

SEPTEMBER

Community Wellness Events

September 1

Sun Safety Screening

Dr. Martin Luther King, Jr. Community Center
20 Dr. Marcus F. Wheatland Boulevard
Newport, Rhode Island
10:00 a.m. to 12:00 p.m.

This schedule is subject to change. Please call **(401) 459-5000** or visit **BCBSRI.com** for updates.



Fruits and Veggies – More Matters™ Month

September is “Fruits and Veggies – More Matters™ Month.” This national initiative is designed to encourage Americans to eat more fruits and vegetables every day. Fruits and vegetables are rich in vitamins, minerals, and fiber, which provide many health benefits. Studies show that people who eat the daily recommended amount of fruits and vegetables have a lower risk for heart disease, type 2 diabetes, and certain cancers. Today, only 10 percent of Americans eat enough fruits and vegetables according to the recommended dietary guidelines. Those guidelines vary depending on your age, gender, and level of physical activity. For a 2,000-calorie diet, you need to eat 2 ½ cups of vegetables and 2 cups of fruit every day. Go to **MyPyramid.gov** to find the right amount for you. Here are some examples:

One cup of fruit or vegetables is equal to:

- One small apple
- One large banana
- One large orange
- One cup of 100% fruit juice
- One cup of cooked greens
- One sweet potato
- One large bell pepper
- Twelve baby carrots

One-half cup of fruit or vegetables is equal to:

- One snack-size container of applesauce
- One small box of raisins
- Five broccoli florets
- Four large strawberries

Try the following tips to get more fruits and vegetables into your diet:

- Add bananas, raisins, or blueberries to your favorite breakfast cereal.
- Add chunks of fruit to plain low-fat yogurt.
- Include chopped vegetables in pasta sauce.
- Take your favorite vegetable soup for lunch, such as tomato or minestrone.

Visit **FruitsandVeggiesMatter.gov** for recipes and more tips for including fruits and vegetables as part of a healthy diet.



National Cholesterol Education Month

About 65 million American adults have high cholesterol. During September, which is National Cholesterol Education Month, take some time to learn your numbers and your risk. Here are some tips to help you understand your cholesterol and live a heart-healthy lifestyle:

- Get screened at your doctor’s office. A blood test called a lipoprotein profile provides information about your total cholesterol, LDL (“bad”) cholesterol, HDL (“good”) cholesterol, and triglycerides. If a lipoprotein profile is not available, your total cholesterol and HDL cholesterol levels provide valuable information that can be used to manage your risk.
- Eat foods that are high in fiber and low in saturated fat and cholesterol. Avoid trans fats whenever possible.
- Try to do at least 2 ½ hours of physical activity each week. Taking a brisk walk is a great way to get active.
- If you smoke, quit. Smoking can lower your HDL (“good”) cholesterol and increase your risk for heart disease.

Source: *The National Heart, Lung, and Blood Institute (NHLBI)*



Sun Safety Screening

Using DermaView technology, we will analyze sun damage on your face, which can be caused by sun exposure from early childhood. Participants also receive free sunscreen and safety tips on how to use it properly, and will learn other ways to avoid burns and long-term skin damage.

Please note: *Bare skin is best for the screening. If you use a facial moisturizer or another cosmetic that contains sunscreen, even if it has a low SPF, please remove it before coming to the screening.*



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