



BH Wellness

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Newsletter Q4 2024



2024 Theme: Healthy Lifestyles - Mind, Body & Soul

4 MINDFUL TIPS TO DE-STRESS THIS HOLIDAY SEASON



Not feeling particularly cheery this time of year? You're not alone. Many find that the holidays bring as much stress as they do joy. But there are ways to ease through the season. To help make the most of your festivities, Neda Gould, Ph.D., clinical psychologist and director of the Johns Hopkins Mindfulness Program at the Johns Hopkins University School of Medicine, shares some mindful tips.

[Read more...](#)

Health Observances Corner: October to December

World Mental Health Day (October 10)

Breast Cancer Awareness Month (October)

World Diabetes Day (November 14)

International Day of Persons with Disabilities (December 3)

[Read more...](#)

UPCOMING EVENTS

Stay tuned for upcoming Doc Talks

The Importance
of Compliance
with Medication
Regimens



Oncology

Let's Get Physical
(The Importance
of Physical
Examinations)



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HEALTHY HOLIDAY EATS

MUSTARD-MAPLE PORK TENDERLOIN

INGREDIENTS

- 3 tablespoons Dijon mustard, divided
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground pepper
- 1 pound pork tenderloin, trimmed
- 2 teaspoons canola oil
- ¼ cup cider vinegar
- 2 tablespoons maple syrup
- 1 ½ teaspoons chopped fresh sage

DIRECTIONS

Preheat oven to 425 degrees F.

Combine 1 tablespoon mustard, salt and pepper in a small bowl; rub all over pork. Heat oil in a large ovenproof skillet over medium-high heat. Add pork and brown on all sides, 3 to 5 minutes.

Transfer the pan to the oven and roast until an instant-read thermometer inserted in the center registers 145 degrees F, about 15 minutes. Transfer to a cutting board and let rest for 5 minutes.

Place the skillet over medium-high heat (take care, the handle will still be hot), add vinegar, and boil, scraping up any browned bits with a wooden spoon, about 30 seconds. Whisk in maple syrup and the remaining 2 tablespoons mustard; bring to a boil, reduce heat to a simmer and cook until the sauce is thickened, about 5 minutes.

Slice the pork. Add any accumulated juices to the sauce along with sage. Serve the pork topped with the sauce.



PUMPKIN SWEET POTATO SOUP



(Click Image for Guide)

INGREDIENTS

- 2 brown/yellow onions
- 1 tablespoon olive oil See Note 1
- 550 gm pumpkin See Note 2 and 4
- 550 gm sweet potato See Note 2 and 3
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 4 cups (1 litre) vegetable stock
- Salt and Pepper to taste

OPTIONAL GARNISHES

Coconut cream, fresh herbs, toasted pumpkin seed

DIRECTIONS

Peel and finely slice onions. Peel and cut pumpkin and sweet potato into small cubes. In a large saucepan over a medium heat, cook onions in the oil for a couple of minutes. Add the sweet potato, pumpkin, and the spices. Stir until well coated. Cook for 1 minute. Add vegetable stock and simmer for 20-25 minutes, or until vegetables are tender. Use an immersion blender, food processor or blender; blend the soup until it is smooth. See Note 5. Make sure the consistency is to your liking - add a little extra stock or water to thin the soup out if you wish. Optional - drizzle the soup with coconut cream or a garnish of your choice; fresh herbs or pumpkin seeds are great options.

BANANA OAT PANCAKES



DIRECTIONS

1. Whisk oat flour, baking powder and salt together in a large bowl until combined. Whisk eggs, mashed bananas, milk and vanilla together in a medium bowl until thoroughly blended. Gently whisk the banana mixture into the flour mixture until just combined (do not overmix; some lumps may remain). Let the batter stand until slightly thickened, about 10 minutes.

2. Melt 1 tablespoon butter in a large nonstick skillet over medium heat. Working in batches, scoop about 1/3 cup batter per pancake into the pan. Cook, undisturbed, until the pancake edges are dry and bubbles begin to form on the surface, 2 to 3 minutes. Flip the pancakes and cook until golden brown, and pancake centers are firm to the touch, 1 to 2 minutes.

3. Transfer the cooked pancakes to a plate and cover loosely with foil to keep warm. Repeat the process with the remaining batter, wiping the skillet clean and coating it with 1 tablespoon butter before cooking each batch.

INGREDIENTS

- 1 2/3 cups oat flour
- 1 1/4 teaspoons baking powder
- 1/4 teaspoon salt
- 2 large eggs
- 2 medium very ripe bananas, mashed
- 1/2 cup whole milk
- 1 teaspoon vanilla extract
- 3 tablespoons unsalted butter, divided

These light and fluffy banana-oat pancakes taste just like banana bread, with their subtle sweetness coming from slightly overripe bananas. The riper the bananas, the sweeter the pancakes will be! The perfect bananas will be soft to the touch with some dark spots on the skin. Top this easy breakfast with cinnamon, sliced bananas, maple syrup and chopped walnuts.



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BITES

**The greatest wealth
is health.**
-Virgil



STRATEGIES FOR ENHANCING BODY & MIND

Here are a few tips for helping you achieve and maintain your wellness goals.

1. SET BOUNDARIES

Understand that nothing is off limits when it comes to your fat loss journey. Identify food items that do not necessarily add to your health goals, then consume them occasionally, based on your rate of progress with your goals.

2. MATCH YOUR EXERCISES WITH YOUR NUTRITION

If your nutrition plan is focused on fat loss, then your workout program should not be focused on strength building or muscle mass. Incorporate exercises that tone and tighten your muscles while decreasing body fat.

3. START SELF-PRIORITIZING

Whoever and whatever you put before yourself is not getting 100% of you - that includes work, family and friends. You cannot give what you don't have so prioritize your health, happiness and progress.

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MENTAL HEALTH

STRESS RELIEF STRATEGIES

Everyone experiences stress, and it can quickly become overwhelming if you don't know how to manage it. Here are a few tips:

- **GET ACTIVE:** Activities like walking or dancing releases feel-good chemicals (endorphins) in your brain.
- **EAT WELL:** A healthy diet that includes plenty of fruit and vegetables can help boost your mood.
- **BREATHING EXERCISES:** Studies show that controlled breathing exercises can improve the way you feel.
- **TAKE A BREAK:** A short break can help to recharge and gain perspective.
- **SET SHORT TERM GOALS:** This will help you to feel more in control of the moment and long-term tasks

EXERCISE FOR EVERYBODY!

Working out is important, but many people experience anxiety around going to the gym or doing a workout that may be too difficult. Here are some alternatives that can help you approach working out from a different angle:

- DANCING
- WALKING YOUR PET
- SOCIAL SPORTS
- SWIMMING
- JUMPING ROPE
- BIKING

OFFICE HEALTH

Sitting in the proper posture can ease stress on your body, protect your joints and help you stay comfortable as you work.

- Rest your feet flat on the floor with your knees bent 90 degrees
- Keep your neck straight (you might need to elevate your computer monitor for this)
- Relax your shoulders
- Type or write with your elbows at a 90-degree angle and your wrists supported





WATER: HOW MUCH SHOULD YOU DRINK EVERY DAY?

Water is your body's principal chemical component and makes up about 50% to 70% of your body weight. Your body depends on water to survive.

Every cell, tissue and organ in your body needs water to work properly. For example, water:

- Gets rid of wastes through urination, perspiration and bowel movements
- Keeps your temperature normal
- Lubricates and cushions joints
- Protects sensitive tissues

Lack of water can lead to dehydration – a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired.

Read more...

Functions of water in the body



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Nearly all of the major systems in your body depend on water

BOOSTING IMMUNITY FOR THE UPCOMING FLU SEASON

1. Feed your immune system with the right nutrients.
2. Get a healthy amount of sleep.
3. Make exercise a regular habit.
4. Wash your hands.
5. Get a flu shot.





HOLIDAY THEMED 12 DAYS OF FITNESS CHALLENGE



DAY 1: JINGLE JUMPING JACKS

Workout: 3 sets of 20 jumping jacks

Tip: Keep your core engaged and your movements steady for maximum benefit.

DAY 2: FROSTY'S FULL BODY CIRCUIT

Workout: 10 squats, 10 push-ups, 10 mountain climbers, 10 burpees (repeat 2 times)

Tip: Maintain good form and pace yourself throughout the circuit.

DAY 3: REINDEER RUNNERS

Workout: 15 minutes of interval running
(1 minute fast, 2 minutes slow)

Tip: Use a steady pace for recovery periods to catch your breath.

DAY 4: MISTLETOE ABS

Workout: 3 sets of 15 sit-ups, 15 Russian twists (each side), and 15 leg raises

Tip: Engage your core throughout to enhance effectiveness.

DAY 5: SLEIGH RIDE SQUATS

Workout: 3 sets of 15 goblet squats (hold a weight or a heavy book if you don't have a dumbbell)

Tip: Keep your back straight and knees aligned with your toes.

DAY 6: HOLIDAY HIGH KNEES

Workout: 3 sets of 30 seconds of high knees, 30 seconds rest

Tip: Pump your arms to help elevate your knees and increase the intensity.

DAY 7: YULE LOG LUNGES

Workout: 3 sets of 12 lunges per leg

Tip: Take long strides and keep your front knee behind your toes.

DAY 8: GINGERBREAD CORE BLAST

Workout: 3 sets of 20 bicycle crunches, 15 plank shoulder taps (each side), and 30-second plank

Tip: Focus on controlled movements to engage the core effectively.

DAY 9: SNOWMAN'S STRETCH

Workout: 20 minutes of a stretching routine or yoga flow (including hamstring stretches, forward folds, and gentle twists)

Tip: Breathe deeply and hold each stretch for 20-30 seconds.

DAY 10: CANDY CANE CARDIO

Workout: 20 minutes of cardio (e.g., brisk walking, dancing, or cycling)

Tip: Choose a cardio activity you enjoy to keep it fun and engaging.

DAY 11: NORTH POLE PLANKS

Workout: 3 sets of 30-second planks with alternating leg lifts

Tip: Keep your hips stable and engage your core to maintain balance.

DAY 12: FESTIVE FINISHERS

Workout: Combine your favorite exercises from the previous 11 days into a mini circuit (repeat 2-3 times)

Tip: Mix and match exercises to create a workout that you enjoy and can complete with enthusiasm..

VENDOR LISTING

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

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)



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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.)



CHRISTMAS ROCKOUT WORKOUT

Earn your meal this Christmas with the Christmas Rockout workout. Designed for the whole family to participate in this is the time to bond before lunch with a workout that will make your body feel alive!

Core work, some solid lower body stuff and a little, light upper body means you will not only feel the Christmas meal will not weigh you down but also you will barely slowdown during the Holiday Season in your journey to a fitter you.



CHRISTMAS ROCKOUT WORKOUT

CHRISTMAS ROCKOUT

DAREBEE WORKOUT @ darebee.com

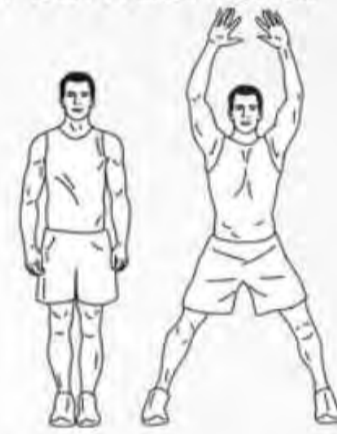
5 sets before lunch | 2 minutes rest between sets



10 jumping jacks



6 knee-to-elbows



10 jumping jacks



10 high knees



6 knee-to-elbows



10 high knees



10 squats



6 knee-to-elbows



10 squats



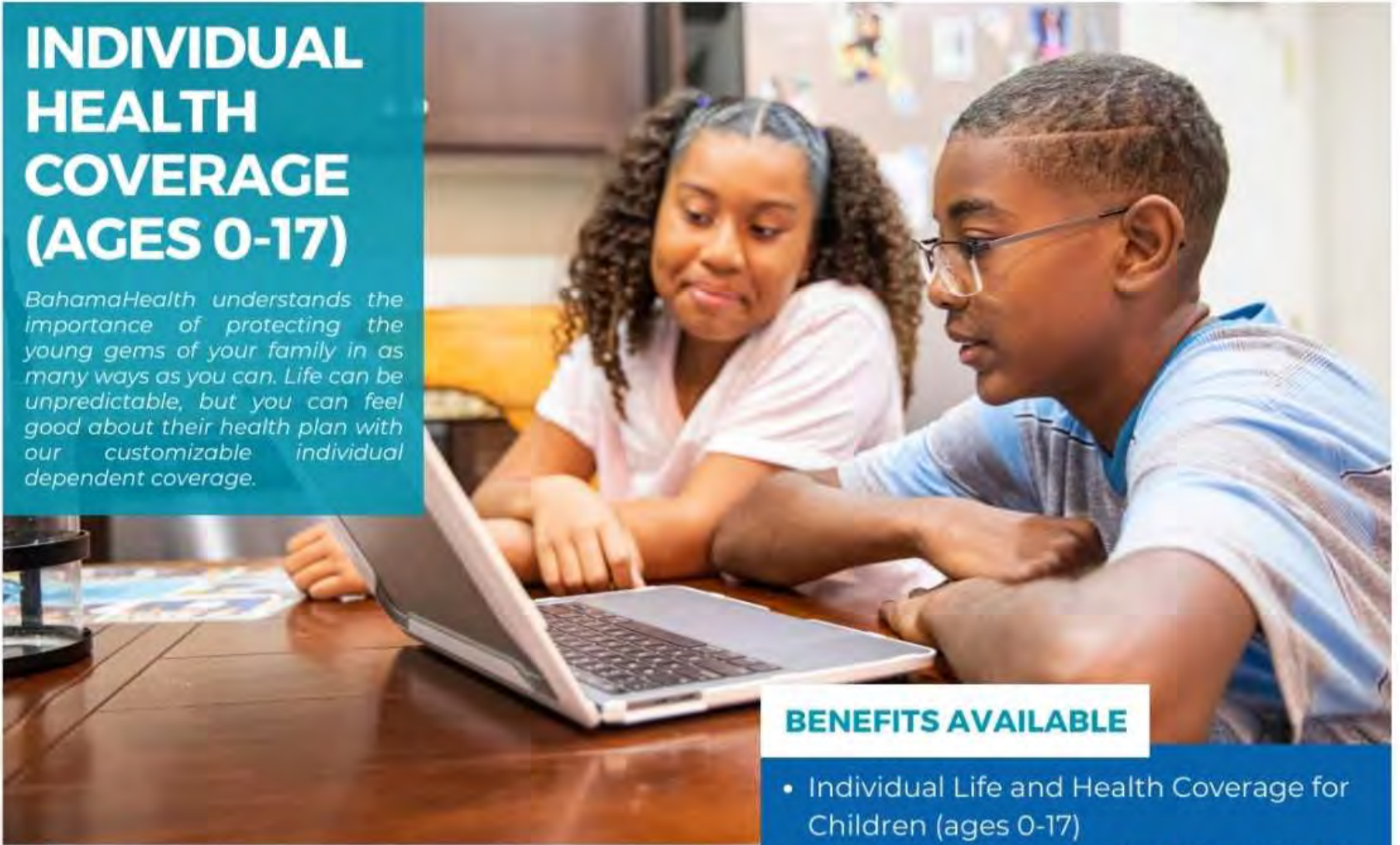
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INDIVIDUAL HEALTH COVERAGE (AGES 0-17)

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.



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.

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.

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



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with our new Health Portal*

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Visit bahamahealth.com/bh-wellness for more details



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

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 Queries:

BahamaHealthClaims@familyguardian.com

806-HELP / 806-4357

Proposal Requests:

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.

