

BSW Be Well

Summer 2024



Summer is here. Whether you're hitting the road or staying home, peek inside for ways to get moving, stay cool and Be Well.

WebMD at Your Side ☀

Being well on the road ☀

Mix up your Independence Day snacking ☀

Hot honey salmon fried rice ☀

Mark your calendar ☀

Health focus ☀

Word puzzle ☀

Your Well-Being Within Reach

At work, at home and everywhere in between.

With Wellness At Your Side, the WebMD app, you can access **wellness programs** no matter where you are.



Download the app today.

Download and open the Wellness At Your Side app, then enter your ConnectionCode: **BSWHP** and sign in.



Apple Store



Google Play

Be well on the road

Summer is the season of travel and adventure. The following tips will help you be well while you explore the world.

1. Be aware of travel warnings

Check for travel alerts or health precautions for your destination. The U.S. Centers for Disease Control (CDC) and World Health Organization (WHO) may also recommend vaccinations or other health precautions for the designated area.

2. Pack medications in your carry-on luggage

Carry prescription medications in your carry-on luggage with copies of the prescriptions. If carrying controlled substances or injectable medication, include a note on letterhead stationery from the prescribing physician. If you are traveling overseas, check with the American Embassy or Consulate to ensure that your medications are allowed into the country you are visiting.

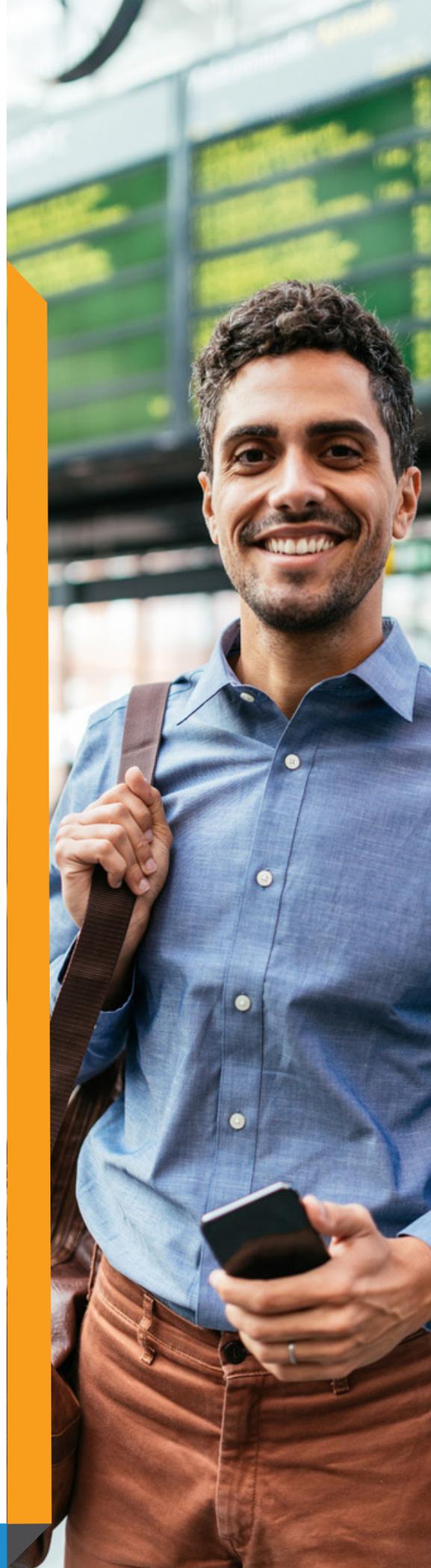


Be well on the road cont'd

3. Create a travel medical document

Whether you're staying local or going abroad, it's a good idea to have all of your medical information handy—both physically and on your phone—in case your trip has an unscheduled worst-case scenario. You should include the following information:

- Personal contacts to be notified in an emergency
- Contact information of primary care provider
- Current medical conditions
- Current medications, dosages and schedule
- Basic medical history
- Travel itinerary—this is important when you are traveling to multiple areas and may have contracted something from the previous location.
- Health insurance information: Always keep your insurance card in your wallet or on your person. Also, ensure that you have the updated MyBSWHealth app on your phone.
- Traveler's insurance: Check your overseas medical insurance coverage. Your BSWHP plan covers you for emergencies overseas, but you may consider purchasing.



Mix up your snacking on Independence Day

Hot dogs and burgers are as “Fourth of July” as fireworks. This year, jazz up your menu with the following fun, healthy additions to your Independence Day.

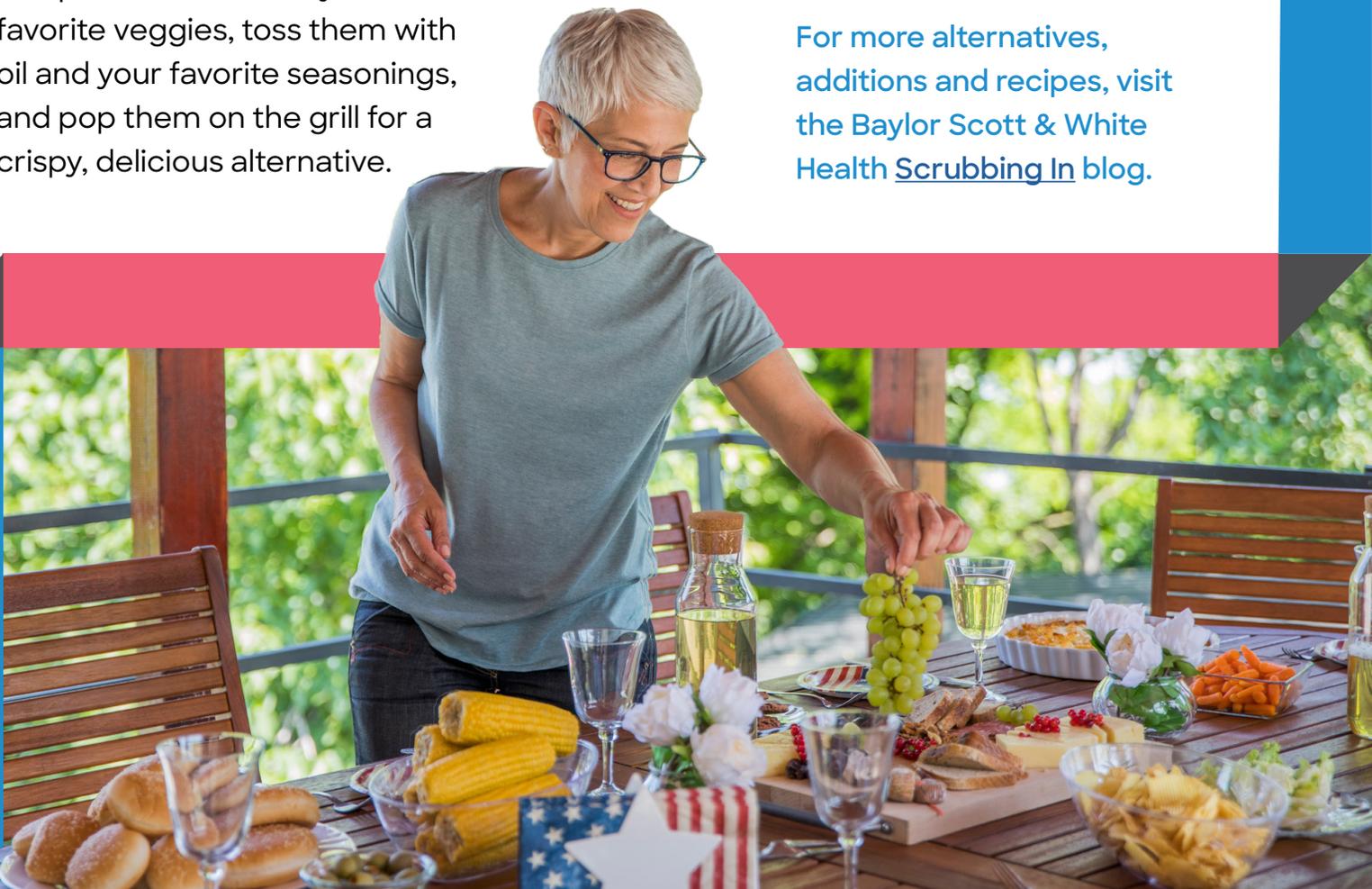
Chicken breasts make a great addition to the grill. Three ounces of skinless chicken breast not only provides ample protein at 21 grams per serving but also has more than 75% less fat than a hot dog at 3 grams of fat.

- Adding grilled veggies can complement your potato chips and potato salad. Pick your favorite veggies, toss them with oil and your favorite seasonings, and pop them on the grill for a crispy, delicious alternative.

- Look for healthier burger alternatives. Instead of burgers made with 80% lean/20% fat ground beef, try burgers made with 90% lean/10% fat ground beef to decrease your total fat and calorie intake.

- Instead of pie, consider whipping up some parfaits with Greek yogurt and red and blue berries. This healthy and patriotic red, white and blue dessert provides disease-fighting antioxidants and phytochemicals.

For more alternatives, additions and recipes, visit the [Baylor Scott & White Health Scrubbing In](#) blog.



Hot honey salmon fried rice

Hot honey has gotten more popular recently, so spice up your summer even more with a recipe packed with omega-3's, fiber, potassium and a spicy sweet kick.

Salmon

- 1/2 of a pre-cooked salmon filet (or tofu/soy curls if vegan) shredded into chunks
- 2 tbsp of honey (adjust to your taste preferences)
- 1 tsp of chili flakes

Fried rice

- 1-2 tbsp of canola oil
- 1/2 cup of rice (tastes better if it is day-old rice)
- 1-3 cloves of garlic
- 1/3-1/2 cup of veggies of choice (or try cruciferous crunch mix)
- 1 egg (flax egg or vegan eggs can be substituted)
- 1/4-1/2 cup of reduced-sodium soy sauce/tamari/coconut aminos (adjust to your taste preferences)
- 1 tsp of sesame oil
- 2-3 green onions
- Nori sheets (optional)



Hot honey salmon fried rice cont'd

Directions

1. Prep the salmon by mixing in the honey and red chili flakes. If making the salmon from scratch, marinate your salmon in the mixture before cooking.
2. Next, you'll heat a pan up over medium heat with a heat-stable oil like canola or avocado oil. Add in the garlic once the pan is warm and let this cook for about 1 minute.
3. Then add in any veggies of choice and cook until they are the consistency you prefer.
4. After this, add in your salmon mixture and let this cook for 1-2 minutes, stirring everything together.
5. Then add in your rice of choice and let this cook for 1 minute, continuing to mix well.
6. Next is the egg. Create a space in the middle of the pan for it and then whisk it before folding it into the mixture. Let this cook for about 1-1.5 minutes.
7. Then add in your soy sauce and sesame oil. Mix these well and let it cook for another minute.
8. Turn off the heat. Keep the pan on the burner and add in the green onions. Mix well.
9. Serve the dish with whatever condiments you would like. Eating fried rice with nori sheets (seaweed paper) adds an extra umami flavor.

For more nutritional information, modifications and substitutions, visit our [ScrubbingIn](#) blog.

#WebinarWednesdays

Every month, join us online at lunch time for a free wellness webinar.

JULY 10 AT 11:00 AM - 11:30 AM: **PROTECT THE SKIN YOU'RE IN**

What's the difference between SPF 20 or 50? Isn't my skin protected either way? Join us to learn more about skin health and sun safety. [RSVP](#)

AUGUST 7 AT 11:00 AM - 11:30 AM: **ADULTS NEED VACCINES, TOO!**

Think vaccines are just for kids? Join us for a discussion about adult vaccines and when and why you should continue receiving vaccinations, no matter your age. [RSVP](#)

SEPTEMBER 4 AT 11:00 AM - 11:30 AM: **SICKLE CELL AWARENESS**

Approximately 250 million people worldwide carry the gene for sickle cell disease. In the U.S., sickle cell disease is most common in the African American community. Join us to discuss the importance of early detection and continuous care after diagnosis. [RSVP](#)

Walk with a Doc

Get to know your doctors while getting your steps in during the monthly Walk with a Doc series. All ages are welcome, and you can walk at your own pace. Monthly walks take place across Texas, from Lubbock to Tyler to San Antonio and more. [Find one near you.](#)

Miller Park: 1919 N 1st St. Temple, TX 76501

- July 20, 9:00 AM
- August 17, 9:00 AM
- September 21, 9:00 AM

Carl Levin Park: 400 Millers Crossing, Harker Heights, TX 76548

- July 27, 9:00 AM
- August 24, 9:00 AM
- September 28, 9:00 AM

Healthy Focus



UV Safety Awareness Month

UV exposure adds up day after day, and it impacts us every time we're out in the sun. You don't have to avoid the sun's rays completely. Here are some simple steps you can take to help ensure you're not getting too much:

- Stay in the shade.
- Protect your skin with clothing that covers your arms and legs.
- Wear a hat to protect your head, face and neck.
- Wear sunglasses that block UV rays to protect your eyes and the skin around them.
- Use sunscreen to help protect skin that isn't covered.

Learn more at: [The American Academy of Dermatology](#).



Immunization Awareness

Immunizations prevent 3.5 - 5 million deaths every year. Diseases like smallpox, polio, diphtheria and tetanus almost never occur in the United States, thanks to vaccines and immunizations. Whether they're creating lifelong or long-term immunity, these simple procedures keep us, our families and our communities safe from dangerous diseases.

For more information about immunizations and how you can keep you and your family healthy, visit the [Centers for Disease Control and Prevention](#).



Sickle Cell Awareness Month

Sickle cell affects more than 100,000 U.S. citizens and more than 20 million people worldwide. Sickle cell anemia causes irregularly shaped blood cells to block blood flow throughout the body. This impacts how oxygen is carried through the body and can lead to more severe health conditions, like stroke, vision and eye problems, and frequent pain. There is currently no cure for sickle cell anemia or sickle cell diseases.

Visit [Centers for Disease Control and Prevention](#) for risk factors, signs and symptoms, and available therapies.



Our mission

as part of the Baylor Scott & White Family

Founded as a Christian ministry of healing, Baylor Scott & White Health promotes the well-being of all individuals, families and communities.

