

Wellness News

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“You must never stop dreaming. Face reality, yes. But don't stop with the way things are; dream of things as they ought to be...” - Rev. Jesse L. Jackson, Sr.



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!

Age with Strength, Confidence and Connection

Live well, age well: tips for a healthier tomorrow

Aging is part of life, but we can have an impact on how we age. Even small everyday choices can help you stay strong, connected, and resilient as the years go by. According to the National Institute on Aging, healthy aging means focusing on your body, mind, and social connections. By taking small intentional steps each day for your mental and physical health, you set the stage for a healthier tomorrow.

Moving more, getting a good night's sleep, taking care of your mental health and going to the doctor regularly are a few healthy actions that can help you live as independently as possible and maintain your quality of life as you age. Also, it's important to stay connected to the people you love and things you enjoy to combat loneliness and social isolation. Volunteer, schedule chats with family/friends, sign up for a class to try something new.

For more ideas and ways to stay healthy as you age visit the [National Institute on Aging](#)

Anthem members: visit Sydney or Anthem.com to access our free **Action Plans:** they can be rewarding! **Action plans encourage you to Get Active, Reduce Stress, Better Sleep, Increase Energy, Achieve A Healthy Weight, Eat Healthy, and more!**

Navigate via Sydney select **MENU**, then **ACCESS CARE**, then **My Health Dashboard** then **Action Plans**, be sure to take advantage of all the **PROGRAMS tools and resources.**

Here are a few steps that can make a big difference:



Stay active with movement you enjoy.



Eat well with balanced, nutritious foods.



Engage your mind through learning and hobbies.



Get quality sleep to support body and brain health.



Stay social to boost mood and avoid feeling isolated.



Keep up with preventive care like screenings and vaccines, because early detection continues to be your best protection.



Manage stress in healthy, mindful ways.

Don't put off a life-saving colorectal cancer screening

Taking time for regular colorectal cancer screenings is one of the most valuable ways you can protect your health and peace of mind. That's because colorectal cancer is the [third most common type of cancer among adults](#), but it often doesn't show any symptoms, especially at first.¹

The good news is that the [survival rate for colorectal cancer is about 90%](#) when it's caught early, before it's had the chance to spread. Regular screenings are the No. 1 way to detect it, but [many adults who need screenings don't get them](#).² Making these important tests a priority is about staying healthy and strong for the ones you love.

What is colorectal cancer?

[Colorectal cancer](#) starts when growths called polyps in the colon or rectum turn into cancer. The colon and rectum are parts of your digestive system that work together to turn the food your body doesn't need into waste.

Colorectal cancer is also sometimes called colon cancer or rectal cancer, depending on where the polyps start. Polyps don't always turn into cancer and, if they do, it often takes many years. That's why regular screenings are so effective — they can detect polyps when they're still harmless and easy for a doctor to remove.³

Who is at risk for colorectal cancer?

Anyone can get colorectal cancer, regardless of race, gender, or ethnicity. Some factors that [increase the risk of colorectal cancer](#) are out of your control, like age, a family history of colorectal cancer, or having certain inflammatory bowel diseases like Crohn's disease or ulcerative colitis.⁴

However, you can take several actions to [reduce your risk of colorectal cancer](#) and protect your whole health at the same time:

- Exercise regularly.
- Maintain a healthy weight.
- Eat a high-fiber, low-fat diet rich in fruits, vegetables, and whole grains.
- Quit or avoid smoking.
- Drink alcohol in moderation or not at all.

When should I start getting colorectal cancer screenings?

The [American Cancer Society](#) recommends that most adults have regular colorectal cancer screenings from age 45 to age 75. You should talk to your doctor about when and how often you should be tested, since they may recommend starting before 45 and testing more frequently if you have certain risk factors. How often you need colorectal cancer screenings will also depend on [which type of test you receive](#).⁵

What should I know about the different options for colorectal cancer screenings?

First, it's important to keep in mind that for any colorectal cancer screening, you will need a referral from your primary care doctor. When it comes to different screening options, there are actually [many ways to test for colorectal cancer](#), but they mainly fall under these two categories:

Colonoscopy: A colonoscopy is the most common way to screen for colorectal cancer. During a colonoscopy, a doctor will check for and remove polyps in the colon and rectum. The entire screening takes less than an hour, and you'll get a sedative to help you go to sleep. If you're at average risk for colorectal cancer, your doctor will typically give a referral for you to have a colonoscopy every 10 years.

• Home testing kits

Your doctor can help you decide which kind of test is best for you and can provide a referral for the test you choose. [Learn more about the different kinds of colorectal cancer screenings from the American Cancer Society](#).⁶

<https://file.anthem.com/1078256MUMENABS.pdf>

¹ The range of preventive care services covered at 100% when provided by plan doctors designed to meet state and federal requirements. The Department of Health and Human Services decided which services to include for full coverage based on U.S. Preventive Services Task Force A and B recommendations, the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC), and certain guidelines for infants, children, adolescents, and women supported by Health Resources and Services Administration (HRSA) guidelines. You may have additional coverage under your insurance policy. To learn more about what your plan covers, see your Certificate of Coverage or call the Member Services number on your ID card.

***Use Your Preventive Care Benefits!** Regular preventive care can help you stay healthy and catch problems early, when they are easier to treat. Our health plans offer all the preventive care services at **no cost to you**.¹ As long as you use a doctor, pharmacy, or lab in your plan's network, you won't have to pay anything. If you go to doctors or facilities that are not in your plan, you may have to pay out of pocket. To find a doctor near you, use the SydneySM Health app or visit [anthem.com](#). Select Care for our Find Care & Cost tools.

Aging in Place: Growing Older at Home

Staying in your own home as you get older is called “*aging in place*.” But many older adults and their families have concerns about safety, getting around, or other daily activities. Living at home as you age requires careful consideration and planning. Below are a few suggestions to help you continue to live independently:

- 1. Plan** – the best time to think about how to age in place is *before* you need a lot of care. Planning ahead allows **you** to make important decisions while you are able
 - a) Consider the help you need now and may want in the future
 - b) Consider any illnesses, such as diabetes or heart disease, that you or your spouse might have. Find out from your healthcare provider how your illnesses can affect your abilities in the future.
- 2. Identify support for aging at home** – home-based care includes health, personal, and other support services. They may be short-term or long-term; provided informal caregivers (family/friend) and supplemented by formal caregivers and community services
- 3. Making your home safe and accessible** – go through your home room by room to identify potential problems and safety issues
 - a) Correct immediate dangers such as loose railings, poor lighting. Make other modifications as needed
 - b) Re-evaluate home safety as your needs change
 - c) [Financial support](#) may be available for larger repairs and safety updates
- 4. Consider (and plan) for the costs to age in place:**
 - a) Personal funds
 - b) Federal and State government programs
 - c) Private financing – long term care insurance, certain life insurance policies, annuities, and trusts
- 5. Deciding when it’s time to leave home** – the decision about whether and when you should move from your home is often difficult, emotional, and personal. Everyone will have their own reasons for taking the next step (or not). It is important to have ongoing conversations with yourself and your loved ones as things change. As well as updating your course of action for care. Learn as much about the [housing options](#) available as you grow older. Talk with your family about each option before deciding.



<https://www.nia.nih.gov/health/aging-place/aging-place-growing-older-home>

Anthem members: Access community support through Sydney. Log-in and click **MENU** on the bottom navigation bar. Select ACCESS CARE, My Health Dashboard, Programs or **Community Resources** > Search for possible low cost or no cost resources in your area.

Getting Started with Caregiving

What is caregiving?

- Caregiving involves helping another person with commonplace activities and tasks. Many caregivers are family members, friends, or neighbors. Activities that a caregiver may assist with include:
 - Personal care – dressing, bathing, grooming, using the toilet
 - Household tasks – cleaning, laundry, shopping
 - Health care – coordinating medical appointments, tracking medications, being a health advocate
 - Transportation – rides to appointments and other activities
 - Financial & legal – paying bills, organizing important documents

New to caregiving? What to do first.

- Learn as much about the person's health and any treatments they receive. Knowing such details can help you understand what is going on, what may be needed, and how to manage in the future. Remember to approach these conversations sensitively and explain why you're asking the questions about their health.
 - Consider asking family members and friends to share caregiving tasks
 - Get training if needed
 - Take care of yourself too

How can you help with caregiving when you live far away?

- Ask the person receiving care and the primary caregiver how you can help.
- Talk to other long-distance caregivers for suggestions about ways to help.
- Offer occasional respite care to give the primary caregiver a break.
- When you visit look for tasks that need to be done and can be taken care of from a distance.

<https://www.nia.nih.gov/health/caregiving/getting-started-caregiving>



Visit [Anthem.com](https://www.anthem.com) for our **Caregiver Guide** with tips on creating a care plan, organizing daily tasks, managing stress, balancing a career, and more.

Sauteed Cinnamon Apples

Active: 7 mins **Cook Time:** 15 mins **Servings:** 4

The Diabetes Cookbook

Ingredients:

- 1 tablespoon margarine (trans-fat-free)
- 2 large Granny Smith apples (peeled & chopped)
- ½ teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 3 tablespoons water
- 1 tablespoon honey (or 2 packets artificial sweetener)

Directions:

Step 1: Heat margarine in a sauté pan over medium-high heat. Add apples and sauté for 3 minutes.

Step 2: Add remaining ingredients.

Step 3: Reduce heat to low and simmer for 12 minutes, stirring occasionally.

Nutrition Facts:

Serving Size ½ cup

Calories | 100 | Total Fat 2.5g | Total Sugars 14g | Cholesterol 0mg | Sodium 30 mg | Total Carbs 19g | Protein 0g | Dietary Fiber 3g | Potassium 128mg

<https://diabetesfoodhub.org/recipes/sauteed-cinnamon-apples#recipe-steps-section>



How apples support overall health There's truth behind the old saying, "An apple a day keeps the doctor away." Here's how a daily apple supports overall health:

Antioxidants. These substances reduce [inflammation](#), aid in digestion and provide protection against cancers such as colorectal, lung and some forms of breast cancer. Antioxidants also help lower the risk of asthma, improve lung function and regulate blood sugar levels.

Fiber. Fiber aids in weight loss by slowing digestion, reduces constipation by providing bulk and promotes gut health. It reduces the risk for heart disease by lowering [cholesterol](#) levels and [blood pressure](#). It also helps lower [blood sugar](#).

Hydration. An apple contains 85% water, so it can help quench your thirst.

Phytochemicals.

Apples contain: Fisetin, which may protect against memory loss and boost brain health. Pectin, which acts as a [prebiotic](#) "food" for growing good bacteria. [Quercetin](#), which protects your brain from oxidative stress, stops harmful bacteria from growing in your gut and strengthens your immune system.

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/pick-apples-for-a-bushel-of-health-benefits>

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