



DECEMBER 2016

Healthyroads™

01

Wellness and Healthy Living Using Antibiotics the Safe and Right Way

Antibiotics can save lives. They can help you feel better sooner. They can lower your risk for complications related to your illness. And they can stop infections from spreading to others. But they must be used in the right way for the right illness.

When it comes to using these potent drugs, the following tips can help you make smart choices:

- * **Don't use them to treat viral infections.** They can only treat bacterial infections like sinus infections that last for 2 or more weeks, strep throat, and bladder infections. They can't treat viral infections like the common cold or flu.
- * **Take *all* of them as prescribed by your doctor, even if you feel better.** Don't save any for the next time you get sick.
- * **Don't share them with others, even if they seem to have the same illness.** The type and dose of the drug your doctor prescribed is meant to safely treat your infection. Also, don't take drugs prescribed for someone else for this reason.
- * **Discuss side effects with your doctor, and ask what to do if they happen.** Common side effects include nausea, stomach pain, or loose stools. These can lead to health issues such as dehydration. Let your doctor know right away if you have these or any other side effects.

- * **Discuss drug allergies you've had in the past with your doctor, and what to do if these happen while you're taking your antibiotic.** These include adverse reactions such as rash or itching; problems breathing or swallowing; swelling of the face, eyes, or tongue; and chest discomfort or tightness.
- * **Ask your doctor what to do if you forget or miss a dose.** Don't assume that it's safe to take more than one dose at a time.

Overuse and misuse of these drugs has given rise to a breed of germs that resist their therapeutic effects. Some drugs that were once standard treatments for certain infections have less impact against them. The edge they once had over these harmful germs is now blunted. And in some cases, they're simply useless.

Your chances of getting an infection that resists treatment with these drugs goes up each time you take an antibiotic the wrong way or when you don't need it. Work with your doctor to decide when it's best to use them. And keep in mind that the best thing to do at times is to let your body's robust defenses fend off illness all on its own.

Welcome to
HEALTHYROADS!

In this monthly newsletter, you'll find a collection of articles on popular health and wellness topics. If you'd like additional support in your quest to lose weight, improve nutrition, develop an exercise plan, reduce stress, or quit smoking, visit us online at www.healthyroads.com.

There you can find a collection of tools to help you reach your health goals.

M600-6627A-DEC (12/16) © 2016 American Specialty Health Incorporated (ASH). All rights reserved. Healthyroads and the Healthyroads logo are trademarks of ASH. Healthyroads, Inc. is a subsidiary of American Specialty Health Incorporated. Healthyroads is a health education and wellness program; it is not insurance. Exclusively distributed by Healthyroads, Inc., P.O. Box 509040, San Diego, CA 92150-9040.

01

Wellness and Healthy Living
Using Antibiotics the Safe
and Right Way

02

Nutrition and Weight Management
Super Snacks for When You're
on the Go

03

Active Living
Recapture the Spirit of Play

04

Life Skills
Long-Distance Caregiving

IMAGINE ...

Getting a report on your health that's specific to you . . . in just minutes. Healthyroads.com can help you gauge your current health and find ways to improve it.

Simply visit
www.healthyroads.com today!



02

Nutrition and Weight Management Super Snacks for When You're on the Go

Life can get hectic. Sometimes, you need to grab a quick snack to keep you fueled until mealtime. But what kind of snack are you grabbing? If it's fried chips or refined sweets, your body needs better fuel. Healthy snacks can taste great and give your body real nutrition.

Eating healthy snacks can help you get nutrients you may be missing in your regular meals. It can also help you get more servings of much-needed food groups, like fruits, vegetables, and whole grains. To help you feel full longer, look for snacks that combine protein with fiber. Here are some super snack combinations.

- * **Trail mix:** Make your own with nuts and seeds (like walnuts and sunflower seeds), dried fruit (like blueberries), and whole grain, low-sugar breakfast cereal.
- * **Nut butter plus:** Spread nut butter (peanut, almond, cashew butter) on whole grain bread, half-bagel, pita, or crackers. Or spread it on celery or 2 apple halves.
- * **Hummus and veggies:** Cut up (or buy pre-cut) veggies like carrots, broccoli, celery sticks, bell peppers, and sugar snap peas. Package to-go with hummus.

- * **Yogurt and berries plus:** Mix plain or light yogurt with fresh berries. Add low-fat granola, muesli, slivered almonds, or crunchy, whole grain cereal.
- * **Cheese and fruit:** Combine low-fat cheese (try string cheese) with a pear or apple. Top cottage cheese with fruit like peach slices, strawberries, or apple sauce.
- * **Hard-boiled eggs and whole grains:** Hard-boil eggs ahead of time to bring with you. Eat them with whole grain melba toast or crackers.
- * **Easy bean salad:** Toss white navy beans and pre-cut veggies like cucumber, tomatoes, and bell peppers in a container. Top with low-fat vinaigrette.

It can take a little extra planning to pack healthy snacks rather than grab something from the vending machine or coffee cart. But it doesn't take much. And your waistline, energy level, and health may all benefit.



HEALTH TIP:

Look for snacks that have both protein and fiber. They can help you feel full longer. Good ones include apple slices with almond butter, yogurt with granola, and boiled egg with whole grain crackers.



03

SERIOUS ABOUT QUITTING?

We at Healthyroads understand the challenges of quitting smoking. That's why we offer a variety of online tools and articles to help you quit—once and for all. Our web-based tools give you every chance to succeed. For anyone considering quitting smoking, take the first step and visit www.healthyroads.com.

Active Living Recapture the Spirit of Play

Your body naturally loves to move. Believe it! Movement lights up your brain's pleasure center. Remember when you were a child? Movement was pure joy. You'd run, jump, skip, and climb just for the fun of it.

Now, think for a moment: How do you view movement today? Do you have to push yourself to go to the gym? Are your exercise DVDs collecting dust on the shelf? Do you just go for a walk or run when you want to "make up for" eating too much?

If you don't find exercise exhilarating and just plain fun, it's time to change how you view—and do—it. You don't have to track miles per hour, sets, reps, and calories. Start thinking in terms of what you enjoy. You can take clues from how you loved to move as a child. Here are just a few ideas for swapping exercise for play:

- * **Go out and play.** Join a pick-up game of basketball, or play tennis with a friend. Sign up for an adult softball or soccer league. Or you might take up golf, play backyard badminton, or try your hand at Ping-Pong. It doesn't matter how "good" you are. You don't have to be athletic to play, move, and have fun.
- * **Play active video games.** Snowboarding or playing tennis along with a video game in your living room may not give you quite as much of a workout as the real thing. But there's a lot to be said for getting up and moving when you would otherwise be sitting and watching TV.

- * **Play with friends.** It's a great way to socialize and stay motivated. Set a regular walking date. Or challenge friends to a pedometer "step" competition.
- * **Play like you used to.** Is there a physical activity you used to love to do? Can you pick it up again? If not, is there a new activity that sounds fun? Take a few minutes to brainstorm a list of activities that sound interesting to you. Fencing, hiking, martial arts, and swing dance classes? Stand-up paddleboarding, kayaking, and pogo sticking? Be creative.

Remember that it's OK to try something just once. If you don't enjoy it, try other options on the list. When you're having the time of your life, you'll know you've found a keeper.

Be sure to keep your health and safety a priority. Speak with your doctor before starting a new fitness routine or making any changes to your current routine.



Life Skills

Long-Distance Caregiving

If you live far from an aging parent or other family member who needs care, you may be confused about how to help. Long-distance caregiving is a challenge. But there are many things you can do to support your loved one.

Start by finding out what would be helpful. Talk to your loved one to find out what help they need. There are 2 key roles you can play as a long-distance caregiver: information gatherer and services coordinator.

As **information gatherer**, you can serve as the information hub. You can research:

- * Community services and government programs available to your loved one
- * Your loved one's medical condition, treatments, and medicines
- * Insurance benefits and the claims process
- * Legal or financial issues, such as how to create a will or trust

You can also compile important information such as:

- * Contact lists (for doctors and pharmacy, as well as friends and neighbors)
- * Medical records (include a list of all medicines)
- * Insurance policies (carriers and account numbers)
- * Legal documents (wills, trusts, advance directives, powers of attorney)
- * Financial information (bank accounts, credit cards, assets, income, expenses)
- * Other important documents (birth certificates, deeds, titles, social security numbers)

As **services coordinator**, you can oversee and manage the care your loved one needs. You may:

- * Pay bills and take care of their banking needs online
- * Arrange for in-home care (housecleaners, qualified caregivers, nursing aids)
- * Serve as the point person for doctors and care providers (with signed permission)
- * Arrange for care in an assisted living facility or nursing home
- * Make a plan for emergencies, share contact lists, and keep family informed

Emotional support is also a key piece you can contribute. Stay in touch with your loved one. Let them know you're thinking of them and you care. If there is a primary caregiver, let them know how much you appreciate what they do. And don't forget to care for yourself. Caregiving of any kind can be complex and challenging. So give yourself credit for all that you do and give yourself breaks. For more detailed help and guidance, go to the National Institute on Aging's web pages on long-distance caregiving.

GET STARTED

with Healthyroads today!

Healthyroads.com provides the following helpful health tools:

- * Online classes
- * Award-winning educational materials
- * Challenges, polls, blogs, and more!

For more information, visit us online at www.healthyroads.com.



HEALTHYROADS WANTS TO HEAR FROM YOU!

Do you have ideas for articles you would like to read? Suggestions for improvements? Please let us know at Feedback@Healthyroads.com.