

Great Expectations[®]

FOR HEALTH

A BlueChoice[®] HealthPlan newsletter for Young Adults

Summer 2010

Young Adult Health

Breakfast Every Day!

Do you eat breakfast every day? No? Why not?

A healthy breakfast doesn't have to take a lot of time or slow you down. These healthy suggestions only take a couple of minutes and can be just what you need to jumpstart your day.

- Apple slices with peanut butter
- Two hard-boiled eggs with whole-wheat toast and 8 ounces of orange juice
- Low-fat yogurt and fresh berries
- Peanut butter on whole-wheat toast with 8 ounces of low-fat milk
- Low-fat granola cereal with sliced bananas and low-fat milk

That didn't take long, did it? With these easy ideas, there's no reason to ever skip breakfast again.

Summertime Is the Best Time

Woohoo! It's summer! And with summer comes more daylight hours and hopefully more time for fun. That's why summer is the perfect time to achieve a healthier weight and lifestyle.

Getting more fit can be easy *and fun* if you take small steps like starting your day with a healthy breakfast and eating nutritious snacks throughout the day. Enjoy healthy portions of delicious summer fruit like strawberries, melons, cantaloupes and blueberries. Not only will they satisfy your sweet tooth, they are also loaded with energy-boosting vitamins and antioxidants.

And no summer day is complete without taking in the sun! Incorporate fun outdoor activities into your daily routine. Swimming, playing ball and rollerblading are excellent ways to burn calories. And when you add friends, you increase the fun! Take small steps throughout the summer, and see big results in the fall. Happy summer!



Smoking Stinks!

Yep, you've heard it before. Smoking is whack. Yesterday. Played out. Old school. Not only that, cigarette smoking, smokeless tobacco and secondhand smoke can harm nearly every organ of your body and cause many chronic diseases like high blood pressure. Not to mention, it makes your skin look older than it really is and your breath smell bad. Smoking is *so not you*. And think of all the money you can save for other stuff if you don't have to pay for cigarettes!

If you smoke, quit now! If you need help quitting, let us know. BlueChoice HealthPlan has smoking cessation tools and programs that can help you kick the habit. Contact us at 800-327-3183, ext. 25294 and take the first step to a new, healthier you.

Health for Young Adults

You and your friends rarely feel sick. You can hang out all day, text half the night and still get up with the sun, ready to handle your responsibilities. Even though you may not remember the last time you had a sniffle, you still need to get an annual checkup from your personal physician. Pediatricians continue to see patients up to 21 years old. If you feel more comfortable, you can find a family doctor who can get to know you, your medical history and your lifestyle.

Young women: You should also see a gynecologist if you have become sexually active. At your next appointment, ask if you are up-to-date on vaccinations, including the Human Papillomavirus (HPV) vaccine. It was developed to protect young women from HPV, the virus that can lead to cervical cancer. If your doctor recommends the HPV vaccine for you, make sure you complete the full series of three shots. BlueChoice HealthPlan covers the HPV vaccine after your regular office visit copayment. So, see your doctor for a checkup, even if you are feeling well.



Pap Test Q&A

1. What is a Pap test?

The Pap test is used to find abnormal cell changes in the cervix before they have a chance to turn to cancer. If cervical cancer is found early, it is one of the easiest cancers to treat.

2. Could I have cervical cancer and not know it?

Yes. Cervical cancer often has no symptoms or pain.

3. Who should get a Pap test?

The American College of Obstetrics and Gynecology and the American Cancer Society recommend females be screened according to these guidelines:

Age 21 – Begin routine Pap testing

Ages 21 - 29 – Test every two years if Pap results are normal

Ages 30 and over – Test every three years if Pap results are normal

Prevention Is Affordable

BlueChoice HealthPlan members can get an annual Pap test, checkup and immunizations covered at 100 percent, after their office visit copayments. For more information, check your Schedule of Benefits or call us at 800-868-2528.

Youth Is Golden

How old are you? 18... 21... 26?

This is the prime of your life. You are young, vibrant – the star of your own show! Don't let excessive weight or obesity cramp your style. If you don't take care of yourself, that could happen.

Being overweight or obese has been shown to increase the likelihood of several health problems, including diabetes. While people with diabetes can live full, active lives, who needs those unnecessary complications? Not you! Take steps now to avoid them.

Our **Great Expectations® Pre-diabetes** program is for people who are overweight and have other conditions like glucose intolerance or metabolic syndrome. We can give you the tools to get your weight under control and reduce your chances of getting diabetes. For additional information about this program, please call us at 800-327-3183, ext. 25450.

Go to our website, BlueChoiceSC.com, for more information on individual coverage for kids and young adults.