

A monthly wellness newsletter from Better You

Women's health: what every woman should know

Women's health is about nurturing your body, mind, and emotions throughout your life. Preventive care such as routine checkups, screenings, and healthy habits may catch problems early. Taking action now could also mean fewer health issues in the future.

The importance of preventive care

Preventive care means taking steps to stay healthy before you get sick. Talk to your doctor about your personal health risks and when you should be screened. Together, you can make a plan that fits your needs. Here's what to consider:

- **Annual checkups** with your primary care doctor to screen for high blood pressure, high cholesterol and diabetes risk.
- **Understand your weight patterns** to make informed health choices.
- **Mental health screenings** for depression, anxiety, and stress.
- **Vaccines**, like flu and pneumonia, that may keep you from getting sick.
- **Cancer screening tests** can find cancers early. This



includes mammograms; pelvic exams and Pap tests; and colonoscopies, sigmoidoscopies or fecal occult blood tests.

- **DEXA scan** for bone density and osteoporosis risk.

During your regular doctor visits, talk to your doctor about how to improve your health: eating well, staying active, and getting quality sleep. Small choices in these areas can add up to make a real difference in how you feel.

Everyday habits for a better you:

- **Exercise:** Aim for 150 minutes of activity each week (walking, running, dancing).

- **Eat well:** Choose whole grains, fruits, vegetables, lean meats, and healthy fats.
- **Sleep:** Get 7–9 hours every night.
- **Manage stress:** Try deep breathing, meditation, yoga, or talk to a counselor.
- **Avoid alcohol and tobacco:** These increase your risk of cancer and heart disease.
- **Sexual health:** Get tested for STDs and talk to your doctor about birth control.

To learn more, [join us](#) for a Women's Health webinar on Tuesday, October 13th at 1:00 p.m. ET.

Resources: [Womenshealth.gov](https://www.womenshealth.gov); [healthywomen.org](https://www.healthywomen.org)

IN THIS ISSUE

Women's health: what every woman should know

Mind and body: before and after baby

Recipe of the month

Mind and body: before and after baby

Pregnancy and the months after giving birth bring significant changes to your body, emotions, and daily life. While these changes are often exciting and joyful, they can also feel overwhelming at times. That's why caring for your own physical and mental health is an important part of the transition too.

Your physical and mental health are closely connected. During pregnancy and after birth, there are several things you can do to create a solid foundation for well-being: prioritizing rest, consuming nourishing foods, doctor recommended activity, and regular prenatal and postpartum appointments.

Another crucial component of this foundation is caring for your emotional health. Maternal mental health disorders, like

postpartum depression, are the leading complication of childbirth, impacting 20% of U.S. women.¹ And mental health changes don't always happen right away. In fact, a CDC study found that 7.2% of women reported depressive symptoms nine to ten months after giving birth — and more than half had not reported symptoms earlier in the postpartum period.² That's why paying attention to how you're feeling throughout the postpartum year matters. If something doesn't feel right, talk to your doctor.

Supporting both your emotional and physical health can help you navigate pregnancy and the postpartum period with greater confidence and resilience.

To learn more, [register](#) for our webinar with Canopie, Florida Blue's maternal mental health program, on



October 15th at 1:00 p.m. ET. Our experts will share science-based approaches for recognizing when to seek support, understanding postpartum depression, accessing care, and preparing for your mental health journey.

You can also find additional support through the [Healthy Addition®](#) Program, available to Florida Blue members experiencing a high-risk pregnancy.

Resources: [1Policy Center for Maternal Mental Health](#); [2CDC.gov](#)

Lemon-Garlic Cabbage Wedges (Serves 8)

Ingredients:

- 1 medium head green cabbage
- 2 Tablespoons extra-virgin olive oil
- 1½ teaspoons grated lemon zest
- 1 Tablespoon lemon juice
- ¼ teaspoon salt
- 5 Tablespoons unsalted butter
- 2 teaspoons grated garlic
- 1 teaspoon garlic salt
- 1 teaspoon salt-free lemon-pepper seasoning
- ½ teaspoon crushed red pepper
- Chopped fresh flat-leaf parsley for garnish (optional)

- Lemon wedges for serving (optional)

Directions:

Line a large, rimmed baking sheet with foil; place in oven. Preheat the oven to 400°F. Remove any wilted or damaged leaves from cabbage. Cut the cabbage into 8 (1 1/4-inch) wedges, leaving the root end intact to help the wedges stay together. Brush both sides of the cabbage wedges with oil and lemon juice; sprinkle with salt. Remove the baking sheet from the oven; arrange the cabbage wedges on it in a single layer. Roast until tender and slightly browned, 40 to 45 minutes, flipping halfway through. Melt butter in



a small saucepan over medium heat, for 1 minute. Stir in lemon zest, garlic, garlic salt and lemon-pepper. Spoon or brush the mixture evenly over both sides of the roasted cabbage (about 1 1/2 teaspoons per side). Return the cabbage wedges to the oven; roast for 5 minutes more. Sprinkle crushed red pepper evenly over the cabbage wedges. Garnish with parsley and serve with lemon wedges, if desired.

Recipe courtesy of [Eatingwell.com](#); for nutritional information click [here](#).

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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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