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Health Update | November 2015 Issue

Achieve Your HealthySM Newsletter

Aetna Individual Health Plans

You really can quit smoking

You can repair the damage

If you smoke, you don't need to hear how bad it is for you. You already know. But maybe you didn't know just how fast your health could improve by quitting.

If you quit today

- Your heart would start to recover the very next day
- Your risk of heart disease would drop sharply after two years
- You'd be less at risk for cancer in your mouth, lung, throat, esophagus, bladder and pancreas

And that's just some of the health benefits. Count on a brighter smile, bigger savings and more energy, too!

Why it's hard to quit

It's nicotine. When you smoke, it spreads powerful, pleasing feelings throughout your body. Plus, the act of smoking becomes a part of almost everything you do. So when you eat, drive, celebrate, drink coffee or take a break, you feel that pull to smoke.

5 tips to quit

- **Join a support group:** You'll hear others' struggles and strategies
- **Stay busy:** Read a book, tackle a home project or envision your new life
- **Avoid triggers:** Skip alcohol, social events or work breaks until you're less tempted
- **Pack a snack:** Chew gum or eat carrots when you want to smoke
- **Stay strong:** If you slip up one day, stay positive. And avoid the temptation to keep smoking

No smoking, not less smoking

You may be thinking — "What if I smoke less and less — until I don't need to smoke at all?" It sounds like a good idea.

But here's why it's not — Studies show that even if you smoke less, you'd likely inhale deeper. So you'd still get the same amount of nicotine. What about low-nicotine products? Same story. By inhaling deeper, you can get just as much nicotine as you would with a regular cigarette!

The only way to quit smoking is to quit it completely.

Did you know?

Health Care Reform (HCR) has changed the way many people get health care coverage. The changes can be confusing, with all of HCR's new vocabulary and abbreviations added to the conversation! It's important to understand the terms in order to make the right choice of health plan.

Whether you are an Aetna member or not, we can help. www.aetna.com provides a comprehensive glossary of health care and insurance terms and easy-to-understand definitions. So before you make that important health plan decision during Open Enrollment, visit www.aetna.com and scroll down the page to the glossary for help in understanding the words and abbreviations you need to make a confident choice for yourself and your family.

Get more tips to quit smoking.

Visit the Aetna IntelliHealth® website at www.intelihealth.com.

Healthy recipe of the month

Corn Chowder*



Nutrition facts:

Yield: 4 servings	Sodium: 205 mg
Serving size: 1 cup	Fiber: 4 g
Calories: 186	Protein: 7 g
Total fat: 5 g	Carbohydrate: 31 g
Saturated fat: 1 g	Potassium: 455 mg
Cholesterol: 5 mg	

Ingredients

Vegetable oil	1 tbsp
Celery (finely diced)	2 tbsp
Onion (finely diced)	2 tbsp
Green pepper (finely diced)	2 tbsp
Frozen whole kernel corn	1 package (10 oz)
Raw potatoes (peeled, diced into ½ inch pieces)	1 cup
Fresh parsley (chopped)	2 tbsp
Water	1 cup
Salt	¼ tsp
Black pepper	to taste
Paprika	¼ tsp
Flour	2 tbsp
Milk (fat-free or low-fat (1%))	2 cups

Directions

1. Heat oil in medium saucepan.
2. Add celery, onion and green pepper and sauté for 2 minutes.
3. Add corn, potatoes, water, salt, pepper and paprika. Bring to a boil; reduce heat to medium; and cook, covered, about 10 minutes or until potatoes are tender.
4. Pour ½ cup of milk into a jar with tight-fitting lid. Add flour and shake vigorously.
5. Add gradually to cooked vegetables and add remaining milk.
6. Cook, stirring constantly, until mixture comes to a boil and thickens. Serve garnished with chopped fresh parsley.

Thanks for checking out this month's issue of Aetna's Achieve Your HealthySM newsletter. We hope you found the information on quitting smoking useful. We hope you find the Corn Chowder recipe a delicious addition to your everyday meals!

At Aetna we're committed to helping people live healthy lives. To learn more about Aetna and the tools and health care services available to you visit **www.AchieveYourHealthy.com**.

Source: Aetna IntelliHealth. Available at www.intelihealth.com. Accessed January 24, 2011.

*<http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/appetizers.html#1>

Aetna individual health insurance plans are underwritten by Aetna Life Insurance Company and/or by Aetna Health Inc. (Aetna).

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