

Wellness News

February 2026

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*"Your heart is the softest place on earth. take care of it."
- Nayyirah Waheed, salt.*

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.

Tip: Anthem.com and Sydney Health use the same username and password!



Heart Risk and Disease



Heart Disease prevents the heart from pumping blood to your organs the way it should. Symptoms are not always obvious, but common signs include: chest pain, fast or irregular heartbeat, shortness of breath, pressure or squeezing of the shoulder/neck/jaw/throat/back, nausea or vomiting.

Talk to your doctor about making lifestyle changes to help reduce your risk for heart disease. Anthem members If you'd like help finding a new doctor, use [Sydney Health](#), select [CARE](#) on the home screen, then [Find Care & Cost](#).

Lifestyle changes can promote overall heart health and help prevent heart disease. Consider changes like:

- Keep your blood pressure, blood sugar, and cholesterol in recommended ranges.
- Aim for at least two and a half hours of exercise a week or 30 minutes a day for five days.
- Eat a diet focused on whole grains, fresh fruits, and vegetables, and lean proteins
- Moderate intake of foods high in saturated and trans fats, sodium, cholesterol, and added sugar
- Maintain a healthy weight
- Talk to your doctor!
- Quit smoking!
- Find healthy ways to manage or reduce stress

Issues caused by heart disease

Heart Attack: The heart doesn't get enough blood because of build up in the arteries

Stroke: The brain doesn't get enough blood or a blood vessel in the brain bursts, which can kill brain cells.

Cardiac Arrest: The heart stops beating, so other organs don't get the blood they need.

Heart Failure: The heart doesn't pump as much blood as the body needs to function normally.

Anthem members: Managing chronic conditions such as coronary heart disease and heart failure require extra care and attention. To help you be your best, the **Condition Care or Case Management** programs offer free resources and access to nurses 24/7 to address your questions or concerns. Log in to **Sydney Health** on the home page scroll down to find featured programs to explore the support programs for you and your covered loved ones.



Friday, February 6

Wear Red for Women

*Cardiovascular disease is the No. 1 killer of women – but together, we can change the future of women's heart health. On **National Wear Red Day**®, we wear **RED** because every heart tells a story, and women at every age, stage, and season of life deserve to be celebrated and supported as we take on our greatest health threat.*

Common myths about heart disease:

- Myth: Cancer is the real threat for women, not cardiovascular disease.
 - Fact: Cardiovascular disease is more deadly than all forms of cancer combined. While one in 39 women in the U.S. dies from breast cancer each year, cardiovascular disease is the cause of one out of every three deaths. That's roughly one death each minute.
- Myth: Cardiovascular disease affects older people.
 - Fact: Cardiovascular disease affects women of all ages, even if you lead a healthy lifestyle.
- Myth: Cardiovascular disease doesn't affect women who are fit.
 - Fact: Even if you're a yoga-loving, marathon-running workout fiend, your risk for heart disease isn't zero. Factors such as your cholesterol, eating habits and smoking can offset your other healthy habits. You can be thin and have high cholesterol.
- Myth: I don't have any symptoms, so I must be fine.
 - Fact: Often, people do not have symptoms of heart disease until something serious happens. Many people do not know they have coronary heart disease until they have chest pain, blood flow to their heart is blocked causing a heart attack, or their heart suddenly stops working, known as cardiac arrest.
- Myth: Cardiovascular disease runs in my family, so there's nothing I can do about it.
 - Fact: Although women with a family history of cardiovascular disease are at higher risk, there's plenty you can do to reduce it. Simply create an action plan with your doctor to keep your heart healthy.



Sydney HealthSM app, for quick access to wellbeing programs like 24/7 NurseLine, Building Healthy Families, and community resources today. Register on our Sydney Health app or through our website at anthem.com/register so your account is ready to use when you need it.



Get involved today!

CONNECT TO A HEALTHIER YOU. Learn more about cardiovascular risks, prevention, healthy lifestyle, risk reduction and more.

CONNECT WITH YOUR COMMUNITY. Volunteer, attend an event, join a philanthropic group, or connect with Go Red for Women on social media.

CONNECT TO SUPPORT. Living with cardiovascular disease or caring for someone who does? Find support from women who have been there.

CONNECT TO RESEARCH. Participate in research and inspire the next generation of women leaders in STEM careers.

MAKE AN IMPACT. Help advance our mission and advocate for policies that support all women's health and well-being.

Follow and tag the American Heart Association and Go Red for women:



@AmericanHeart
@GoRedforWomen



@American_Heart
@GoRedforWomen



@American_Heart
@GoRedforWomen

Skills to save a life!

Home Blood Pressure Monitoring

CPR & Using an Automated External Defibrillator (AED)

If you see someone collapse or pass out, and think they may be experiencing cardiac arrest, take immediate action.

Step 1: Call 911 for emergency help. If someone else is present, have them call for help while you start CPR.

Step 2: Start CPR. Don't worry about doing CPR perfectly. You can still help in an emergency by doing hands-only CPR. This means pressing hard and fast on the chest without giving rescue breaths (also known as mouth-to-mouth resuscitation). Use the beat of the disco classic, "Stayin' Alive" by the Bee Gees. It's 100 beats per minute, which is the right pace. Rescue breathing is typically performed by people who are trained in it, like medical professionals. Hands-only CPR is as effective as CPR with breaths in the first few minutes when someone collapses. Remember, doing some CPR is better than none.

Step 3: Use an AED when available. AEDs check heart rhythm and give a shock to help the heart beat normally again. You can find them in places like airports and schools. Anyone can use them, even without training. To use an AED, turn it on and follow the spoken instructions. Look at the diagram to see where to place the pads on the chest. The AED will check the heart and tell you if a shock is needed. Press the "shock" button if it tells you to. Keep doing CPR until help arrives. Using an AED in the first minute can save lives.



1. **Plan ahead.** Don't smoke, drink caffeinated beverages or exercise within 30 minutes before taking your blood pressure. Empty your bladder.
2. **Don't take the measurement over clothes.** Remove the clothing over the arm that will be used to measure blood pressure.
3. **You can use either arm.** Usually there is not a big difference between readings on them.
4. **Be still.** Allow at least five minutes of quiet rest before measurements. Don't talk or use the phone.
5. **Sit correctly.** Support your arm on a flat surface and make sure it is at heart level (prop a pillow underneath your arm if needed). The middle of the cuff should be placed on the upper arm at heart level. The bottom of the cuff should be placed directly above the bend of the elbow on your bare skin, not over clothing. Check your monitor's instructions for an illustration or have your health care professional show you how.
6. **Measure at the same time every day.** Take the readings at the same time each day. Talk with your health care professional about how often to take your blood pressure.
7. **Take multiple readings and record the results.** Each time you measure, take two readings one minute apart.

<https://www.anthem.com/blog/cpr-aed-101>

Source: [Heart.org](https://www.heart.org)

*If you need help finding a doctor, you can use the **SydneySM Health** mobile app or log in to [anthem.com](https://www.anthem.com) and search for doctors in your plan's network with the Find Care and Cost tool. Within Sydney select **CARE** on the homepage, then **Find Care & Cost**. For an **Urgent Care** alternative check out **Virtual Care** for 24/7 access to board certified physicians.*

Chocolate Nut Cookie in a Mug

Craving chocolate? Satisfy your sweet tooth in no time at all with this one-minute no-sugar-added treat!

Ingredients

- 1 tablespoon trans-fat-free tub margarine
- 10 drops chocolate-flavored liquid stevia sweetener
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon all-purpose flour
- 1 tablespoon egg white
- 1 tablespoon chopped walnuts OR pecans

Directions

Step 1: Put the margarine in a small microwaveable mug, ramekin, or custard cup. Microwave on 100 percent power (high) for 10 seconds, or just until the margarine is melted. Stir in the liquid stevia sweetener and the cocoa powder. Gradually stir in the flour until well blended. Stir in the egg white and nuts until well blended.

Step 2: Microwave on 100 percent power (high) for 45 seconds, or until a wooden toothpick inserted in the center comes out clean.

Step 3 Let cool for 5 minutes.

Step 4: Enjoy!

Anthem members: visit Sydney to access the free **Eat Healthy Action Plan**. Evaluate your eating habits and adopt new ones along the way! It can be rewarding! Navigate via Sydney **MENU** to **ACCESS CARE**, then **My Health Dashboard** to access **Action Plans**, **PROGRAMS** and more!

Total Time: 5 mins **Servings:** 1

Nutrition Facts (per serving)

134 Calories, 9 g Fat, 10g Carbs, 4 g Protein, 1 g Fiber



Cocoa Facts: Flavonols, a type of flavonoid found in dark chocolate, help protect you from heart disease by lowering your blood pressure, improving blood flow, and preventing cell damage. Cocoa powder also contains polyphenols, which are antioxidants that help improve cholesterol and blood sugar levels and reduce the risk of heart disease.

<https://www.webmd.com/diet/health-benefits-cocoa-powder>

<https://recipes.heart.org/en/recipes/chocolate-nut-cookie-in-a-mug>