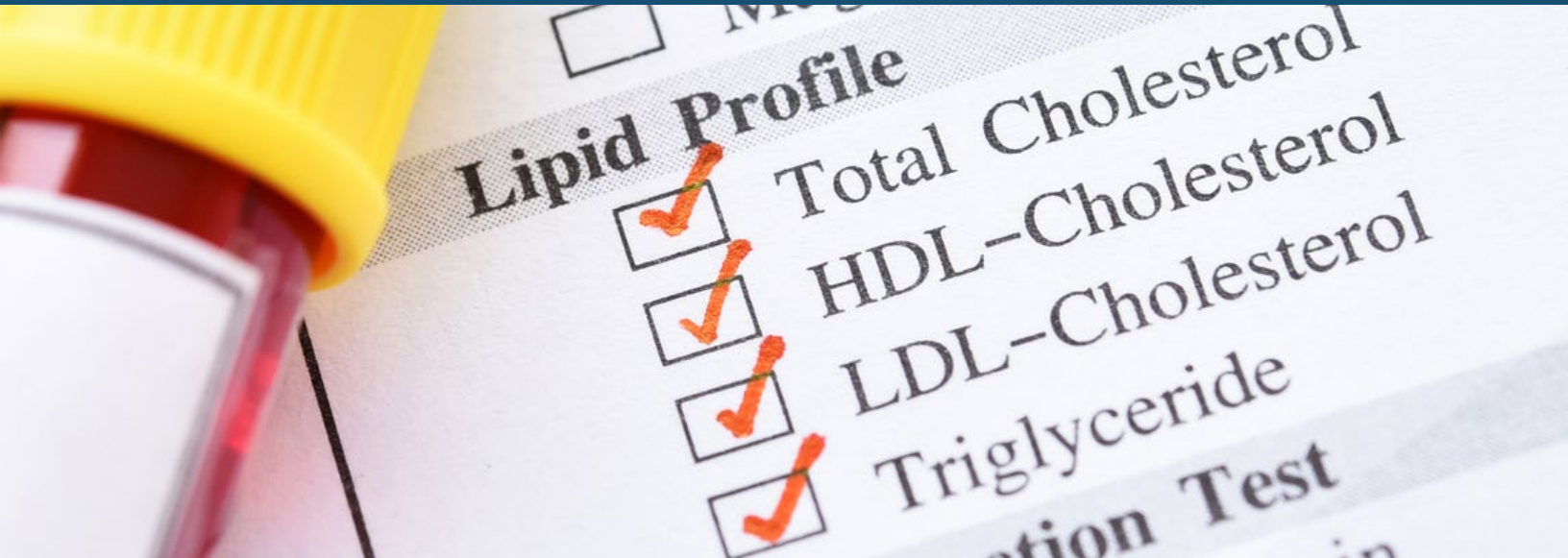


September 2025



CHOLESTEROL EDUCATION MONTH

Cholesterol Education Month is observed annually in September and is dedicated to raising awareness about cholesterol, its impact on health, and the importance of managing cholesterol levels to prevent heart disease and other related conditions. This initiative helps to educate you about the risks associated with high cholesterol and the steps you can take to maintain healthy levels.

Why is Cholesterol Education Month Important?

- **Heart Disease Prevention:** High cholesterol is a major risk factor for heart disease. Education about cholesterol helps you understand its role in cardiovascular health and encourages preventive measures.
- **Promotes Early Detection:** High cholesterol often has no symptoms and many people may not know they have it. This month emphasizes the importance of regular screenings and check-ups to detect issues early.
- **Encourages Healthy Lifestyle Choices:** This campaign highlights the importance of a balanced diet, regular exercise, and avoiding smoking to maintain healthy cholesterol levels.
- **Dispels Myths:** This month helps clarify the difference between "good" cholesterol (HDL) and "bad" cholesterol (LDL) and educates people on how to manage both effectively.
- **Taking Control of Your Health:** Make informed decisions about your health and take proactive steps to reduce your risk of cholesterol-related conditions with the resources and tools provided this month.

CHOLESTEROL EDUCATION MONTH

LEANING INTO HEALTH: HOW TO BUILD AND MAINTAIN MUSCLE

BENEFIT SPOTLIGHT: NURSE SUPPORT PROGRAM

GRILLED CHICKEN QUINOA BOWL

RESOURCES TO KNOW

LEANING INTO HEALTH: HOW TO BUILD AND MAINTAIN MUSCLE

Building and maintaining lean body mass is the key to improving body composition. Lean body mass refers to the weight of everything in your body except fat, and it includes muscles, bones, organs, and fluids. A higher percentage of lean mass contributes to improved metabolism, better overall physical function, and reduced risk of chronic diseases.

Here are some effective strategies to help you build lean body mass:

- **Prioritize Strength Training:** Engage in resistance training exercises at least two to three times per week, focusing on compound movements that work multiple muscle groups, such as squats, deadlifts, and bench presses. Then, gradually increase weights and reps to challenge your muscles. If you do not have equipment, many resistance exercises can be performed using your own body weight.
- **Optimize Nutrition:** Protein needs vary depending on your fitness goals, training routine, and health needs, so it is best to consult with a registered dietitian for specific recommendations. In general, consuming adequate protein—about 0.8–2.0 grams of protein per kilogram of body weight per day—supports muscle repair and growth. To determine kilograms, take your body weight in pounds and divide by 2.2. Include a variety of protein sources such as lean meats, fish, dairy, legumes, and plant-based options.
- **Stay Hydrated:** Drink plenty of water throughout the day to support metabolic and muscle functions. Also consider hydration before, during, and after engaging in physical activity, especially when exercising in hot or humid conditions.
- **Limit Alcohol and Junk Food:** Avoid alcohol, ultra-processed foods, refined carbohydrates, sugary foods and beverages, and other junk foods, as these can slow muscle building.
- **Get Enough Sleep and Rest:** Adequate rest between workouts is essential for building lean body mass. Aim for 7-9 hours of quality sleep each night to allow for adequate muscle recovery. If muscle soreness interferes with sleep, try foam rolling, stretching, or other relaxing mobility exercises to improve sleep quality.
- **Consult Professionals:** If you are unable to make progress on your own, consider working with a certified personal trainer to develop a customized exercise program, or speak with a registered dietitian to ensure your nutrition habits support your fitness goals.

Building and maintaining lean muscle mass can help optimize your metabolic health. Be thoughtful about how you nourish your body, include strength training exercises on 2 to 3 days of the week, and be consistent with your workout routine.



BENEFIT SPOTLIGHT: NURSE SUPPORT PROGRAM

When you're managing a chronic condition, things may sometimes get complicated and overwhelming. Blue Cross and Blue Shield of North Carolina (Blue Cross NC) can help you manage your condition with the **Nurse Support Program Condition Care**.

As you work with your primary care provider, the Nurse Support Program Condition Care also connects you to more tools, resources and care. The best part? This program is available to you as a benefit of your health plan at no additional cost.

The Nurse Support Program Condition Care is available to members with conditions such as:

- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Congestive Heart Failure (CHF)
- Coronary Artery Disease (CAD)
- Diabetes
- Hypertension



THE CARE TEAM

Your coordinated care team is led by your Nurse Advocate and includes:

- Registered nurses
- Certified diabetes care and education specialists
- Behavioral health professionals
- Pharmacists
- Social workers
- Registered dietitians
- Physicians (available for consult)
- Support staff



The Nurse Support Program Condition Care is available to you as a benefit of your health plan at no additional cost, so you can get the resources you need to manage your conditions and avoid future medical problems.

HEALTH MANAGEMENT APP POWERED BY WELLFRAME

Wellframe connects you directly to your care team – a group of nurses and other health care professionals who are there to support you. They are there to help you feel the best you can. **Wellframe gives you health resources when you need them:**

- You can **Chat** with your care team. Your care manager can answer medical questions. They can also connect you to services, giving you support whenever you need it.
- Your **Checklist** will have a daily list of tasks to complete and helpful articles to read about your health based upon your unique condition
- You can set up **Reminders** on your phone to help you keep track of your medications and appointments
- The **Me** tab shows a summary of your progress
- Search the **Library** for articles about your health

GET STARTED TODAY!

- Download the Wellframe app to your mobile device
- Enter your Access Code: **ncdmsupport**
- Follow the prompts to complete the registration process. You will get a message from the care team after completing the sign-up process.
- Questions? help@wellframe.com

[FOR MORE INFORMATION WATCH THE NURSE SUPPORT PROGRAM VIDEO HERE.](#)

GRILLED CHICKEN QUINOA BOWL

4

INGREDIENTS:

- 1/4 lbs grilled chicken breast (seasoned with herbs)
- 1 cup cooked quinoa
- 1 cup steamed broccoli florets
- 1/2 avocado, sliced
- 1/4 cup roasted chickpeas
- A handful of mixed greens (spinach, arugula)
- 2 tbsp lemon juice (for dressing)
- 1 tbsp olive oil (for dressing)
- Salt and pepper (to taste)

INSTRUCTIONS:

- Cook the quinoa following the package instructions and set aside.
- Grill the chicken breast seasoned with herbs until fully cooked.
- Steam the broccoli florets until tender.
- In a bowl, place the mixed greens at the bottom.
- Add the cooked quinoa, grilled chicken, steamed broccoli, and sliced avocado on top of the greens.
- Sprinkle the roasted chickpeas over the bowl.
- Whisk together the lemon juice, olive oil, salt, and pepper, and drizzle over the bowl as a dressing.

NUTRITION FACTS

Calories 650
Protein 60g
Carbohydrates 48g
Fat 24g
Fiber 12g
Sugars 4g
Sodium 340mg
Cholesterol 125mg



Benefit	Vendor	Website/Email/Contact
Medical	BlueCross BlueShield of NC	https://www.bluecrossnc.com/
Blue Connect	BlueCross BlueShield of NC	Blue Connect
My Pregnancy Program	BlueCross BlueShield of NC	Download the <i>My Pregnancy through Blue Cross NC</i> app to get started
NCHIP Concierge	BlueCross BlueShield of NC	1-800-795-9402
Mental Health/Substance Abuse	BlueCross BlueShield of NC	Find a therapist Headway
Nurse Support Program Condition Care	BlueCross BlueShield of NC	Download the Wellframe app to get started



HAVE SOMETHING YOU
WANT TO SHARE?
LET US KNOW!

