

This issue

Take control of migraine attacks

Why should my family get immunized?

Everyone's Journey to motherhood is different.

What's really in my drink?

Pomegranate and Pear Infused Water



"I believe the world is one big family, and we need to help each other." — Jet Li



Anthem members: You can view and manage your benefits, access wellness tools and resources to improve your overall wellbeing. Simply scan this QR code with your smartphone's camera to download the Sydney Health app.

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



If you have experienced a migraine attack, you know it can mean more than just a throbbing headache. It can come with other woes — from nausea and fatigue to numbness and blurry vision. These episodes can take a major toll on your daily life, but the good news is there are ways to head off the symptoms and find relief.

What can trigger migraine attacks?

1. Stress
2. Certain foods and drinks, such as aged cheeses, processed food, and alcohol — especially wine
3. Too much caffeine or cutting out caffeine too fast
4. Weather changes, such as when the seasons change or there's a storm
5. Poor sleep, including disruptions to your sleep schedule or not sleeping enough
6. Hormonal changes, such as during pregnancy or the menstrual cycle
7. Dehydration
8. Certain environmental triggers, like strong smells, bright lights, and loud noises
9. Smoking

Make a migraine diary

Looking for patterns can help you and your doctor figure out when and why your migraine attacks happen. After you recover from a migraine attack, log:

- What time of day the migraine attack started and how long it lasted.
- What medications you took for the migraine attacks and how much they helped.
- The foods and drinks you consumed in the 24 hours before the migraine attack.
- Any extra stress you're dealing with at home or at work.
- What you were doing when the migraine attack started.
- What the weather was like the day of the attack.
- Any hormonal changes you're going through.

Migraine treatment

Migraines don't have a cure, but there are ways to treat them. Talk to your doctor about your symptoms. They might be able to prescribe a medication that either stops a migraine attack in its tracks or helps keep them from happening in the first place.

When a migraine attack strikes

If you feel a migraine attack coming on, these remedies can help ease the symptoms.

- Take any medications your doctor has prescribed for migraine attacks.
- Drink plenty of water.
- Lay down in a dark, quiet room — nap if you can.
- Apply an ice pack or heating pad to your neck, shoulders, or forehead.
- Drink a small amount of caffeine.

These tips might not work for everyone. Check with your doctor about what's right for you.

Sources:

Mayo Clinic: Migraine (accessed August 2023): [mayoclinic.org](https://www.mayoclinic.org)

Mayo Clinic: Migraines: Are They Triggered by Weather Changes? (accessed August 2023): [mayoclinic.org](https://www.mayoclinic.org)

Mayo Clinic: Migraines: Simple Steps to Head Off the Pain (accessed August 2023): [mayoclinic.org](https://www.mayoclinic.org)

National Library of Medicine: 10 Common Migraine Triggers and How to Cope with Them (accessed August 2023): pubmed.ncbi.nlm.nih.gov

Cleveland Clinic: Migraine Headaches (accessed August 2023): clevelandclinic.org



Anthem members: Need care now? Utilize a 24/7 urgent care alternative, when the ER is not required, start your virtual visit through Sydney Health anytime! You can also find a care provider in your plan's network, by using the FIND CARE feature. Sydney Health mobile app, select CARE on the bottom navigation bar.



National Immunization Awareness Month



Why are immunizations important? Vaccines teach your immune system how to create antibodies that protect you from diseases. It's much safer for your immune system to learn this through vaccination than by catching the diseases and treating them.

August is National Immunization Awareness Month (NIAM). NIAM raises the awareness about why vaccines are important for people of all ages and how they can help prevent serious, sometimes deadly, diseases and illnesses. NIAM is now more important than ever with the emergence of diseases such as COVID-19.

Immunizations play an important role in keeping your family and your community healthy. Vaccinations are important because they not only protect the person who is receiving the vaccine, but they also help to keep diseases from spreading to others such as your family, neighbors, classmates, coworkers, and other members of the community. Immunization helps protect those who are the most vulnerable to illness, such as infants, elders, and those with weakened immune systems.

Building Vaccine Confidence and acknowledging current research:

Concern: "Isn't it dangerous to get the flu shot at the same time as the COVID-19 vaccine?"

Talking point: It's safe to get both vaccines in one visit. In fact, the research shows the flu shot can be given along with the COVID-19 vaccine, or even alongside childhood vaccines.

Concern: "I never get sick because I have a healthy diet and exercise regularly."

Talking point: That's great! However, you could still pass the flu on to high-risk individuals. Your flu shot helps protect them.

Help protect yourself and the people you love by staying up to date on [recommended vaccinations](#).

[https://www.cbp.gov/employee-resources/health-wellness/august-national-immunization-awareness-month#:~:text=August%20is%20National%20Immunization%20Awareness%20Month%20\(NIAM\),sometimes%20deadly%2C%20diseases%20and%20illnesses.](https://www.cbp.gov/employee-resources/health-wellness/august-national-immunization-awareness-month#:~:text=August%20is%20National%20Immunization%20Awareness%20Month%20(NIAM),sometimes%20deadly%2C%20diseases%20and%20illnesses.)
<https://www.nhs.uk/vaccinations/why-vaccination-is-important-and-the-safest-way-to-protect-yourself#:~:text=Vaccines%20teach%20your%20immune%20system,the%20diseases%20and%20treating%20them.>
<https://www.cdc.gov/vaccines/adults/reasons-to-vaccinate.html>

Sydney Health, select MENU on the bottom navigation bar, then select **ACCESS CARE**, MyHealth Dashboard, then **Featured Programs** then **Preventive Guidelines** and **My Health Records** to see a listing of your **Immunizations & Vaccines** that Anthem has captured on your behalf much more!



August 1-7 is
World Breastfeeding Week



A new baby is exciting, but it can
also be challenging.
Let us be a part of your
“village”!

Taking care of you and your baby



Every woman's journey to motherhood is different. But usually, the first decision you'll make as a mom is how to feed your child. *It's Only Natural* has information for African-American women and their families about the health benefits of breastfeeding — not just for babies, but for moms too. [Spread the word about *It's Only Natural* to the moms you know — and to dads, too!](#)

Incredible facts about babies, breastmilk, and breastfeeding

Like pregnancy and childbirth, it can help to learn about breastfeeding before becoming a new mom. Click this link to [Test your breastfeeding knowledge](#) by reading these facts to see how amazing women's bodies truly are.

- ❖ **Children who are breastfed have a lower rate of certain illnesses as they grow up.**
Answer: Babies who are not breastfed have a higher risk of asthma, diabetes, and childhood obesity. Since African-Americans are at an increased risk for these health problems, it's important to recognize the lifelong benefits of breastfeeding for your child.
- ❖ **Breastfed babies typically get sick less**
- ❖ **Breastfeed benefits you as well as you baby**
- ❖ **And More!**

WIC can also help you with breastfeeding support. [Visit the WIC website](#) or call your local WIC office.

Being a new parent is an exciting time, but it can bring some unexpected challenges. Postpartum depression can occur after pregnancy. For more information on postpartum depression, talk to your doctor. You can also contact [Postpartum Support International \(PSI\)](#) at 800-944-4PPD **(800-944-4773)** (TTY 711).

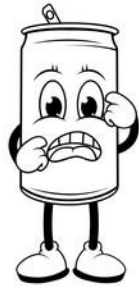
Anthem members: We are here for you! You have access **Building Healthy Families**, resources for your family. For new mothers you also have to free **Lactation Support** through Live Health Online. Use the Sydney Health app to visit the “Virtual Care” section. From there you can schedule a video consultation with a lactation consultant or registered dietician experienced in providing lactation support.

Sydney Health, select **MENU** on the bottom navigation bar, then select **ACCESS CARE**, **MyHealth Dashboard**, then **Featured Programs** then **Building Healthy Families** and much more!

Rethink your Drink: Pay attention to sugar content!

Drinking **one sugary drink a day** can mean you're getting double or triple the amount of added sugar that's healthy for your body. Don't be fooled by drinks that seem healthy!

Check the nutrition label first.



Juice drink 23 teaspoons (97 grams) of sugar, 305 calories
Soda 22 teaspoons (92 grams) of sugar, 242 calories
Energy 17 teaspoons (71 grams) of sugar, 230 calories
Sports 12 teaspoons (50 grams) of sugar, 125 calories
Chocolate milk 9 teaspoons (38 grams) of sugar, 160 calories

Pomegranate and Pear Infused Water



Total Time

Prep: 5 min. + chilling

Makes

8 servings (1 cup each)

Combine

- 2 quarts water
- 1/4 cup pomegranate seeds
- 1/2 small pear – sliced
- 1 cinnamon stick

<https://www.tasteofhome.com/recipes/pomegranate-and-pear-infused-water/>