

A monthly wellness newsletter from Better You

'Tis the season for your flu shot

Stay healthy this flu season and get your annual flu shot. Take this preventive step to lower your risk of getting the flu, reduce the severity if you get the flu, and promote a healthy community. Florida Blue Centers and local pharmacies will be offering flu shots to help you stay protected. Remember, this is one small step that can help in big ways.

How a flu shot helps you and your community:

- **Saves lives and protects others.** Getting a flu shot protects you and helps prevent the spread of the virus to other people, including those who are most vulnerable.
- **Reduces flu symptoms if you still get sick.** Even if you get the flu after being vaccinated, the flu shot can reduce the severity and duration of your symptoms.
- **Keeps your immune system**

strong. The flu can weaken your immune system, making you more prone to other illnesses and infections. A flu shot can reduce stress on your immune system to help it stay strong and fight off other health threats.

- **Sets a healthy example.** By prioritizing your own health and getting the flu shot, you set a positive example for your family, friends, and community. Encourage them to join you in taking this protective step.
- **Offers peace of mind.** Knowing you have taken steps to protect yourself from the flu can provide peace of mind. You can approach the colder months with confidence, knowing you have done your part to stay healthy.

What to do if you start to feel sick:

- Avoid others who are sick.
- Stay home and minimize



contact with others in your house.

- Cover your mouth and nose when coughing and sneezing.
- Wash your hands frequently for 20 seconds and carry hand sanitizer with at least 60% alcohol content.

Check your local Florida Blue Centers for locations and times that flu vaccines will be available. To find a Florida Blue Center near you and make an appointment, [click here](#).

Resources: [CDC.gov](https://www.cdc.gov); [NIH.gov](https://www.nih.gov); [MedlinePlus.gov](https://pubmed.ncbi.nlm.nih.gov/)

October is breast cancer awareness month

Every October, people all over the world show their support for those affected by breast cancer and help raise awareness about its symptoms and prevention. With over 240,000 new cases of breast cancer diagnosed each year in the United States alone*, it's important to understand how to reduce your risk and stay healthy.

Watch for these signs of breast cancer, and remember, some people have no symptoms at all:

- Any change in the size or the shape of the breast
- Pain in any area of the breast
- Nipple discharge other than breast milk (including blood)

- A new lump in the breast or underarm

Ways to help lower your risk of breast cancer:

- Keep a healthy weight and exercise regularly
- Choose not to drink alcohol, or drink alcohol in moderation
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks
- Breastfeed your children, if possible

Regular breast self-exams will help you identify changes in your breasts that may be of concern.



Contact your doctor right away to discuss any changes you notice. Your doctor may recommend a mammogram which is an X-ray of the breast used to look for early signs of breast cancer. For more information about breast cancer, visit the Centers for Disease Control and Prevention.

*Resource: [CDC.gov](https://www.cdc.gov)

Stuffed Pepper Soup (Serves 4)

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 3 large bell peppers, chopped
- 1 poblano pepper, chopped
- 1 medium onion, chopped, plus more for serving
- 1 pound lean ground beef
- 2 cloves garlic, minced
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 4 cups low-sodium chicken broth
- 1 cup quick-cooking brown rice
- ¼ cup chopped fresh cilantro, plus more for serving

- Shredded Cheddar cheese & crushed tortilla chips for serving

Directions:

Heat oil in a large pot over medium-high heat. Add bell peppers, poblano and onion and cook, stirring often, until starting to soften, about 10 minutes. Push the vegetables to the edges. Add beef, garlic, cumin, coriander, ground pepper and salt to the middle and cook, crumbling the beef with a wooden spoon, until it's no longer pink, 3 to 5 minutes. Stir in broth and rice and



bring to a boil. Reduce heat to maintain a low simmer, cover and cook until the rice is tender, 15 to 20 minutes. Remove from heat and stir in cilantro.

Serve the soup topped with cheese, corn chips and more onion and cilantro, if desired.

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

We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex.

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).

Florida Blue is a trade name of Blue Cross and Blue Shield of Florida, Inc., an Independent Licensee of the Blue Cross and Blue Shield Association.

Unless otherwise indicated, all materials, content and forms contained in this newsletter are the intellectual property of Better You. No materials, content and forms contained herein may be copied, reproduced, distributed or displayed in full or in part without expressed written permission by Better You.