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# BenefitsWise

## "Better Benefits Through Collaboration"

### Don't Be Couch Potatoes!

Kids copy the behaviors of the adults they are around as a way to learn how things work in the world. Sometimes they mimic undesirable behaviors, such as repeating bad words. Other times they repeat positive actions, such as covering their mouths when they sneeze. Kids also watch what adults do in their downtime and follow along. This means that when adults flop on the couch after a long day of work, kids often join them, leading to sedentary behavior that isn't healthy — for the adults or the kids.

Kids who are not used to being active don't have to jump straight into an hour of movement — several short bursts of 5 to 10 minutes of activity throughout the day are just as good. From there, they can gradually build up to 60 minutes of activity. So don't be couch potatoes. Get the whole family up and moving together in a variety of fun ways that everyone can enjoy!

For more information visit BCBSFL at <http://myhealthtoolkitFL.com>.



### Making Smart Food Choices at a Restaurant

Eating healthy doesn't always mean sacrificing your favorite meals. Although it may not seem like it, you can still stay on track with your diet when enjoying a meal out with friends and family.

Since restaurants—especially fast food chains—tend to use more fat, salt and sugar than home-cooked meals, you just need to be smart about what you order from the menu.

To make it simple, here are some things to keep in mind next time you're eating out:

- Avoid fried and carb-heavy options, like fried chicken or macaroni and cheese.
- Watch your portion size, as many restaurants give you more than one serving.
- Be mindful of your beverage choice, since there are many hidden calories in sugary sodas and alcoholic drinks.

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## Remember to visit our website—<http://ICUBAbenefits.org>

This user friendly site is your one stop shop for all things benefits! Visit our single sign-on section located below the scrolling banner and gain access to ICUBA's Brand Partners including BCBS MyHealthToolkit and Rally, OptumRx Prescription Drug Portal, Resources for Living EAP and Aetna Navigator and of course, the ICUBA MasterCard!

### What to do for Healthy Teeth and Gums

Good oral hygiene is necessary to keep teeth and gums healthy. It involves habits such as brushing twice a day and having regular dental checkups.

However, oral health is about more than cavities and gum disease. Research has shown that there is an association between the health of a person's mouth and their overall health. Experts consider oral health problems to be a global health burden.

1. Brush regularly but not aggressively
2. Use fluoride
3. Floss once a day
4. See a dentist regularly
5. Do not smoke
6. Consider a mouthwash
7. Limit sugary foods and starches
8. Drink water instead of sugary drinks



Practicing good dental care from infancy to adulthood can help a person keep their teeth and gums healthy. Brushing and flossing daily, not smoking, eating a healthful diet, and having regular dental checkups can help people avoid cavities, gum disease, and other dental issues. It may also benefit your overall health.

Article by Jennifer Berry, for more information visit [Medical News Today](#).



### Resources to Help With Coping With Disasters

Distressing world events can affect everyone who lives through them. Even people who experience these events only through the media can have emotional and stress reactions.

When unexpected events happen, feeling stressed, anxious or sad is understandable. We thought you might find these resources helpful in response to the tragic shootings across the country.

- Common reactions to disaster
- Coping with disaster
- How to cope with community and school violence
- Helping children cope with a disaster
- Facing the unknown after a disaster
- Stages of recovery from trauma and loss
- After a Disaster Guidebook
- Emotional Recovery After a Crisis Guidebook
- Healing after an act of violence

We're always here to provide you with emotional support and referrals to helpful resources. You can also check your Resources For Living website for a list of resources under What's New > Current National Events.

*Brought to you by our Brand Partners at Aetna Resources for Living, for more information, visit*

[www.resourcesforliving.com](http://www.resourcesforliving.com)

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*You can call 24 hours a day, 7 days a week.*

**877-398-5816 (TTY: 711)**

