Take Time To Be Sure
By Florida Blue

August is Immunization Awareness Month—the ideal time to schedule those shots for your children enrolling in childcare or returning to school. It’s also a good time to be sure that you are current on vaccines recommended for adults, such as the tetanus shot. You may need other vaccines based on your age, health conditions, travel plans and other factors, so be sure to ask your doctor.

The Centers for Disease Control and Prevention updates its recommended vaccination schedule every year.

Review the 2016 guidelines to determine if you’re missing a necessary vaccination. Immunizations protect you, your children and future generations from serious and life-threatening diseases; prevention is easier and more cost effective than disease treatment.

Taking the time now to ensure that you and your children’s vaccinations are up to date allows you more time to enjoy the things you love without the fear of getting sick.

Test Your Immunization Knowledge
By Florida Health Care Plans

1. True or False: Vaccines work by teaching your immune system to know what the real infection looks like.

2. According to the Centers for Disease Control and Prevention, adults should get which of the following vaccines or immunizations every year?
   a. Tetanus (Td/Tdap)
   b. Chickenpox
   c. Flu shot
   d. All of the above

3. True or False: If you’re planning to get pregnant, you may need the measles, mumps, and rubella (MMR) vaccines.

4. Incoming college freshmen must be vaccinated against which disease?
   a. Meningitis
   b. Conjunctivitis
   c. Gingivitis
   d. Hepatitis

5. If you’re traveling this summer from a temperate climate such as the U.S. to a tropical climate, you should take steps to prevent which disease?
   a. Measles
   b. Malaria
   c. Hepatitis
   d. None of the above

See answers below.

Coming Soon!
Effective Aug. 21, 2016, E4 Health will replace Aetna Resources for Living as the administrator of the state’s Employee Assistance Program. (Universities will continue with their current vendor.)

Be sure People First has your correct mailing address and email to receive E4 Health’s postcard in August. In addition, look for monthly e-newsletters on topics that will help you better navigate life’s unexpected turns.

Answers: 1) True 2) Flu shot 3) True 4) Meningitis 5) Malaria

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The information contained in this newsletter should not be construed as medical advice. Please see your health care provider.
Crunchy Fruit and Yogurt Parfait (Servings: 6)

By UnitedHealthcare

Ingredients

• 3 cups non-fat plain Greek yogurt
• 3 cups fresh or frozen fruit (thawed without added sugar)
• 2/3 cup nutty granola (recipe below)

Nutty Granola

• 3 1/2 cups old fashioned oats
• 1 1/2 cups finely chopped almonds, walnuts and pecans
• 1/2 cup maple syrup
• Pinch of salt
• 1 teaspoon all spice

Directions

Nutty Granola

Mix all ingredients together, stirring well to combine. Line a cookie sheet with parchment paper. Spread granola on pan, and bake at 325° F for 30-40 minutes, turning once, until golden brown.

Yogurt Parfait

Layer 1/4 cup of yogurt in six tall, clear parfait glasses, and top with 1/4 cup mixed fruit and 1 tablespoon of nutty granola. Repeat. Serve immediately.

Nutrition Information: 202 calories; 38 g fat (4.2 g saturated fat); 15 g protein; 0 g cholesterol; 28 g carbohydrate; 46 mg sodium; 5 g fiber; 18 g sugar.

National Farmers Market Week

Back-to-school excitement coincides with Farmers Market Week, the first week of August. To celebrate the nearly 50,000 commercial farms in Florida, visit your local farmers market with your family or friends to taste fresh, affordable, convenient and healthy products. This is a great opportunity to get back into the routine of planning healthy meals for when your kids go back to school and schedules get a bit hectic.

Most farmers will gladly discuss their farming practices, providing an opportunity to learn about how this agricultural process shapes and influences Florida’s culture. You can also ask farmers for tips on how to prepare foods that may be new to you. Don’t forget to purchase herbs to add to your seasoning palate. The burst of flavor will surprise you and will be a healthy alternative to salt-packed spices.

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Saving Money
The Prescription Drug Plan for State of Florida employees and retirees covers three tiers of medications: generic, preferred brand and non-preferred brand. Each tier has its own copayment amount, which you pay depending on the prescription supply and tier as shown below:

<table>
<thead>
<tr>
<th>Days’ Supply</th>
<th>Generic</th>
<th>Preferred Brand</th>
<th>Non-Preferred Brand</th>
</tr>
</thead>
<tbody>
<tr>
<td>Up to 30 days</td>
<td>$7.00</td>
<td>$30.00</td>
<td>$50.00</td>
</tr>
<tr>
<td>Up to 90 days</td>
<td>$14.00</td>
<td>$60.00</td>
<td>$100.00</td>
</tr>
</tbody>
</table>

If the medication your doctor prescribes costs less than the designated copay, you pay the medication’s cost.

Save yourself money by purchasing generic medications if they are available. A generic is sometimes not available, but you can request that your doctor order a preferred-brand instead of a non-preferred brand.

CVS/caremark offers a 90-day retail option to State of Florida employees and retirees. To take advantage of this money-saving opportunity, ask your doctor to write or send a prescription for a 90-day supply to a local participating pharmacy. You pay one-third less than the amount you would pay when purchasing the medication on a monthly basis.

Generic Drugs
- Today, generic drugs make up nearly 8 in 10 prescriptions filled in the U.S.
- The same manufacturing plants often make both generic and brand-name drugs.
- The average cost of a generic drug versus its brand-name counterpart is 80-85 percent less.
- In 2010 alone, the use of Food and Drug Administration (FDA)-approved generics saved $158 billion, or about $3 billion a week.

Learn more on the FDA’s website.

Small Changes, Big Results
1. Eat a healthy breakfast to fill you up with energy for the day and to curb your desire for a big, expensive lunch.
2. Pack your lunch. Jazz up leftovers to get excited about lunch from home.
3. Go for a walk on your lunch break or each evening when you get home. You can also practice stretching or doing some light muscle exercises at home. These exercises can lead to huge benefits to your health, and the best part is that they come at no cost to you.

Healthy Days Survey
Please complete the Healthy Days survey, created by the Centers for Disease Control and Prevention, to provide high-level information about your general health, activity limitations and non-disease-specific physical and mental health issues. Responses are completely anonymous and will be aggregated.