

Wellness News

June 2026

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“You don’t have to control your thoughts. You just have to stop letting them control you.”

– Dan Millman



Anthem members: You can view and manage your benefits, access wellness tools and resources to improve your overall wellbeing. Simply scan this QR code with your smartphone’s camera to download the Sydney Health app.

Men's health

Preventive care for a healthier tomorrow



Meet with a primary care doctor to:

- Discuss your health history
- Review bloodwork
- Review and adjust current medications
- Discuss any health concerns
- Discuss preventive cancer screenings
- Set health goals
- Get ongoing care

How to access the program through virtual care:

Download our no-cost **Sydney Health** sm app.



1. Register (if you haven't yet) and log in
2. [Once you register, your username and password are the same for our app and anthem.com.](#)
3. Select **Care on the bottom of the home page**, and then select **Virtual Care**.

Visit **anthem.com**.

1. Register (if you haven't yet) and log in.
2. From the **Care tab**, select **Virtual Care** in the drop-down menu to find some of your virtual care options.

Anthem offers an expansive network of providers who offer face to face and virtual care options. You can locate in network providers in Find Care and can even get a personalized match.

Good health starts with small things. Focusing on preventive measures like regular checkups can make a big difference in how you feel. Review these tips and resources to help you feel confident in making decisions about your health.

Access Virtual Care for **Immediate, Preventive Care AND Behavioral Health**

Sydney Health gives you access to **virtual primary care** at low or no additional cost so you can feel confident about your health. Annual wellness visits are a great way to stay on top of your health. That's why the Sydney Health app makes it convenient to connect with a virtual care provider to schedule a virtual **annual preventive (wellness) visit**. The good news – **these preventive visits are available to you at no additional cost.**



4 Steps to Men's Health

As a man, it's important to take care of your body and mind — even if you feel healthy. Strength, vitality, and good mental health over the short- and long-term often start with habits built today. Eating well, staying active, and **getting enough sleep** can make a big difference in men's health, including how you feel physically and emotionally.

1 Receive regular checkups

As you age, the risk of diabetes, heart conditions, and certain cancers increases. Taking these preventive steps helps lower your risk and detect problems early:

- Schedule preventive checkups with your primary care doctor every year.
- Receive regular cancer screenings and vaccines, as recommended by your doctor. All men should get screened for colorectal (colon or rectal) cancer by age 50.
- Let your doctor know if any close family members have a history of prostate cancer or other health conditions, such as high cholesterol, diabetes, or heart disease. This can affect how early and how often to receive certain screenings.
- Check preventive guidelines for your age.

2 Improve your overall lifestyle

These are other lifestyle changes you can make to maintain or better your health:

Fit 30 minutes of physical activity into your everyday routine to help lower your blood pressure, increase energy, strengthen your body, maintain your weight, and potentially decrease your risk for a heart attack or stroke.

- Limit your alcohol intake to no more than two drinks a day.
Avoid smoking or using tobacco.
- Use sunscreen to protect your skin from the sun.
- Manage your stress levels by spending time with friends and exercising.

3 Recognize depression

While feeling low from time to time is normal, depression is a mental health condition that shouldn't be ignored. Symptoms of depression in men include:

- Angry, irritable, or aggressive behavior.
- Anxious, restless, sad, or dissatisfied feelings.
- Loss of interest in work, family, or hobbies.
- Suicidal thoughts.

Seek support for depression

These tips can help if you're feeling depressed:

- Talk to your doctor about treatment that's best for you. Reach out to loved ones.
- Spend time with people who are positive.
- Set realistic goals for yourself to avoid being overwhelmed or discouraged.

4 Eat smart

Choosing healthy foods can reduce your risk of obesity, heart disease, diabetes, and other conditions. These habits will feed your good health:

- Include foods like fish, almonds, and flaxseed in your diet. They are high in omega-3 fatty acids, which are important parts of the membranes that surround every cell in your body.
- Eat at least 1.5–2 cups of fruit and 2–3 cups of vegetables every day.
- Limit calories from added sugar, which is often found in sweetened beverages, cereal, baked goods, and packaged snacks.
- Avoid processed foods like crackers, chips, deli meat, cereals, and many frozen or ready-to-eat meals. These are often high in salt, sugar, and trans fat.

View screening recommendations and guidelines based on your age and gender: <https://www.anthem.com/preventive-care> (open for all to review) & Embedded within Sydney Health / Anthem.com. From Sydney select **MENU** on the bottom navigation bar, then select **ACCESS CARE, MyHealth Dashboard**, then **Featured Programs** then **Preventive Health Guidelines** and much more!

National Institute of Health: *Omega-3 Fatty Acids: Fact Sheet for Consumers* (July 18, 2022); ods.od.nih.gov, Centers for Disease Control and Prevention: *Adults Meeting Fruit and Vegetable Intake Recommendations* (January 7, 2022); cdc.gov, Centers for Disease Control and Prevention: *About Men and Heart Disease* (May 15, 2024); cdc.gov; American Cancer Society: *Cancer Facts for Men* (October 31, 2023); cancer.org

10 HEALTHY HABITS FOR YOUR BRAIN

TAKE CHARGE OF YOUR BRAIN HEALTH. THESE HEALTHY HABITS CAN LOWER THE RISK OF DEVELOPING COGNITIVE DECLINE AND POSSIBLY DEMENTIA. THIS IS TRUE EVEN FOR PEOPLE WITH A HISTORY OF DEMENTIA IN THEIR FAMILIES.

Follow as many of these tips as possible to achieve the most benefits for your brain and body. It's never too late or too early. Start now!

Challenge your mind



Be curious. Put your brain to work and do something that is new or hard for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain.



Get moving

Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day — walking, dancing, gardening — whatever works for you!

Be smoke-free



Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.

Eat right



Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to you.

Brain Health Habit Builder: Make your plan for a healthy brain [Start now!](#)

Brain Health Habit Builder
ALZHEIMER'S ASSOCIATION



Control your blood pressure

Medications can help lower high blood pressure. And healthy habits like eating right and physical activity can help too. Work with a health care provider to control your blood pressure.



Stay in school

Education reduces your risk of cognitive decline and dementia. Encourage youth to stay in school and pursue the highest level of training possible. Continue your own education by taking a class at a local library, college or online.



Sleep well

Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.



Maintain a healthy weight

Talk to your health care provider about the weight that is healthy for you. Other healthy habits on this list — eating right, physical activity and sleep — can help with maintaining a healthy weight.



Protect your head

Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.

Manage diabetes



Type 2 diabetes can be prevented or controlled by healthier eating, increasing physical activity and medication, if necessary.

BBQ Chicken Sandwich with Broccoli Slaw

Fred Hutch: Cook For Your Life

Total Prep and Cook time: 45 minutes

4 Servings

The recipe uses plain Greek yogurt for the broccoli slaw in this stellar BBQ chicken sandwich. A wonderful low-fat substitute for mayonnaise.

Ingredients

- 2 chicken breasts
- 1 cup ketchup
- 1 teaspoon Worcestershire sauce
- 1 teaspoon apple cider vinegar
- 1 cup Greek yogurt
- 1 Tablespoon red wine vinegar
- Salt and pepper to taste
- 2 medium carrots, shredded
- 2 broccoli stems, julienned
- 2 green apples, julienned
- 4 hamburger buns (whole-wheat)

Directions

1. In a medium saucepan, bring 4 quarts of water to a boil. Add chicken breasts. Reduce heat to simmer and cook until the chicken is fully cooked, about 15 minutes. Remove chicken from liquid and let cool. Once the chicken is cool, use 2 forks to shred the meat. Place into a large bowl. Set aside.
2. **Barbeque Sauce:** Meanwhile, in a small saucepan, combine ketchup, Worcestershire sauce, apple cider vinegar, and agave. Bring to a simmer and cook for 10 minutes. Pour the sauce into the bowl with the chicken and coat the chicken with the barbeque sauce.
3. **Broccoli Slaw Sauce:** In a separate medium bowl mix together the Greek yogurt and red wine vinegar. Season with salt and pepper to taste. Add the carrots, julienned broccoli and apples to the yogurt mixture. Mix to coat the sauce with the vegetables.
4. To **assemble** each sandwich, place a quarter of the chicken on the bottom on each bun. Next place a quarter of the broccoli slaw on top of the barbecue chicken. Place top of bun on top and serve.



Per Serving: 465 calories, 14g fat, 5g saturated fat, 57g carbs, 30g protein, 5g fiber, 950mg sodium

Mental Health First Aid Training

Due to the impact of mental health in Virginia, Anthem will be offering this at no cost to current clients*

Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives attendees the skills they need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

Mental Health First Aid Matters

Most of us would know how to help if we saw someone having a heart attack — we'd start CPR, or at the very least call 911. But too few of us would know how to respond if we saw someone having a panic attack or if we were concerned that a friend or coworker might be showing signs of alcohol use disorder.

Mental Health First Aid takes the fear and hesitation out of starting these conversations by improving understanding and providing an **action plan** that teaches people to safely and responsibly identify and address a potential mental health or substance use challenge.

When more people are equipped with the tools to start a dialogue, more people can get the help they need. Mental Health First Aiders are a vital link, connecting those experiencing a mental health or substance use challenge with appropriate support.

Mental Health First Aiders are...

Teachers, first responders and veterans. They're neighbors, parents and friends. They're people in recovery, and those supporting a loved one. Mental Health First Aiders are anyone who wants to make their community healthier, happier and safer for all.



Virginia Training Dates

2026 Training Dates

25 spots available/training
Available to those who sign up first

Click links below to secure training spot and completion of required pre-work.

[August 18, 2026 – virtual](#)

[October 20, 2026 – virtual](#)

In-person or virtual trainings for specific clients will be considered based on availability of Health Promotion Managers. Please contact Brandy Rollins, Kayla Craddock or your Account Manager to discuss.

*Late cancellation fees may apply

MARK YOUR CALENDARS: Upcoming Events in Virginia



Join Team Anthem at one of several spring events. Walk, run, support, or simply enjoy! Your partnership and participation is appreciated!



Markel Corporate Run

Date: Thursday, June 4, 2026

Location: Richmond

Run or come by Team Anthem's tent to say hello!

Anthem Lemonaid

Date: July 17-19, 2026

Location: Anywhere!

Host a stand or donate to a stand!