



BH Wellness
...Because good health starts here!

Newsletter

Q1 2024



2024 Theme: Healthy Lifestyles - Mind, Body & Soul

ADD A HEALTHY MIND TO YOUR NEW YEAR'S RESOLUTIONS – NEW YEAR, NEW MIND

The birth of a new year is a popular time for reflection, when we think about aspects of our lives that need improvement. For many, that means making resolutions for a healthier body. This year, why not also resolve to create a healthier mind?



The Healthy Mind Platter developed by the NeuroLeadership Institute provides the necessary daily building blocks for a healthy mind, but there are no hard-and-fast rules about how much time you should spend doing each activity.

During this new year, get creative in how you nourish your healthy mind. Click these links to learn more about each component of the platter and how you can incorporate them in your lifestyle:

[Read more...](#)

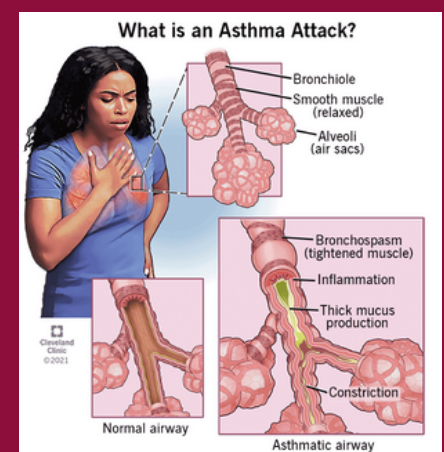
TOP TIPS ON BUILDING AND MAINTAINING HEALTHY RELATIONSHIPS

Building and maintaining healthy relationships is an important part of looking after our mental health. Here are 6 top tips to support you with yours.

[Read more...](#)



ALL ABOUT ASTHMA



(Click Image)

UPCOMING EVENTS

Mending Hearts
February 20

What is MS (Multiple Sclerosis)?
March



**Catch up on
our most recent
wellness webinars**

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30 DAY MEAL PLAN GUIDE BY MOUNT SINAI

An important part of self-care includes choosing foods that are nutritious, taste good, and support a positive mood and outlook. We have included a sample 30-day meal plan guide prepared by Mount Sinai Hospital filled with delicious recipes for you and your family to share on your journey to optimal health. This guide also lists activity options that you can include in your personal wellness plan.

Disclaimer: This guide does not take the place of a visit with your physician. Consult with your health care team to outline a wellness plan that is safe for you to follow.

If you don't have a primary care physician, please select one from BahamaHealth's Provider Directory under resources at bahamahealth.com and schedule your preventive care visit (annual physical) today!



(Click Image for Guide)



SHRIMP CAULIFLOWER FRIED RICE

INGREDIENTS

- ¼ cup sesame oil, divided
- 2 large eggs, lightly beaten
- 3 cups riced cauliflower (see Tip)
- 1 pound large shrimp (31-35 count), peeled and deveined
- 3 cups broccoli florets
- 1 medium red bell pepper, thinly sliced (about 1 cup)
- 3 cloves garlic, sliced
- 3 tablespoons reduced-sodium soy sauce or tamari
- 2 tablespoons water
- 1 tablespoon rice vinegar
- ½ teaspoon ground pepper

DIRECTIONS

Step 1:
Heat 2 teaspoons oil in a large flat-bottomed carbon-steel wok or large, heavy skillet over high heat. Add eggs and cook, without stirring, until fully cooked on one side, about 30 seconds. Flip and cook until just cooked through, about 15 seconds. Transfer to a cutting board and cut into 1/2-inch pieces.

Step 2:
Add 2 teaspoons oil to the pan; heat over high heat. Add cauliflower in an even layer; cook, undisturbed, until lightly browned, 3 to 4 minutes. Transfer to a plate.

Step 3:
Add 2 teaspoons oil to the pan; heat over high heat. Add shrimp; cook, stirring often, until just opaque, about 3 minutes. Transfer to the plate with the cauliflower.

Step 4:
Add the remaining 2 tablespoons oil to the pan; heat over high heat. Add broccoli, bell pepper and garlic; cook, stirring occasionally, until lightly charred, 4 to 5 minutes. Stir in soy sauce (or tamari), water, vinegar and pepper. Bring to a boil; boil for 30 seconds. Remove from the heat. Stir in the reserved eggs, cauliflower and shrimp.

Tip:
Look for prepared cauliflower rice (or cauliflower crumbles) with other prepared vegetables in some supermarkets. To make your own, pulse cauliflower florets in a food processor until broken down into rice-size granules. One 1 1/2-pound head of cauliflower yields about 4 cups of cauliflower rice.

HONEY-GARLIC CHICKEN THIGHS WITH CARROTS & BROCCOLI

INGREDIENTS

- ⅓ cup honey
- 1 ½ tablespoons reduced-sodium soy sauce or tamari
- 4 cloves garlic, minced (about 1 1/2 tablespoons)
- 1 tablespoon cider vinegar
- ¼ teaspoon crushed red pepper
- 8 (5 ounce) bone-in, skin-on chicken thighs
- 1 pound small carrots, sliced into 1/2-inch pieces
- 2 tablespoons olive oil, divided
- 4 cups broccoli florets (about 1 pound)
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 1 teaspoon cornstarch
- 1 teaspoon water

DIRECTIONS

Step 1:
Whisk honey, soy sauce (or tamari), garlic, vinegar and crushed red pepper in a small bowl. Place chicken and half of the honey mixture (about 1/4 cup) in a zip-top plastic bag; remove excess air and seal bag. Massage the chicken in the sealed bag until well coated. Refrigerate for at least 30 minutes and up to 2 hours. Reserve the remaining honey mixture.

Step 2:
Preheat oven to 400F. Line a large rimmed baking sheet with foil; coat with cooking spray. Remove the chicken from the marinade (discard marinade); arrange on 1 side of the prepared pan. Combine carrots and 1 tablespoon oil in a medium bowl; toss well to coat. Spread the carrots in an even layer on the other side of the pan. Bake the chicken and carrots for 15 minutes. Remove from the oven; stir the carrots.

Step 3:
Combine broccoli and the remaining 1 tablespoon oil; toss well to coat. Distribute the broccoli evenly over the chicken and carrots on the pan. Sprinkle salt and pepper over all. Bake until the vegetables are tender and a thermometer inserted in the thickest portion of the chicken registers 165F, 15 to 18 minutes.

Step 4:
Meanwhile, whisk cornstarch and water in a small bowl until no clumps remain. Combine the cornstarch mixture and the reserved honey mixture in a small saucepan; bring to a simmer over medium-low heat, whisking once or twice. Simmer, whisking often, until the sauce is clear and thickened, about 2 minutes. Drizzle over the chicken and vegetables. Serve hot.



Visit bahamahealth.com/bh-wellness for more details



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VENDOR LISTING

Present your BahamaHealth card and a valid ID to take advantage of the following discounts exclusively for BahamaHealth members!

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FOOD & DRINK

- BETTER LIVING HEALTH CENTER: 5%**
T: 323-5473 (Balfour Ave & Palm Beach St)
- CLEAN EATS 242: 5%**
T: 434-0055 (Carmichael Road)
- ANJI'S DELIGHTFUL TEAS: 20%**
T: 426-3003 (122 Hampshire Street)

SUPPLEMENTS

- FITNESS CONNECTION: 10%**
T: 727-1658 (Seagrapes Plaza, Prince Charles Dr.)
- ESSENTIALLY ALKALINE: 5%**
T: 356-3301 (Alexander Street)
- PNC: 10%**
T: 394-2180 (Mall At Marathon)
- ANCIENT CHINESE SECRETS: 7%**
T: 394-1369 (#86 Shirley Street)
- NEW LIFE NATURAL: 10%**
T: 323-0075 (Independence Dr. Business Park)
- DOWN TO EARTH FARMS: 10%**
T: 361-7328 (Cowpen Road)
- SHADDAI HEALTH: 15%**
T: 439-3242 (Park Close)

SUPPLIES

- QUALITY HOME CENTRE: 10%**
T: 601-7420 (Baillou Hill Road)

FITNESS

- EMPIRE FITNESS: 10%**
T: 364-2001 (Seagrapes Plaza, Prince Charles Dr.)
- FIT FAM: \$72 Monthly Membership fee**
T: 544-6403 (St. John's College)
- FIT365: 20% OFF Membership fee**
T: 818-9718 (Carmichael Road)
(Powered by Getfitwithsmith)

FITNESS GEAR

- SUN TEE: 10%**
T: 393-1004 (#99 East Shirley Street)

SPA AND WELLNESS

- THE BODY BAR: Ongoing Specials**
T: 467-9630 (Saunders Beach Plaza)
- BAHA RETREAT: 10%**
T: 323-6711 (East Bay Street)
- AMBER SPA: 20% Off everything**
excluding hair, makeup services, manicures, and pedicures, spa packages and promotions
T: 363-1218 (Paradise Island)
- WHOLISTIC LIFESTYLE CENTRE: 10% Ongoing Specials**
T: 323-0610 (East Bay Street)
- PARAMOUNT REHAB AND FITNESS: Ongoing Specials**
T: 698-1040 (#97A Thompson Blvd.)

NEW VENDOR ALERT!



Discounted Monthly Membership fee of \$72 for BahamaHealth Members!

Classes are held four times per week:
Mon-Jay Madness- 6:00pm to 7:30pm
Zumba Tuesday- 6:00pm to 7:30pm
Soca Thursday- 6:00pm to 7:30pm
Bootcamp Saturday- 6:00am to 7:00am

Location: St. John's College
on Bishop Eldon Drive, Stapleton Gardens.

Contact: 242-544-6403 fitfamclub242@gmail.com



30 DAY FITNESS CHALLENGE

THE GUARDIAN

30-DAY CHALLENGE

© darebee.com



1 1 min march steps 1 min rest 3 sets	2 20 calf raises 10-count hold 3 sets 30sec rest	3 1 min march steps 1 min rest 3 sets	4 20 calf raises 10-count hold 3 sets 30sec rest	5 1 min march steps 1 min rest 3 sets
6 20 calf raises 10-count hold 3 sets 30sec rest	7 2 min march steps 1 min rest 3 sets	8 22 calf raises 12-count hold 3 sets 30sec rest	9 2 min march steps 1 min rest 3 sets	10 22 calf raises 12-count hold 3 sets 30sec rest
11 2 min march steps 1 min rest 3 sets	12 22 calf raises 12-count hold 3 sets 30sec rest	13 3 min march steps 1 min rest 3 sets	14 24 calf raises 14-count hold 3 sets 30sec rest	15 3 min march steps 1 min rest 3 sets
16 24 calf raises 14-count hold 3 sets 30sec rest	17 3 min march steps 1 min rest 3 sets	18 24 calf raises 14-count hold 3 sets 30sec rest	19 4 min march steps 1 min rest 3 sets	20 26 calf raises 16-count hold 3 sets 30sec rest
21 4 min march steps 1 min rest 3 sets	22 26 calf raises 16-count hold 3 sets 30sec rest	23 4 min march steps 1 min rest 3 sets	24 26 calf raises 16-count hold 3 sets 30sec rest	25 5 min march steps 1 min rest 3 sets
26 28 calf raises 18-count hold 3 sets 30sec rest	27 5 min march steps 1 min rest 3 sets	28 28 calf raises 18-count hold 3 sets 30sec rest	29 5 min march steps 1 min rest 3 sets	30 30 calf raises 20-count hold 3 sets 30sec rest



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INDIVIDUAL HEALTH COVERAGE (AGES 0-17)

BahamaHealth understands the importance of protecting the young gems of your family in as many ways as you can. Life can be unpredictable, but you can feel good about their health plan with our customizable individual dependent coverage.



BENEFITS AVAILABLE

- Individual Life and Health Coverage for Children (ages 0-17)
- One Million Major Medical Plan with life insurance coverage for \$10,000 or \$20,000
- Optional Combined Dental and Vision Coverage
 - \$1,500 Annual Dental Benefits with \$1,500 Lifetime Orthodontia plus \$400 Annual Vision coverage.

WHAT YOU NEED TO KNOW

There is **no obligation** for a parent/ guardian to purchase additional coverage for themselves solely to insure a dependent. Your child(ren) can be covered independently. Our professional sales representatives are happy to assist you in selecting a package from our suite of products.

CONTACT US TO APPLY NOW:

📞 1-242-396-1350 OR
BHBusinessDev.user@familyguardian.com
🌐 www.bahamahealth.com

📍 BahamaHealth
Family Guardian Financial Center
East Bay & Church Streets
P. O. Box SS-19079
Nassau, Bahamas



BahamaHealth is a Division of Family Guardian Insurance



**24-HOUR ACCESS TO
YOUR HEALTH INSURANCE
VIA OUR NEW HEALTH PORTAL**
BAHAMAHEALTH.COM/BHPULSEPORTAL



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SUBSCRIBE

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CONTACT INFO



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Family Guardian Financial Centre

East Bay & Church Streets
P.O. Box SS-19079
Nassau, Bahamas

Office Hours: 9:00am - 5:00pm | Monday - Friday

Phone: 242-396-1311

Fax: 242-396-1301/2

Email: healthinsurance@familyguardian.com

Billing Queries:

BHBilling@familyguardian.com

814-BILL / 814-2455

Verifications & Precertification:

precerts@familyguardian.com

396-1303/4

Client Care:

BHClient.Relations@familyguardian.com

807-CARE / 807-2273

Claims Submission:

BHClaimSubmission@familyguardian.com

806-HELP / 806-4357

Claims Queries:

BahamaHealthClaims@familyguardian.com

806-HELP / 806-4357

Proposal Submission:

BHBusinessDev.user@familyguardian.com

Download your E-Card via the BH Pulse Portal

About your Group #:

The group number on your BahamaHealth ID card represents all enrolled persons under the given Group Name. It is not specific to you.

About Your Member ID#:

Your Member ID# is specific to you (the policyholder) and any dependents covered under your policy. This is the number you should provide when contacting BahamaHealth for assistance.

About Your Pharm/Lab ID:

The Pharm/Lab ID should be used when accessing international Pharmacy and Lab Services.

Using Your Card:

Always present your BahamaHealth card when accessing health care services. Your insurance card functions like a debit card and your signature is required at all times to verify each transaction.

Getting Help:

At the back of your BahamaHealth Card you can find contact information for:

- Precertification (obtaining written approval from BahamaHealth before receiving medical treatment)
- Benefit Verification (confirming the benefits available under your plan in real time)
- Claims Submission
- International Pharmacy & Laboratory Customer Service

Accessing Membership Benefits:

In conjunction with the BahamaHealth Wellness program (BH Wellness) your BahamaHealth card can be used at participating retailers for exclusive member discounts. Be sure to visit our website at www.bahamahealth.com/bh-wellness or contact your Group Administrator for a list of participating stores and eateries. Your BahamaHealth card must be presented at the time of purchase or service.



Visit bahamahealth.com/bh-wellness for more details