



LiveHealthy

June 2014

Healthy Living: Men's Edition

You pride yourself on being there for your loved ones. The single most important way you can take care of those you love is by actively taking part in your own health care.

Compared to women, men are more likely to:

- Smoke
- Drink alcohol
- Make unhealthy or risky choices
- Put off regular checkups and medical care

The good news is that you can start taking better care of yourself today for a healthier tomorrow.

Know your family health history.

Knowledge is power. Talk to relatives to find out if any diseases or conditions run in your family. If so, share this information with your doctor.

Get checkups to help you stay healthy.

See a doctor for regular checkups even if you feel fine. This is important because some diseases don't have obvious symptoms at first. Plus, seeing a doctor will give you a chance to learn more about your health, make sure you're up-to-date on important shots, and are screened for signs of health problems like diabetes or heart disease.

Search & Save Center

Find doctors. Compare costs. Start Saving.

Quality, cost and convenience are three factors you likely think about before making any important purchase. The Search & Save Center on capbluecross.com is your go-to resource to evaluate these factors when making health care decisions.

You can search for health care providers by name, specialty or location, and even generate side-by-side comparisons to help you make informed decisions about your health.

To access the Search & Save Center, simply login at capbluecross.com, click on the "provider search" tab at the top of your secure member page, and start searching! Or, download the Capital BlueCross mobile app available on the Apple App Store and Google Play.

Get screenings to detect diseases early.

Medical screenings can help doctors detect diseases or health issues early, when they may be easier to treat.

- Get your blood pressure checked regularly.
- Talk to your doctor about getting your cholesterol checked at least every five years—or more frequently depending on your age and risk factors.
- Get tested for colorectal cancer if you are 50 or older.
- If you are between ages 65-75 and have ever smoked, talk with your doctor about abdominal aortic aneurysm.
- If you feel stressed, anxious, or depressed for more than two weeks, talk to a doctor about screening for depression.

Ask your doctor about a daily aspirin regimen.

If you are age 45-79, taking aspirin every day could lower your risk of heart attack. Talk with your doctor about whether daily aspirin is right for you.

When you get a preventive medical test, you're not just doing it for yourself. You're doing it for your family and loved ones.

NOTE: Some of the screening tests mentioned above may need to be done at earlier ages, or more or less frequently depending upon your specific health needs.

- Courtesy of the Agency for Healthcare Research and Quality and Dr. Morton Orman, Capital BlueCross Medical Director

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Recipe Row

Celery Salad

Ingredients (serves 4):

- 3 ribs of celery
- 2 Belgian endives
- 4 tbsp. blue cheese
- ¼ cup golden raisins
- 1 tbsp. red wine vinegar
- 1 tbsp. extra-virgin olive oil
- Salt and pepper, to taste
- Red pepper flakes, to taste

Directions:

Cut celery into 3-inch pieces, and each piece into ¼-inch-thick strips. Cut the endives in half and remove cores. Slice each half diagonally into ¼-inch-thick strips. In a mixing bowl, whisk together cheese, vinegar, oil, salt, and pepper until well blended. Toss vegetables with dressing; add raisins and crumble blue cheese before serving.

Nutrition:

125 calories / 6 g fat /
16 g carbohydrates /
3.5 g protein

See more recipes and share your own tips for living healthy at capitalbluestore.com/blog.

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