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Together for Better Health



In a hurry? Make a plan for healthier living

Is there a way to keep convenience in our fast-paced lives while still living healthy? Yes, there is. By watching what we eat when we're on the run, and being sure we fit in exercise, we can keep control of our health.

only 190 calories, 3 grams of fat, and 17 carbohydrates (depending on the dressing). Grilled chicken sandwiches – hold the mayo – are another better-health option.

And watch your portion size. If you absolutely have to have a burger, make it the smallest one on the menu, and order it without the cheese and other toppings.

OK, so drive-throughs are fast, convenient and cheap. But is fast food healthy? That depends. A diet of Whoppers, large fries and Cokes certainly isn't. Just one Whopper with cheese contains 800 calories, 50 grams of fat and 53 carbohydrates. That one sandwich, not even including the fries and drink, takes up a huge portion of a normal 2,000-calorie daily diet.

But that doesn't mean you have to give up all fast food, just make better choices when you order. Make a plan before driving into the parking lot. Nearly every fast-food restaurant offers healthier choices if you're careful how you order. Instead of that big burger with cheese, have a grilled chicken salad with no-fat or low-fat dressing. This adds up to



Learn to know how much is enough. A portion of meat or fish is about the size of a deck of cards. A half-cup of cooked rice or pasta, one slice of bread, or one medium apple each count for one serving. (More on portion sizes inside!)



On top of making better choices with eating habits, start living healthier by adding exercise to your daily routine. Summer is a great time to take advantage of the warm air and longer days. Take a walk with your family and enjoy the fresh air. Or enjoy a swim or game of catch with your kids. A good exercise plan consists of at least 30 to 40 minutes of exercise 3-5 days a week.



Fast food contributes to the rise in Americans gaining weight in epidemic proportions. Obesity is a serious health issue. It is climbing the charts, right beneath smoking, as the leading preventable cause of death.

Together for Better Health

For a healthier life, become a partner
with your doctor and your health plan.

This newsletter shows you
how to make the most of your
health care partnership with First Plan Blue.

Stay healthy with Child & Teen Checkups



Whether it's to join a soccer team, attend summer camp, or start a new grade, your child may need a physical exam.

When you make the appointment, ask for a complete

Child & Teen Checkup (C&TC). These exams ensure your child receives all the right shots and screenings, as well as fulfill the requirements for the sports team, camp or school.

First Plan Blue Customer Service

Our Customer Service staff is ready to answer your questions 8 a.m.-4:30 p.m. Monday-Friday. In the Duluth area, call 218-724-3083; outside of Duluth call toll free 800-635-4159. Our TTY number is 218-727-9870.

Walk your way to better health

Walking is one of the safest, most affordable and easiest forms of exercise. Taking a 40- to 45-minute brisk walk burns 300 calories. It also helps to increase stamina, strengthen the lungs and store energy.

A consistent walking routine will help you lose weight and get healthy, plus it helps you avoid future health problems. Walking helps prevent diabetes and heart disease, lowers blood pressure and eases depression.



For a more efficient walking workout, make sure your arms are bent at a 90-degree angle. Swing your arms back and forth. Take longer, faster steps to increase speed. Try to go up and down hills for more resistance and to burn more calories and gain more muscle. This formula will ensure that you are on the right path to a healthier life.

Are you overweight?

Sixty-one percent of all Americans are overweight – which means having a Body Mass Index (BMI) of 25 or more. Thirteen percent of children and adolescents are considered to be overweight. With growing portion sizes and not enough exercise, we are headed toward a steady increase in body mass. Unhealthy diets are now being connected with coronary heart disease, colon cancer, type 2 diabetes, high blood pressure, and many other serious health problems.

There is an easy way to find out if you are on the right track to having a healthy body mass. Try this simple calculation to determine your BMI, then check your results:

$$\frac{\text{Weight in pounds} \times 704.5}{\text{Height in inches} \times \text{height in inches}} = \text{BMI}$$

RANGE	WOMEN	MEN
Underweight	Less than 19.1	Less than 20.7
Ideal weight	19.1 to 25.8	20.7 to 26.4
Marginally overweight	25.8 to 27.3	26.4 to 27.8
Overweight	27.3 to 32.2	27.8 to 31.1
Very overweight or obese	32.3 to 44.8	31.1 to 45.4
Extremely obese	More than 44.8	More than 45.4

(Source: Understanding Nutrition by Whitney and Rolfes, www.blueprint.bluecrossmn.com/topic/bmicalc)

Eight keys to losing weight

Is it really possible to lose weight and keep it off? Absolutely. Almost everyone who is overweight can safely maintain a 10- to 20- pound weight loss, and some obese people can trim hundreds of pounds. What's the secret? It's no secret, really. To lose weight, you just have to burn more calories each day than you take in. Here's how you can do it:

- 1. Make a commitment.**
Don't say, "I'll start tomorrow." Start today. Take a walk and make a shopping list.
- 2. Set realistic goals.**
Losing one or two pounds a week, and keeping it off, with sensible eating and exercise is a good goal.
- 3. Stay aware.**
Give some thought to what makes you overeat. Do you eat when you're sad? Frustrated? Angry? Once you identify those cues, choose another way to respond. Maybe a phone call to a friend or a hot bath would do the trick.
- 4. Plan for success.**
Successful weight loss requires changing your lifestyle and planning ahead. Making grocery lists, buying healthy food, and scheduling time for exercise will make those changes easier.
- 5. Get moving.**
Exercising not only burns calories, it makes you healthier. Try walking, swimming, dancing, blading or anything that gets you going. Make small changes in your daily routine, like taking the stairs instead of the elevator.

- 6. Eat healthfully.**
Eating well makes it easier to lose weight because you'll feel better, and you'll have more energy. Fruits, vegetables and whole grains also help provide lifelong protection from a host of health problems, including cancer and heart disease. Don't deprive yourself of foods you like or that your body needs, just eat less of the more fattening ones.
- 7. Track your success.**
Successful "losers," studies show, chart their progress. Writing it down keeps you from fooling yourself about how much you're eating and exercising.
- 8. Bounce back.**
One blowout doesn't ruin your chances for successful weight loss. Everyone gives in to temptation once in a while, the trick is to get yourself back on track.



Moderate exercise can be just as effective as vigorous exercise.

Helpful advice from First Plan Blue

Q. Why are lead tests important for my baby?

A. High blood lead levels in children can significantly affect their health if not detected early. It's hard to detect lead poisoning because often there are no symptoms. Lead poisoning can affect intelligence, behavior and development. Infants need to be tested at 12 and 24 months. A child up to the age of six should be tested for lead if not previously tested.

What's a serving?

It's not just what foods we eat, but how much we eat. Serving size has grown so dramatically for Americans, it's hard to tell what a normal serving is anymore. Here are some accurate serving-size samples:

One Serving Equals

- 1 slice of bread
- 1 cup of milk or yogurt
- 1/2 cup of cooked rice or pasta
- 3/4 cup of vegetable or fruit juice
- 1 medium apple, banana or orange
- 1/2 cup of chopped or canned fruit

Tips for estimating serving sizes:

- 1/2 cup of rice or pasta = size of an ice cream scoop
- 1/2 cup of chopped fruit = size of a light bulb
- 1-1/2 ounces of cheese = size of four dice
- 3 ounces of meat or fish = size of a deck of cards or a cassette tape
- 2 tablespoons peanut butter = size of a ping pong ball

Your privacy, your clinic & First Plan Blue

State and federal laws make sure health information about you stays private. The laws apply to all clinics, hospitals and health plans. First Plan Blue has always worked hard to protect your privacy. Please contact Customer Service if you ever have concerns about private information.

Cancer Rights Act assists women

First Plan Blue, as required by the Women's Health and Cancer Rights Act of 1998 and Minnesota law, provides benefits for mastectomy-related services. This includes coverage for reconstruction and surgery to achieve symmetry between the breasts, prostheses, and complications resulting from a mastectomy (including lymphedema).

Call First Plan Blue at 724-3083 or 1-800-635-4159 for more information.



Health care directives put you in charge of health decisions

What's a health care directive? It's a written document that helps make sure your wishes are followed if you become seriously ill or injured and cannot speak for yourself.

- Your health care directive lets you choose:
- Who you want to make care decisions for you.
- The kind of medical treatment you want or don't want.

You don't have to have a health care directive, and if you become seriously ill, doctors will listen to what people close to you say about your treatment. But the best way to be sure your wishes are followed is to have a written directive.

Ask your doctor to discuss directives with you. Your clinic also should have forms to help you write a directive.

Attention. If you want free help translating this information, call First Plan Blue at 1-800-635-4159.

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فانصل على الرقم الموجود أعلاه.

កំណត់សំគាល់: បើអ្នកចង់បានជំនួយបកប្រែឥតមានគិតថ្លៃ សូមទូរស័ព្ទ លេខទេសចរណ៍ខាងលើ។

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, nazovite gornji broj.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no dawb, thov hu rau tus xov tooj saud.

ໂປຼດຊາບ. ຖ້າຫາກທ່ານຕ້ອງການ ການຊ່ວຍເຫຼືອ ໃນການແປ ຂໍຂວາມຕົວກ່າວນີ້ພຣີ, ຈົ່ງໂທ ຕາມເລກໂທ ທີ່ຢູ່ຂ້າງເທິງນີ້.

Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta'e, lakkoofsa armaa olii bilbili.

Внимание. Если вам нужна бесплатная помощь в переводе этой информации, позвоните по указанному выше телефону.

Ogow. Haddii aad dooneyso in lagaa kaalmeeoyo tarjamadda macluumaadkanii oo lacag la'aan ah, wac lambarka kore.

Atención. Si desea recibir asistencia gratuita para traducir esta información, llame al número que aparece más arriba.

Chú Ý. Nếu quý vị cần dịch thông tin này miễn phí, xin gọi số nêu trên.

This information is available in other forms to people with disabilities by calling (218) 724-3083 (voice), 1-800-635-4159 (toll free), (218) 727-9870 (TTY), 711, or through the Minnesota Relay Service at 1-877-627-3848 (speech to speech relay service).

First Plan Blue is administered by First Plan of Minnesota, an independent licensee of the Blue Cross and Blue Shield Association.