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Health Update | October 2015 Issue

## Achieve Your Healthy<sup>SM</sup> Newsletter

### Aetna Individual Health Plans

## Tips for a safe, happy Halloween

### Get the facts

Did you know the biggest threat to children on Halloween is cars? Children on foot, between the ages of 4 and 15, are four times more likely to get hit on this night, according to the Centers for Disease Control and Prevention.

It's easy for children — caught up in the fun of the night — to trip, fall or dash into the street. That's why it's important to know and use basic safety tips. They can help lower your child's risk.

### Safety basics

#### Costume

- **Choose a costume with bright colors.** Or stick on reflective tape. Masks should also be easy to see out of.
- **Stay away from sharp objects.** Play swords and wands are great. But go for materials like foam, not metals or hard plastics.
- **Remove any item that could cause choking or a fall.** In all the excitement, ropes, cords or fabric strips can easily get in the way.

#### Trick or treating

- **Go to or throw a party instead.** You avoid street traffic and "stranger danger."
- **Travel in groups.** The rule to go by is one adult to every four kids. Explain to children they must stay together. Holding hands helps. Also, stick to neighborhoods you know and carry a flashlight.
- **Cross at corners or crosswalks.** Children should always cross with an adult and never run.
- **Tell kids it's never okay to go in a stranger's home.** Let kids know that if a stranger says come in for candy, the answer is always "no, thank you."

#### Candy and pumpkin carving

- **Carefully check the candy.** Make sure it is well sealed. Also, look at the size and ingredients. Be certain there is nothing your child is allergic to or will choke on.
- **Stop tummy troubles before they start.** Only give your child a few pieces or one serving size of candy at a time.
- **Leave pumpkin carving to the adults.** Let your child draw the designs and then you can cut them out. Also, only adults should handle any matches or candles.

### Did you know?

Aetna has online health resources that connect our members to valuable information

- Ann, a virtual assistant on our members' secure member website, can help you find a doctor, estimate the cost of services, answer questions about claims and lots more.
- iTriage is a free application and website that puts you at the center of your health care so you can make confident decisions.

And you can connect with Aetna through these social media channels

- Aetna's **Facebook** page for the latest healthy living articles and updates.
- Our **@Aetna** Twitter feed for links to articles and information on living a healthy life.
- Tweet **@AetnaHelp** for answers to a variety of questions around the clock.
- Our **YouTube** channel to learn more about Aetna's vision and values.

Become an Aetna member and get access to resources to help you with your health care decisions any time, any place!

### Get more Halloween safety tips.

Visit the Aetna iTriage website at [www.iTriage.com](http://www.iTriage.com).

## Healthy recipe of the month

### Apple & Chicken Salad\*



#### Ingredients

Red apples (such as Cameo Apples)	2
.....	.....
Celery stalks (diced)	2
.....	.....
Chicken breasts (skinless, cooked, diced)	2 cups
.....	.....
Plain non-fat Greek yogurt	¼ cup
.....	.....
Raisins	½ cup
.....	.....
Mayonnaise	¼ cup
.....	.....
Ground black pepper	⅛ teaspoon
.....	.....
Lettuce leaves (Bibb, Romaine, green or red leaf)	16

#### Nutrition Facts:

Yield: 4 servings	Sodium 330 mg
Calories 290	Fiber 4 g
Total Fat 8 g	Protein 25 g
Saturated Fat 1.5 g	Carbohydrate 34 g

#### Directions

1. Cut apples in quarters; remove core and chop
2. In a medium size bowl, mix all ingredients, except lettuce
3. To serve, arrange lettuce on serving plates; top with apple and chicken salad

**Thanks for checking out this month's issue of Aetna's Achieve Your Healthy<sup>SM</sup> newsletter. We hope you found the information on Halloween safety useful. We hope you find the Apple & Chicken Salad 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](http://www.AchieveYourHealthy.com)**.

**Source: Aetna IntelliHealth. Accessed March 7, 2014.**

**\*<http://www.whatscooking.fns.usda.gov/recipes/myplate-cnpp/apple-chicken-salad>**

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