

# PURSUIT

JULY 2021

Florida Blue   
BetterYou 

A monthly wellness newsletter from Better You

## Water Is More Than a Thirst Quencher



Did you know water is vital to all your body functions? Staying hydrated is good for your organs, muscles, brain and joints. It regulates your body temperature, improves your mood levels and helps you sleep better.

Water makes up about 60% of your body. Even normal activities like breathing and sweating release water. Health and fitness experts say to drink 9 to 13 cups of water a day. You need to drink more water if you:

- Are sick to your stomach or have diarrhea
- Are pregnant or breastfeeding
- Have a chronic health condition like diabetes
- Travel to an area with a higher altitude, or desert-like weather
- Take certain medications like diuretics

**Resources:** [Nutrition.gov](https://www.nutrition.gov); [American Heart Association](https://www.heart.org); [Mayo Clinic](https://www.mayoclinic.org); [Healthline](https://www.healthline.com)

When you're dehydrated, you may have nausea, a headache or lightheadedness. Your lips and tongue can get chapped, or your joints may be sore. You could have darker urine or a fever.

Other drinks count toward water intake as well. But sugary drinks like juices, soda and sweet tea can increase your thirst. About 20% of your body's water content is from food, so eat those watermelons, berries, leafy green salads and cucumbers!

To stay hydrated throughout the day, you can also:

- Drink a glass of water when you first wake up and a half-hour before each meal
- Carry a water bottle with you
- Drink before, during and after exercise
- Use an app to track water intake, or remind you to drink water

## Exciting Update About Our In-Store Experience

During the last year, we created a safe, virtual shopping experience to serve you when you needed us most. Now that the world's returning to normal, we are too. We're beginning to reopen Florida Blue Centers across the state in July to serve you face-to-face!



We're 100% committed to your safety. When you're ready, our doors will be open. Our team members can help answer health care questions or connect you to a local resource. All Florida Blue Centers will be open by the end of July.

To schedule an appointment, visit us at <https://www.floridablue.com/locations>.

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# Have Fun but Remember to Keep Safe in the Sun

The Sunshine State—Florida’s nickname says it all. Outdoor fun is a year-round activity. The sun feels good, and boosts your Vitamin D and serotonin, a chemical that makes you feel good.

But overexposure to the sun’s ultraviolet (UV) rays causes problems. Most obvious is sunburn. There’s also skin damage, premature aging, cataracts and even skin cancer. It’s important to limit sun exposure, especially for infants, children and the elderly.

Because UV rays are strongest from 10 a.m. to 4 p.m., it’s best to stay indoors during that time. If you need to be outside, seek shade. Use waterproof sunscreen 30 minutes before going in the sun and reapply every two hours. Check the label for UVA and UVB protection and the use-by date as well. It’s also best to wear protective clothing, sunglasses and a hat.

Keep in mind the sun reflects off sand, water, pavement and snow. Your local weather forecast



probably includes a UV index. The higher the number, the higher the risk of skin damage. If you have fair skin, light-colored eyes or light hair, you’re more at risk. Some prescriptions and over-the-counter medications can increase your sensitivity to the sun. So, read the label or product information.

Taking precautions to stay safe in the sun is the best and healthiest way to have fun.

**Resources:** [CDC](#); [American Cancer Society](#); [Healthline](#); [Johns Hopkins](#); [Skin Cancer Foundation](#)

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## Japanese Cucumber Salad (Serves 4)

### Ingredients:

- 2 medium cucumbers, or 1 large English cucumber
- ¼ cup rice vinegar
- 1 teaspoon sugar
- ¼ teaspoon salt
- 2 tablespoons sesame seeds, toasted (see Tip\*)

### Directions

Peel cucumbers to leave alternating green stripes. Slice the cucumbers in half lengthwise; scrape the seeds out with a spoon. Cut into very thin slices. Place in a double layer of paper towel and squeeze gently to remove any excess moisture.

Combine the vinegar, sugar and salt in a medium bowl, stirring to dissolve. Add the cucumbers and sesame seeds; toss well. Serve immediately.



**Tip:** To toast sesame seeds, heat a small dry skillet over low heat. Add sesame seeds and stir constantly until golden and fragrant, about 2 minutes. Transfer to a small bowl and let cool.

Recipe courtesy of [EatingWell.com](#). For nutritional information, [click here](#).

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ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

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