



YOUR BENEFITS, DISCOVERED

March 2018

GO BEYOND THE CLINIC

Good health goes beyond the doctor's office. That's why Kaiser Permanente offers so many convenient resources to our members. Explore them all, and choose the ones that fit your life.

ONLINE WELLNESS TOOLS

Visit kp.org/healthyliving for wellness information, health calculators, fitness videos, podcasts, and recipes from world-class chefs.

HEALTHY LIFESTYLE PROGRAMS

Connect to better health with programs to help you lose weight, quit smoking, reduce stress, and more — all at no additional cost. These programs only take about 20 minutes to complete, and you can do so at your own pace.*

Balance

Learn how to lose weight and keep it off with this comprehensive weight management program.

Breathe

Create your plan to quit smoking, and discover proven strategies to deal with cravings.

Care for Diabetes

Get help managing this complex condition with a program designed around your needs.

Care for Pain

Create a personalized plan to manage chronic pain.

Are you one of our secret winners?

We've randomly selected a winner and buried the name and employer in the text. If you find your name, email EmployeeBenefits@cisoregon.org by April 30, 2018. We'll confirm who you are and then mail you a \$25 Amazon gift card.

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Nourish

Learn how to improve your health and well-being with a nutritional plan that fits your lifestyle.

Care for Depression

Lead a happier, fuller life by finding ways to help manage depression and its symptoms.

Dream

Learn how to get a good night's rest, wake up refreshed, and be ready for the day.

Relax

Get a customized stress-management plan that can help you live longer, healthier, and more relaxed.

Learn more at kp.org/healthylifestyles.

**To use these programs for the first time, you'll need to create an account at kp.org. To do so, go to kp.org/registernow.*

TAKE THE TOTAL HEALTH ASSESSMENT

As a Kaiser Permanente member, you have access to a Total Health Assessment, an online questionnaire that can help you see what's impacting your overall health. It only takes about 20 minutes to complete and once you complete it you'll get a customized plan to help you (**Yevgeniy Plukchi from Northwest Senior and Disability Services**) make healthy lifestyle changes. It's also available in Spanish.

To get started, go to kp.org/tha.

Quinoa Asparagus Pilaf

This pilaf, flavored with shaved parmesan, parsley and lemon vinaigrette, is best with fresh local asparagus from the farmers market. Add quinoa, a high-protein whole grain that can be found at most major supermarkets, and you have a recipe that is perfect for the spring.

Servings: 8 servings, about 1 1/2 cups each

INGREDIENTS

Pilaf

2 cups uncooked quinoa

6 cups water, for cooking quinoa

2 bunches (about 1 1/2 pounds) fresh asparagus

2 trays of ice cubes

1/2 cup Italian parsley, finely chopped

2 ounces Parmesan Reggiano, shaved into thin strips

Vinaigrette

1/2 teaspoon lemon zest (from half a lemon)

2 tablespoons freshly squeezed lemon juice (from one lemon)

5 tablespoons extra virgin olive oil

1/4 teaspoon freshly ground black pepper

1/4 teaspoon kosher salt

(Preparation directions on next page)



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PERSONAL WELLNESS COACHING

In this one-on-one program, coaches use a collaborative approach to help you overcome obstacles and motivate you to achieve your goals.

Wellness coaching is available for the following topics:

- Quit tobacco
- Get active
- Manage weight
- Reduce stress
- Eat healthy

Wellness coaches teach you new techniques to support positive change. They can help increase your motivation and build your confidence. Coaches are specially trained to help you break through barriers and are skilled in motivational counseling techniques. All of our wellness coaches are trained to provide coaching services based on clinical guidelines and adult learning theory.

In addition, coaches help connect you with other Kaiser Permanente resources, including regional and local health promotion classes, online programs, and other tools.

Find out more at kp.org/healthengagement.

MAIL-ORDER PRESCRIPTIONS

Skip the pharmacy line and have your medications delivered to your home. There is no additional cost for shipping, and most members save one copay on a 90-day supply. New and refill prescriptions qualify.

Visit kp.org/pharmacy to sign on and manage your prescriptions.

DIRECTIONS

1. Add quinoa to boiling water and cook medium-high heat for 11-14 minutes until there is no white "dot" of starch in the center. Drain and transfer to baking sheets. Cool to room temperature.
2. Combine vinaigrette ingredients and whisk with a fork until emulsified. Set aside.
3. Bring a second pot of water to boil. Snap the woody ends off the bottom of the asparagus stalks and discard ends. Cut the remaining stalks into one-inch pieces.
4. Add asparagus to boiling water, boil for one minute, drain in colander, and run under cold water. Immerse asparagus in bowl of ice cubes and water for five minutes, then drain.
5. Combine cooled quinoa, vinaigrette and parsley. Toss in asparagus and garnish with shaved parmesan cheese. Taste to balance flavors and add salt or pepper if needed.

Enjoy!

