stress so you can manage your response. Here are some common reactions to stress:

- Sadness and frustration
- Fear and anxiety
- Guilt
- Anger, tension and irritability
- Crying
- Nightmares or trouble sleeping
- Loss of appetite
- Increased heart rate or difficulty breathing

If you find yourself suffering from any of these symptoms, focus on ways to reduce the stress in your life. The most immediate thing you can do is pay attention to your breathing, as this can help lower the fight or flight reaction to stress.

Deep breathing exercise

Inhale slowly through the nose until you can't hold any additional air. Slowly exhale through your nose or mouth, while tightening your stomach muscles. Repeat three times.



By focusing on ways to relieve your stress, you can take the steps you need to improve your health. For more information, visit <https://www.apa.org/topics/stress>.



Rainbow Potato Salad

Ingredients:

- 1 ½ pound multi-color baby potatoes
- Kosher salt
- 1/3 cup 2% Greek yogurt
- 1/3 cup olive oil mayonnaise (or light mayonnaise)
- 1 teaspoon yellow mustard
- 1 ½ teaspoon fresh dill
- Freshly ground black pepper, to taste
- 1 dill pickle spear, finely chopped
- 1 medium celery stalk, finely chopped

- 2 small green onions, chopped
- 1 tablespoon pickle juice

Directions:

1. Place potatoes in a large pot of salted water and bring to a boil. Boil for 10-15 minutes, or until fork tender. Drain and set aside to cool.
2. In a small bowl, combine the yogurt, mayonnaise, mustard, 1 teaspoon dill, a pinch of salt and pepper. Set aside.
3. When the potatoes are cool enough to handle, set aside half. Peel the other half by gently pinching the skin and pulling it away. Place peeled potatoes in a medium bowl and mash with a potato masher. Dice the remaining potatoes

into 1-inch cubes and add to the bowl with the mashed potatoes.

4. Add pickle, celery, 1/4 teaspoon salt, pepper, and all but 1 tablespoon of the green onion. Add the yogurt mixture and pickle juice to the potatoes and toss gently to evenly coat. Garnish with remaining dill and green onion.

Nutrition:

Yield: 5 Servings, Serving Size: 3/4 cup. Amount per Serving: Calories: 178; Total Fat: 7g; Cholesterol: 7mg; Sodium: 373mg; Carbohydrates: 24g; Fiber: 3g; Sugar: 2g; Protein: 4g.

Recipe and image courtesy of www.skinnytaste.com

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

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