

A monthly wellness newsletter from Better You

Don't Skip Your Flu Shot

With flu season almost here, it's important to stay as healthy as possible. Staying safe from flu is almost the same as what you're doing to fight COVID-19. But you still need to get your flu shot. Here are six ways you can ward off flu:

- 1 Get your flu shot.** Flu vaccine is the single most effective way to avoid flu. You can't get flu from vaccine. Get your flu shot early to bolster your immune system and help keep you from getting sick.
- 2 Wash your hands often.** You might be touching your eyes, nose and mouth without even realizing it. Wash your hands with warm soapy water for 20 seconds to prevent the spread of germs.
- 3 Cover your mouth and nose when coughing and sneezing.** And keep wearing your mask. It's one of the best weapons to slow and stop the spread of COVID-19 and flu.
- 4 Avoid close contact with sick people.** Sick people can spread germs 24 hours before symptoms develop and up to a week after they get sick. Social distancing and wearing a mask in public help slow the spread of COVID-19 and flu.
- 5 Stay home when you're sick.** Call your doctor to see if you could spread the illness and how long you should stay at home.
- 6 Take good care of yourself.** Eat healthy, get outdoors, exercise and reduce stress. Try to get 7 to 8 hours of good sleep each night and drink plenty of water. (Read the article on page 2 for how to boost your immune system.) And get your flu shot early!

Sources: [cdc.gov](https://www.cdc.gov)

Most Florida Blue members 18 and older can get a flu shot at no extra cost from in-network pharmacies including Walgreens, Publix, Winn-Dixie and Walmart. Some Florida Blue Retail Centers are also offering flu vaccination events.



To see if there's an event near you, call **877-352-5830** or visit floridablue.com/centers. Children 6 months to 17 years old can be vaccinated at any in-network doctor's office.

Build a Strong Immune Function Naturally

It isn't hard to boost your immune system nature's way. The following tips can strengthen your immune system and create healthy lifestyle habits.

Get a good night's sleep. Sleep is vital to your health. Studies show the immune system restores itself during sleep. Most healthy adults need between 7 to 8 hours a night.

Manage your stress. Make it a priority to unwind, relax and do things you enjoy. If life overwhelms you, see if your company has an Employee Assistance Program (EAP) that can help.

Stay hydrated. Your organs, brain, muscles and joints need water to function. Your immune system needs it to fight off germs. Experts recommend eight 8-ounce glasses a day. That's about 2 liters or half a gallon for most adults.

Eat the rainbow of colors. Colorful fruits and vegetables are full of antioxidants. These nutrients fight free radicals, which are molecules that can harm your cells. The USDA recommends consuming 5-9 servings of fruits and vegetables daily.

Eat more fiber and fermented foods. Look for fermented foods like kefir, sauerkraut and yogurt, and high-fiber foods like brown rice, lentils, whole grains, beans, peas,

fruit, nuts and seeds.

Move your body. About 30 minutes of activity like biking, walking, yoga or playing golf every day revs up your defense system.

Avoid sweets, processed foods and alcohol. If you eat a lot of refined carbohydrates and sugar-sweetened beverages, the spike in your blood sugar level may suppress your body's ability to ward off disease.

Reduce your toxic load. Chemical pollutants can suppress your immune processes. Use safe skin care products and natural cleaning supplies to reduce toxin exposure.

Resource:

[cdc.gov](https://www.cdc.gov); [webmd.com](https://www.webmd.com); [nasonline.org](https://www.nasonline.org); [mayoclinic.org](https://www.mayoclinic.org); [nccam.nih.gov](https://www.nccam.nih.gov)

Stuffed Turkey Breasts with Butternut Squash and Figs (Serves 4)

Ingredients:

- 2 boneless turkey tenderloins, 1 lb. total
- 1 tsp kosher salt
- 1 tbsp light olive oil
- 1 small white onion, chopped
- 1 ¼ cups diced butternut squash, ½-inch dice
- 5 black mission figs, chopped
- 2 garlic cloves, finely chopped
- 1 cup baby spinach
- 3 sage leaves, chopped
- ¼ tsp crushed black pepper
- cooking twine - 6 to 8 pieces (Substitute unflavored dental floss in a pinch.)
- cooking spray

Directions

1. Heat a large skillet over medium-high heat and add olive oil. Add onions and sauté until golden. Add squash and 2 tablespoons water, and cover; cook on low for 10 minutes. Add figs, garlic, spinach, salt, sage and pepper, and cook for another 3-4 minutes. Set aside to cool.
2. Cut a pocket into the sides of the tenderloins, careful not to cut all the way through at the ends. Season the inside and outside of the turkey with salt.
3. Stuff each turkey breast with about ¾ cup of squash mixture. Cut cooking twine long enough to tie each breast with 3 to 4 pieces. Cut off extra twine.
4. Preheat oven to 375°F.



5. Spray the skillet with cooking spray and place over medium-high heat. Sear each turkey breast on 3 sides, but not on the stuffed end. If needed, transfer the food to a baking dish, cover with foil. Place in the center of the oven and cook for 30 to 35 minutes. Allow to sit 5 minutes before cutting off twine and slicing each turkey breast in four pieces.

Recipe courtesy of [Skinnytaste.com](https://www.skinnytaste.com); for nutritional information click [here](#).

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

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