

COMING SOON: FLU CLINICS

Starting in September 2015, the Healthwaves team will be administering FREE flu shots to State of Arizona employees and Benefit Options members (retirees, spouses, and dependents 4 and older). This year we will offer the new 4-strain or quadrivalent vaccine which protects against four of the most common strains of the flu virus: 2 A viruses and 2 B viruses.

Flu clinics will be held at **Work-sites, Benefit Expos, and Healthwaves public clinics.** The flu clinic schedule will be posted on the Benefits Options Wellness website starting in September 2015.

For more information, visit the Flu Shot page at <http://benefitoptions.az.gov/wellness/>.

YOUR CHECK-UP CHECKLIST

Getting check-ups with your health care provider is one of many things you can do to stay healthy and prevent disease. If you've taken the first step in making the appointment, make sure you do these four things before your next check-up.

Review your family health history.

Are there any new conditions or diseases that have occurred in your close relatives since your last visit? If so, let your health care provider know. Family history might influence your risk of developing heart disease, stroke, diabetes, or cancer. Your provider will assess your risk of disease based on your family history and also recommend things you can do to help prevent disease, such as exercising more, changing your diet, or using screening tests to help detect disease early.

Find out if you are due for any general screenings or vaccinations.

Have you had the recommended screening tests based on your age, general health, family history, and lifestyle? Check with your health care provider to see if its time for any vaccinations, follow-up exams, or tests.

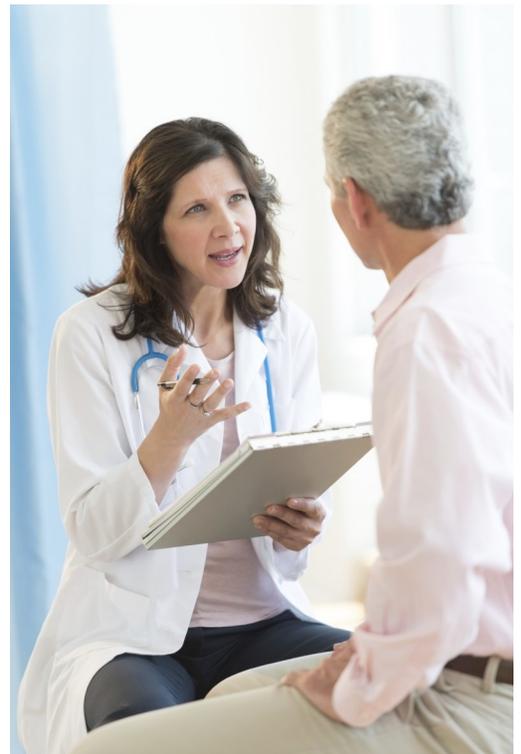
Write down a list of issues and questions to take with you.

- Review any existing health problems and note any changes.
- Have you noticed any body changes, including lumps or skin changes?
- Are you having pain, dizziness, fatigue, problems with urine or stool, or menstrual cycle changes?
- Have your eating habits changed?
- Are you experiencing depression, anxiety, trauma, distress, or sleeping problems?

Write your questions down beforehand, and take note of any health changes or any other observation that you think might be helpful. Be honest with your provider. If you haven't been taking your medication as directed, exercising as much, or anything else, say so. You may be at risk for certain diseases and conditions because of how you live, work, and play. Your provider will develop a plan based partly on what you say you do. Help ensure that you get the best guidance by providing the most up-to-date and accurate information.

Consider your future.

Are there specific health issues that need addressing concerning your future? Are you thinking about having infertility treatment, losing weight, taking a hazardous job, or quitting smoking? Discuss any issues with your provider so that you can make better decisions regarding your health and safety.





SUMMER VEGETABLE SOUP

The midsummer wealth of vegetables and herbs makes it a pleasure to prepare this satisfying soup.

INGREDIENTS

- 1 tablespoon oil, olive
- 1 medium onion, yellow chopped
- 3 cloves garlic chopped
- 4 medium tomatoes, plum peeled and seeded, then diced
- 1 tablespoon oregano, fresh chopped, or 1 teaspoon dried oregano
- 1 teaspoon cumin, ground
- 4 cups stock, vegetable or broth
- 1 leaf bay leaf
- 1 medium carrot peeled, thinly sliced crosswise
- 1 medium pepper, yellow, bell seeded and diced
- 1 medium zucchini halved lengthwise and thinly sliced crosswise
- 1 tablespoon lemon zest grated
- 2 tablespoon cilantro, fresh chopped (fresh coriander)
- 1/4 teaspoon salt

PREPARATION

1. In a large saucepan, heat the olive oil over medium heat. Add the onion and saute until soft and translucent, about 4 minutes. Add the garlic and sauté for 30 seconds; don't let the garlic brown. Add the tomatoes, oregano and cumin and sauté until the tomatoes are softened, about 4 minutes.
2. Add the stock and bay leaf and bring to a boil, then reduce the heat to medium low and bring to a simmer. Add the carrot and bell pepper and cook for 2 minutes. Add the zucchini and simmer until the vegetables are tender, about 3 minutes longer. Stir in the lemon zest and cilantro. Season with the salt and pepper. Discard the bay leaf.
3. Ladle into individual bowls or mugs and serve immediately. Yields 8 servings.

NUTRITION FACTS

Per serving : 60 Calories; 2g Fat; 0g Sat; 0g Mono; 311mg Sodium; 9g Carbohydrates; 2g Protein; 2g Fiber

Source: Mayo Clinic

WOMEN'S HEALTH WEEK 2015

This year was a record breaking year for Women's Health Week. We had over 720 attendees participate in the expo events, including the health screenings, seminars, chair massage, and chair yoga class.

Thank you to all who participated and supported women's health!



IPAD WINNERS

Congratulations to our HIP iPad winners:

APRIL Victoria Whitmore
(Veterinary Board)

MAY Triska Hoover
(Game & Fish)

JUNE Jennifer Alspaw
(BBHE)

You still have an opportunity to win one of three iPads! Benefits eligible employees who register for the Health Impact Program (HIP) by creating an account on the Mayo Clinic Healthy Living portal from October 1, 2014 to September 30, 2015 will be automatically entered into a monthly iPad drawing.