



Wellness News

January 2026

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Anthem Members: Track your health with
the Sydney mobile app



Anthem Members:

You can view and manage your benefits, access wellness tools and resources to improve your overall wellbeing from the [Sydney Health app](#).



Simply scan the **QR code** with your smartphone's camera to download the app today.

"Treat yourself like someone you love." - Glennon Doyle

New Year, New You: Setting Healthy Goals for a Fresh Start

Meet yourself where you are! As you start the new year, remember that small, consistent steps can lead to big changes. Set goals that match **your** values and lifestyle and be patient with yourself. Here are some ideas for setting and achieving healthy goals in the new year:

- ✓ **Eat Mindfully** - Healthy eating is a cornerstone of wellness. Aim to incorporate more whole foods into your diet, such as fruits, vegetables, lean proteins, and whole grains. Practice mindful eating by paying attention to your hunger and fullness cues and savoring each bite.
- ✓ **Stay Hydrated** - Drinking enough water is crucial for your body's functions. Make a habit of carrying a water bottle with you and set reminders to drink water throughout the day. Staying hydrated can improve your energy levels and overall health.
- ✓ **Manage Stress** - Stress can take a toll on your health, so it's important to find healthy ways to manage it. Practice relaxation techniques such as deep breathing, meditation, or journaling. Make time for activities that bring you joy and reduce stress.
- ✓ **Foster Positive Relationships** - Strong social connections can enhance your well-being. Spend time with loved ones, engage in meaningful conversations, and build a support network. Surround yourself with positive influences who encourage your growth.
- ✓ **Practice Gratitude** - Cultivating gratitude can improve your mental health and outlook on life. Start a gratitude journal where you write down things you're thankful for each day. Reflecting on the positive aspects of your life can boost your mood and resilience.

<https://mercer-health.com/new-year-new-you-setting-healthy-goals-for-a-fresh-start/>



Prioritize Sleep - Quality sleep is essential for both physical and mental health. Create a bedtime routine that promotes relaxation, such as reading or taking a warm bath. Aim for 7-9 hours of sleep each night to wake up refreshed and ready to tackle the day.

“Neglecting sleep can have serious repercussions on both physical and mental health. Chronic sleep deprivation increases the risk of cardiovascular diseases, impairs cognitive function, and weakens the immune system. It's crucial to prioritize quality sleep to maintain overall well-being and ensure that your body and mind are functioning at their best.” – Dr. Megan Core, Mercer Health Primary Care Provider

Prepare for your next appointment

Taking time to prepare for a medical appointment—whether it's a routine checkup, annual physical, or visit for new symptoms—can help you feel more confident and get the most value from your care.

Before Your Visit

A little preparation can go a long way:

- Make a medication list
 - Include prescriptions, over-the-counter medicines, vitamins, and supplements—and note how much you take each day.
- Write down questions
 - Examples include:
 - How can I prevent or delay health problems?
 - Are there changes I should make to improve my health?
 - Do I need any tests or screenings based on my age or risk factors?
- Bring support if helpful
 - A family member or friend can help you remember details, ask questions, or participate in a virtual visit.



Understand Your Care

Knowing what type of care you're receiving can help set expectations:

- Preventive care
 - Includes annual wellness visits, physicals, and screenings designed to catch potential issues early.
- Diagnostic care
 - Focuses on identifying the cause of symptoms so they can be properly treated.

Before You Leave

Make sure you understand:

- What the main issue or diagnosis is
- What steps you need to take next
- Why those steps are important for your health
- Preparing ahead of time helps you feel informed, empowered, and ready to move forward with your care plan

Visit anthem.com/preventive-care to learn what preventive care you should get and when before talking to your doctor.

Pan Fried Brussels Sprouts

These fried Brussels sprouts are easy to make and so delicious! Pan-frying them brings out their flavor and they make a colorful green side dish for the holidays.

Ingredients

1 tablespoon olive oil
2 teaspoons crushed garlic
¼ white onion, chopped
1 pound trimmed Brussels sprouts
salt and ground black pepper to taste
1 pinch garlic powder, or to taste

Directions

Step 1 Gather the ingredients

Step 2 Heat olive oil in a cast-iron skillet over medium-low heat. Add garlic and stir until golden brown and fragrant, about 2 – 3 minutes. Add onion and cook until soft, stirring often, about 5 minutes.

Step 3 Add Brussels sprouts and cook until one side of the sprouts turns golden brown, 5 to 7 minutes.

Step 4 Stir to turn sprouts over and cook until evenly golden brown, another 5 to 7 minutes. Season with salt, black pepper, and garlic powder.

<https://www.allrecipes.com/recipe/216805/pan-fried-brussels-sprouts/>

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Servings: 4

Nutrition Facts (per serving)

87 Calories, 4 g Fat, 12g Carbs, 4 g Protein

FUN FACTS!

Brussels sprouts, are named after the Belgian capitol city. The “B” should also be capitalized because “Brussels” is a proper noun.

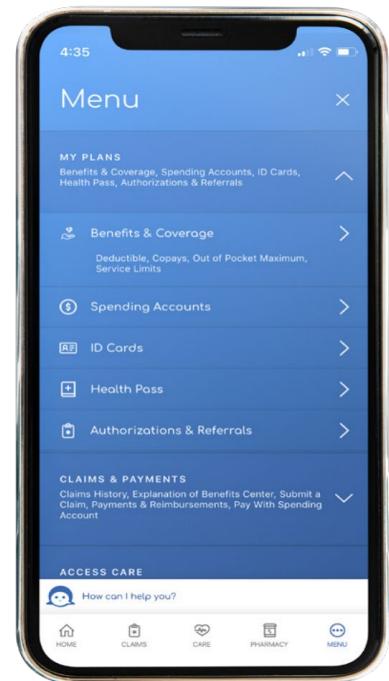
The **sulforaphane** that give Brussels sprouts their unique flavor also helps lower cancer risks.

They contain **zeaxanthin**, an antioxidant that's considered important for eye health.

They are an excellent source of **vitamin K**, which is essential for bone health and blood clotting.

<https://www.hitchcockfarms.com/blog/brussels-sprouts-facts>





Connect with us now

Scan the QR code to [download the Sydney Health app](#). You can also [sign up at anthem.com/ca/register](#) to access most of the same features from your computer.



Track your personalized health and benefits with the Sydney Health app

Check out these app features

Sydney® Health helps manage your health and benefits anywhere. Scan the QR code to download the app. Check out the home page, then from *Menu*, access these highlights:

My Plans

Benefits & Coverage

Select your plan for details like your deductible, out-of-pocket maximum, and coinsurance (your percentage of the costs).

ID Cards

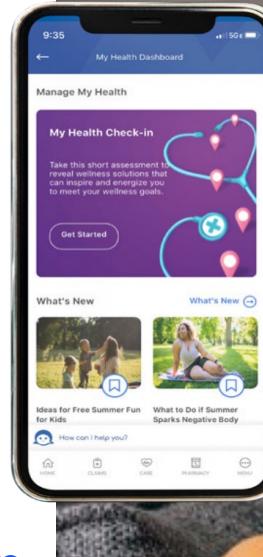
Access your digital member ID card.

Claims & Payments

Visit the Explanation of Benefits Center, submit a claim, and see your claims history.

Support

Choose **Live Chat** to chat online, **Contact Us** to talk directly to an Anthem Blue Cross representative, and **Message Center** to send and receive messages. You can also find answers to common questions.



Access Care

Find Care

Search for doctors, hospitals, and other healthcare professionals in your plan's network. Filter by gender, languages spoken, or location. You can also compare costs.

Virtual Care

Access on-demand urgent care, scheduled primary care, behavioral health, and specialty services.

Community Resources

Find organizations that offer no- or low-cost programs to help with food, transportation, and childcare.

My Health Dashboard

Find health news, health and wellness tips, and personalized action plans. You can also sync your fitness tracker.

My Health Records

With a single profile, you can view, download, and share your family's health histories and electronic medical records.