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Enjoy the taste of summer –

and simplify your meal routine –
with these four tips

Hello, sunshine! Summer is officially here, making it the perfect time to simplify your meal routine, so you can maximize your moments outdoors and enjoy the freshest flavors of the season while managing your weight.

However you choose to spend the warmer days (catching a baseball game or lounging poolside, anyone?), you can use these four tips as a starting point for dishing up healthy meals in a snap:



① Plan ahead

After a long day, the last thing you want to worry about is deciding what to cook for dinner. By taking a few minutes to sit down and create a meal plan at the beginning of the week, you can set yourself up for success.

As an added bonus, you have control over the amount of fresh ingredients in your meals since you're the chef. Look for recipes that include seasonal produce to give your meals a healthy boost.

② Shop with a list

Did you know that shopping with a list can help you limit the number of items you buy on impulse? Write down what ingredients you'll need while meal planning and take your list to the store, so you can pick up everything in one quick trip.

③ Include no-cook meals

Beat the heat by adding a few no-cook meals to your weekly menu. Canned staples, like beans, can make a quick and filling lunch when added over fresh greens.

④ Stock up on the basics

Keeping staples, such as grains, seasonings and olive oil, on hand makes it easy to whip up a quick and nutritious meal, even if you're running low on other ingredients.

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➔ Looking for more tips to simplify your meal routine and lose weight?

Visit NebraskaBlue.com/EHAPOP to develop a personalized health plan with one of our nurses.





Meet Your CARE TEAM

Jessica Jones, RN

Jessica wanted to be a nurse for as long as she could remember.

“Nurses make the world a better place,” Jessica said. “The impact I saw them make on patients filled my heart with joy, and I knew it was what I wanted to do for the rest of my life.”

Now, as a nurse care manager, she gets to make that impact on Blue Cross and Blue Shield of Nebraska members every day. Jessica supports members participating in a care management program and is available to assist you in creating a personalized plan to:

- Navigating the health care system
- Meeting wellness goals
- Lowering health risks

“The feeling you get when someone tells you that your actions made them feel comfortable, safe, acknowledged or cared for is the best feeling I have ever experienced,” Jessica said. “Not every job provides the opportunity to really make an impact on others, and I am thankful every day that I get that chance.”

Jessica loves that summer provides the opportunity to focus on wellness without even noticing it. Warmer weather means more yard work, outdoor projects and days in the sun, which almost always result in calories burnt and a good night's sleep – all without having to set aside time to exercise.

Another summer bonus is easier access to fresh fruit and vegetables. Jessica's summer go-to cooking method is the grill, and she loves to find ways to spice up the seasonal produce.

“My favorite summertime meal is kabobs,” she said. “I always switch it up a little, but love using any lean meat like steak, pork, or chicken and then adding on various vegetables – or even fruit sometimes. I love that they are easy to assemble, and the flavors and ingredients can be adjusted to your family's taste. Not to mention clean-up is a breeze.”

No grill? Don't fret. Give Jessica's favorite summertime salad a try (on the next page).

Healthy eating hacks for life on the go

Eating on the go can make sticking to a diet a challenge since meals prepared away from home generally contain more calories, sodium and saturated fat than those cooked at home. This means that frequently dining out can contribute to weight gain.

Manage your weight – and kick the drive thru to the curb – by following these three tips for healthy eating on the go:

- ✓ **Minimize your minutes in the kitchen**
It can be tempting to make a pit stop to grab some grub after a long day at work or school. Knowing that you have quick and simple meal options available at home can make it easier to resist temptation.

Stock up on already-cooked proteins, such as canned meats, like tuna, salmon and chicken, and simply serve over a bed of lettuce for a quick and delicious meal in a snap.
- ✓ **Dress up your veggies**
Crunchy carrots and celery sticks make for a healthy snack but eating them on their own can be a challenge. Take these veggies – and your other favorites – from drab to fab by adding a dressing or dip on top.
- ✓ **Pack for a snack attack**
Preparation is key when it comes to fighting hunger between meals while on the go. Fill snack bags with your favorite nuts, which offer a good source of protein and fat, and stash them in your purse or backpack for easy access.
- ✓ **Include no-cook meals**
Beat the heat by adding a few no-cook meals to your weekly menu. Canned staples, like beans, can make a quick and filling lunch when added over fresh greens.
- ✓ **Stock up on the basics**
Keeping staples, such as grains, seasonings and olive oil, on hand makes it easy to whip up a quick and nutritious meal, even if you're running low on other ingredients.

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- ➔ **If you would like help with managing your weight...**

Visit NebraskaBlue.com/EHAPOP to connect with a BCBSNE nurse health coach.



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Jessica's Strawberry Poppyseed Salad

- 1 Grill chicken breast until it reaches an internal temperature of 165 degrees (Note: You can air fry, pan fry or bake the chicken instead)
- 2 Slice the chicken breast and add to the top of your choice of greens (Jessica prefers iceberg lettuce)
- 3 Add in sliced strawberries, thinly sliced red onion, feta cheese and slivered almonds
- 4 Top with your favorite poppyseed dressing (Jessica uses the Skinny Girl brand poppyseed dressing)
- 5 Enjoy!



**Connect with a nurse
health coach today**

To get started with a nurse health coach like Jessica, visit **NebraskaBlue.com/EHAPOP**.



Updates

- ✓ Your online member account will have a new look. Be on the lookout for more information.
- ✓ **Beginning Sept. 1, 2022, the following changes will be made to your pharmacy benefits**
 - Prescription drug list (PDL) is changing to PDL 40
 - New specialty medication manufacturer copay assistance program
 - In-network specialty medication pharmacies



Health benefits for EHA are provided by Blue Cross and Blue Cross and Blue Shield of Nebraska, an independent licensee of the Blue Cross and Blue Shield Association. 92-219 (06-08-22)