



the CommonHealth Compass



Apple and Carrot Salad

This fruity spin on slaw is just the thing for a hot day.

1 Points® value 8 servings

Prep Time: 15 min

Cooking Time: 0 min

Ingredients

2 large apples, 1 red and 1 green, cored, thinly sliced and then cut into matchsticks
 1½ tbsp fresh lemon juice, or less to taste
 3 cups carrots, cut into matchsticks (many stores sell these precut)
 ¼ cup chives, chopped
 1 tbsp olive oil
 1 tsp sugar
 ½ tsp table salt
 ¼ tsp black pepper, or more to taste
 2 oz feta cheese, French-variety suggested, crumbled

Directions

Place apples in a large bowl and toss with lemon juice. Add carrots, chives, oil, sugar, salt, pepper and cheese; toss to mix thoroughly. Yields about ¾ cup per serving.

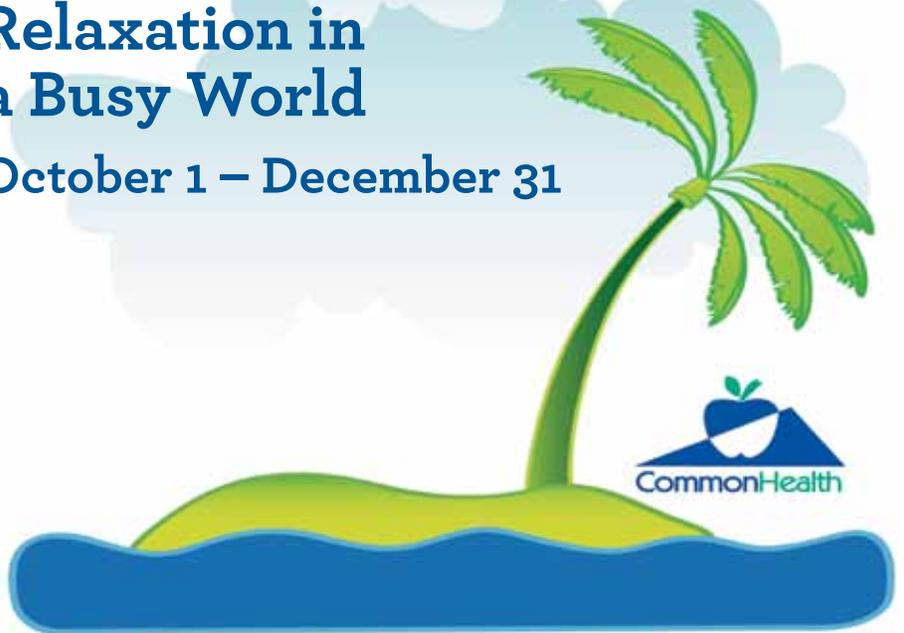
NOTES: If you want more tang, use blue cheese instead of French feta (could affect POINTS values).

© 2010 Weight Watchers International, Inc.
 Weight Watchers *Stop Dieting. Start Living.*

Take a Break:

Relaxation in a Busy World

October 1 – December 31



Many of us can probably agree that stress levels have been high lately, and we know that too much stress can lead to serious health issues. However, did you know that chronic stress – the type of daily, low-grade anxiety and pressure that many are feeling during these trying times – is more likely to lead to health problems than a major crisis? It's true. Over time, the body begins to break down in response to chronic stress because it cannot tolerate continually elevated levels of stress hormones and the physical symptoms they cause. This is why chronic stress is implicated in many health issues including cardiovascular disease, diabetes, migraines and depression.

So, what can you do to keep everyday stress from having a long term effect on your health?

One of the secrets of effective **stress management** at work is finding ways to incorporate stress-reduction techniques into your workday. By **Taking A Break** to practice the tips, stretches or breathing techniques taught in the program, you can catch your response to a stressful situation early – before it becomes unhealthy.

You will receive the 30 minute relaxation CD titled **Take A Break** – while supplies last!. The audio CD includes a guided relaxation exercise and relaxing music.

Contact your Agency Coordinator to find out when **Take A Break** is scheduled at your location. Visit www.commonhealth.virginia.gov for program information and resources, or e-mail wellness@dhrm.virginia.gov for additional information.



Culpeper

Success Story:

VDOT Culpeper District Networks for Weight Watchers Program

The Culpeper District Virginia Department of Transportation has an active CommonHealth program which has the support of our District Administrator; everyone from our transportation operators to District executive staff participates in the program. Some may have the CommonHealth representative come to the location and present the program, while others participate by reading the coupon and sending it to the District CommonHealth Coordinator. We have found that it works well for the transportation operators to have them watch the DVD or CommonHealth Web site video for the current program at their morning safety meetings.

Our active participation in CommonHealth sparked an interest in the Weight Watchers @ Work program so we have networked with other agencies in the area to include the Department of Health, Department of Motor Vehicles, Virginia Employment Commission, Department of Juvenile Justice as well as the Virginia Information Technologies Agency. We also had interested folks from other VDOT districts who live in Culpeper and plan to participate. The employees are excited to get started with the Weight Watchers @ Work program and are looking forward to the next quarter's relaxation program.

Our Life is Too Easy: Get Healthier at Work

Over time, our society has become more automated and has lost opportunities to include fitness as part of our lifestyle. Most drive, as opposed to walking or biking, when going places. We have gadgets that do just about everything for us from opening a can with the touch of a button to mowing our yards while we sit down and take a ride. The absence of basic exercise is impacting our overall health as well as our waistlines, but there are ways to include a little fitness in every day in our busy world - even at work!

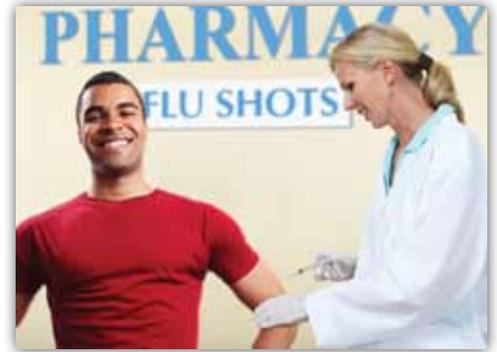
- Park farther away and get a good walk on your way into work. In general, you can walk quite a distance in the time it takes to circle around for the closest spot. If you live close enough to walk or bike to work, that's even better! If you take public transportation, get off a few stops early.
- Hang up the phone and stop writing that e-mail; try going to your colleague and talking in person. They may be down the hall or even on another floor, but the short walk will do you some good and often times communication can be more effective in person. Find other reasons for short walks such as hand delivering a report instead of sending it via interoffice mail. All the steps you take throughout the day will add up!
- Trade in your chair and stand or use a ball - it will burn more calories than sitting in your chair all day. Stand while you talk on the phone. Pace or stand while you brainstorm solutions or ideas. Strengthen your core muscles by sitting on an exercise ball rather than your chair because it engages your abdominal and back muscles. The changes will get your blood moving and increase your productivity.



Continued on page 3

Free Flu Shots...Got Yours?

It's one of the best things to do to stay healthy. Get a free flu shot courtesy of your state health plan! You can go to your doctor's office. Or if you are in COVA Care, COVA Connect or COVA HDHP, you can visit a participating pharmacy. Be sure to call the drug store first and ask if it participates in the Commonwealth of Virginia's flu shot program. Here are some questions and answers.



Q1. Why should I get a flu shot?

A1. Getting a flu shot each year is extremely important both to your health and to prevent the spread of influenza to others.

Q2. Where can I get a free flu shot?

A2. If you are enrolled in a state health plan, you can get a free flu shot at:

- **Your doctor's office.** Kaiser Permanente HMO members may also get a shot at Kaiser medical centers.
- **Your local pharmacy if it participates** with your health plan. A list of participating pharmacies is at www.dhrm.virginia.gov. Be sure to call ahead to double check that your flu shot is covered. An appointment may be required.

Q3. What happens if I get a flu shot at a pharmacy that does not participate in the program?

A3. You will have to get the shot at your own expense. Flu shots will not be covered at non-participating pharmacies.

Q4. When can I get a flu shot?

A4. As soon as doctor's offices and local participating pharmacies have vaccine available.

Q6. Will the H1N1 flu shot be available again this year?

A6. The seasonal flu shot includes protection against H1N1 along with other flu strains. A separate H1N1 shot is not necessary this year.

Q7. Will the flu shot program have any special requirements?

A7. Be sure to present a photo ID and your plan ID card at the pharmacy counter so that the pharmacist can determine your eligibility and coverage.

Q8. Does a pharmacist working for the participating drug store have to administer the flu shots?

A8. Yes. Be sure to ask whether the flu shot clinics are being done by the pharmacy or a third party vendor. To be covered at no cost to you, the pharmacist must administer a flu shot and process it online.

Q9. Are the participating pharmacies offering flu shots to the general public or just to those with a state pharmacy benefit?

A9. These pharmacies are offering flu shots to the general public and to state plan members. Medco, Anthem and Optima have special contracts with retail pharmacies to offer flu shots through the Commonwealth of Virginia plans' prescription drug programs.

Q10. Do children need a prescription to receive a flu shot?

A10. Virginia law requires that children under 18 have a prescription to get a flu shot at a pharmacy. However, depending on the pharmacy, the pharmacist can call the doctor for a prescription. Parents should call ahead to find out if the pharmacy will dispense a flu shot to children and to inquire if the pharmacy has an age limit.

Our Life is Too Easy: Get Healthier at Work

Continued from page 2

- Take the stairs, at least some of the way. Walking up stairs is not just good for the heart but your lower body as well. Even if you just get off the elevator a few floors early and finish by taking the stairs, you will benefit. Perhaps you even use a restroom on a different floor and use the stairs to get there each time.
- Wear comfortable shoes, and you'll be encouraged to take more steps throughout the day, or at least keep a pair in your workspace. If nothing else, take a walk at lunchtime or on a break.

Remember, any movement is better than none, so get up and move at least a couple times a day!

Be Prepared When Emergencies Happen

From www.readyvirginia.gov

Emergencies and disasters can strike anyone, anytime and anywhere. They can happen quickly and without warning, and they can force you to evacuate your neighborhood or require you to stay in your home. It is vital that you understand what a disaster could mean for you and your family. Each person's needs and abilities are different, but every individual can take important steps to prepare for all kinds of emergencies and to put plans in place. Get ready now.



Having a disaster supply kit is essential to making it through a disaster safely. Be sure to have supplies on hand to last each person at least three days.

Put these essential items in your kit:

- **Food**, at least a three-day supply that does not need electricity for storage or for preparation
- **Manual can opener** for food (if kit contains canned food)
- **Water**, at least three gallons per person for drinking and sanitation
- **Battery-powered or hand crank radio**, a weather alerting radio with tone alert and extra batteries for both
- **Written family emergency plan**

Once you have the essentials you should add these items to your kit:

- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Prescription medications and eyewear
- Dust mask, to help filter contaminated air, and plastic sheeting and duct tape to shelter where you are
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities

Additional items to consider adding to an emergency supply kit:

- Items for infants and toddlers
- Items for pets
- Local maps
- Copies of important family documents, such as insurance policies, identification and bank account records in a waterproof, portable container
- Cash in small denominations or traveler's checks and change
- Emergency reference material such as a first aid book
- Sleeping bag or warm blanket for each person (consider additional bedding if you live in a cold-weather climate)
- Complete change of clothing including a long-sleeved shirt, long pants, socks and sturdy shoes (consider additional layers if you live in a cold-weather climate)
- Household chlorine bleach and medicine dropper (when diluted in water, bleach can be used to kill germs)
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Paper cups, plates and plastic knives, forks and spoons, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children



**Need Healthy Tips? Go to
CommonHealth Online!**

www.commonhealth.virginia.gov

If you have any questions, comments or concerns, please e-mail us at wellness@dhrm.virginia.gov

