

Newsletter

Mental Health Awareness

What's Trending in
Health and News

Featured
Healthy Recipe

Upcoming
Strive for Wellness®
Team Events/Visits



Upcoming Health Education Tables:

Wednesday, May 1, 11:30 a.m. - 1:30 p.m.
Jefferson Building
Jefferson City, Mo.

Tuesday, May 7, 11:30 a.m. - 1:30 p.m.
Department of Insurance,
Financial Institutions & Professional Registration
Jefferson City, Mo.

Tuesday, May 14, 1:30 p.m. - 3:30 p.m.
Eastern Reception & Diagnostic Correctional Center
Bonne Terre, Mo.



natura)(yslim®

Naturally Slim is a simple online program that will teach you how to lose weight and improve your health while eating the foods you love.



Register for Teladoc with three easy ways: online, mobile app or phone. Once registered, you can speak with a licensed doctor within minutes when you need care fast. Anytime. Anywhere.

Contact information for Naturally Slim and Teladoc is available at:
<http://www.mchcp.org/stateMembers/contacts.asp#other>

Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Balanced mental health is best achieved by a combination of the following:

- Connecting with others
- Staying positive
- Being physically active
- Getting enough sleep
- Seeking professional help if needed
- Developing coping skills

The Strive Employee Life & Family (SELF) Program through ComPsych offers confidential counseling, referrals and much more — including vacation-planning! This program is available to all active state employees eligible for MCHCP medical coverage and members of their household.



SPEND TIME IN
NATURE



SPEND TIME WITH
FRIENDS



THINK
POSITIVE



MANAGE
TIME

**Pro
Tip**

Recipe

Tex-Mex-Inspired Plantain Tortillas

Looking for a fun recipe spin to celebrate Cinco de Mayo? These tortillas are it! With just a few simple ingredients, these tortillas are easy to make, and are packed with a lot of flavor and a bit of sweetness. They can be refrigerated or frozen, so making a large batch now can equal a quick meal later!

Serving size: 2 tortillas

Servings: 4

1/2 pound green or yellow plantains,
peeled and chunked

2 1/2 teaspoons olive oil

2 1/2 teaspoons water

1/2 teaspoon kosher salt

1/2 teaspoon baking powder



Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Line a large baking sheet with parchment paper or an oven-safe baking mat. Set aside.
3. Add all ingredients to a high-powered blender or food processor, and run on lowest setting, about 1 minute. Slowly increase the speed, stopping as needed to scrape the mixture from the sides. Blend until a thick, smooth, hummus-like puree is formed. Add water (by the tablespoon) if your product is too thick or stiff.
4. Smooth batter onto lined trays with a spoon. Rounds should be about 4 inches in diameter and about 1/8-inch thick.
5. Bake for 20-25 minutes, or until the edges of the tortillas become golden.
6. Remove from oven, and allow to cool for about 5 minutes before topping and serving.

Nutrition Information:

148 calories, 8g total fat, 1g saturated fat, 294mg sodium, 18g carbohydrates, 8g sugar, 2.5g protein, 12% daily value Vitamin A, 17% daily value Vitamin C.

Looking for more recipe ideas? Check out the *Strive for Wellness®* Heath Library!