



the CommonHealth Compass



Roast Turkey and Prosciutto Pizza

This recipe combines the best of two worlds: Healthy ingredients and – pizza! Cooks are finding interesting ways to combine healthy foods, cooked turkey breast as an example, with favorite delivery methods – pizza! As a light lunch, this 500-calorie-a-slice is a pleasure that shouldn't leave you feeling too guilty.

INGREDIENTS

- 1 (12-ounce) prebaked pizza crust
- ¾ cup tomato and basil pasta sauce
- ½ cup (2 ounces) shredded fontina cheese
- 1 cup shredded cooked turkey breast
- 1 tablespoon balsamic vinegar
- ½ cup thinly sliced red onion
- ¼ cup (1 ounce) grated Parmigiano-Reggiano cheese
- ¼ teaspoon coarsely ground black pepper
- 1 cup torn arugula leaves
- 3 slices prosciutto, finely chopped (about 2 ounces)

DIRECTIONS

Preheat oven to 425°.

Place crust on a baking sheet. Spread sauce over crust; sprinkle with fontina. Toss turkey with vinegar. Top pizza with turkey, onion, Parmigiano-Reggiano cheese, and pepper.

Bake at 425° for 12 minutes or until crust is browned. Remove from oven. Sprinkle with arugula and prosciutto.

Yield 4 servings (serving size: 1 wedge)

Nutritional Information

CALORIES 509(29% from fat); FAT 16.4g (sat 5.5g,mono 4.3g,poly 5.6g); IRON 4.7mg; CHOLESTEROL 99mg; CALCIUM 259mg; CARBOHYDRATE 47.6g; SODIUM 937mg; PROTEIN 42.4g; FIBER 2.4g

Plenty of Options Available to Catch Quarterly Programs

CommonHealth quarterly programs are available around the clock, seven days a week, even on holidays. Right?

Right.

With the click of a mouse, the quarterly CommonHealth video is available to users of the Internet, either through the CommonHealth Web site – www.commonhealth.virginia.gov – or through the Commonwealth of Virginia Knowledge Center, <https://covkc.virginia.gov>. First-time users will need to register to access the Knowledge Center.

Even if you don't have access to a computer, CommonHealth has a program option for you.

Regional coordinators can also provide a DVD of the quarterly program for showing to larger groups.

Even if you don't have access to a computer, CommonHealth has a program option for you. Ask your agency CommonHealth Coordinator to provide you with the quarterly program coupon that can also be accessed from the CommonHealth Web site.

“We’ve thrown open the doors to participation,” said Rose O’Toole, CommonHealth program manager. “No longer is it necessary to sit through a program with a regional coordinator to learn tips on how to get and stay healthy.”

Northern Virginia Coordinator Named

Susan Lord was hired as the coordinator for the ninth CommonHealth Region, whose territory includes Fairfax, Loudon, Prince William, Fauquier, Orange and Stafford counties and the cities of Fairfax and Winchester. She can be reached via e-mail at susan.lord@dhrm.virginia.gov.





Success Story

‘Thank you for such an important program’

“I wanted to write and let you know what a difference CommonHealth and the [tobacco cessation] program has made in my life. I have been a smoker for 30

years – smoking since the age of 13. At some points I smoked up to two packs of cigarettes a day and the minimum I smoked was a little over a pack a day.

I enrolled in the...program and have been smoke-free since January 19, 2007. The supply of free patches and the constant support of the health coaches really made the difference in me being smoke-free today. I don’t know that I would have been able to stop without this program and the support I still receive from the coaches. During my transition into being smoke-free, my housemate decided if I was going to try, she would too. So, not only am I smoke-free today, she is as well.

Today, I feel better, smell better, breathe better, my allergies aren’t as bad, and I have a new outlook on life. I knew smoking was terrible for my health, but the addiction was so overpowering. This program really gave me what I needed and I will be forever grateful for it. Thank you for providing such an important program. I know my future health will be much improved and I just can’t say it enough – thank you, thank you, thank you.”

Barbara Lawson
Virginia Commonwealth University

Quit for Life™ Program Introduced

Ready to quit tobacco for good? CommonHealth is offering the Quit For Life™ program to help all employees and retirees eligible for a state plan, their covered spouses and dependents over the age of 18 who smoke to break the tobacco habit.

The Quit For Life program includes:

- Unlimited access to one-on-one telephone counseling with a professional Quit Coach®
- Free nicotine replacement therapy such as the patch or gum
- Support to access prescription medications covered under your health plan, such as BupropionSR or Chantix
- Quit materials to help you during your journey



Save money and be free of the tobacco habit!

To enroll, call 1-866-784-8454 or log on to www.quitnow.net/CommonHealth.

Health Benefits Corner

Put a Flu Shot on Your “To Do List” This Fall

Flu season will be here soon. The state health plans are once again helping state employees protect themselves and their families by providing flu shots at no cost to plan members.

There are two ways to receive free flu shots this year.

- All plan members may visit a local doctor who participates in their state health plan. Flu shots are available with no deductible, copayment or coinsurance.
- COVA Care and COVA HDHP members may also get flu shots at local, participating Virginia drug stores. A list of each plan’s participating pharmacies may be found on the DHRM Web site at www.dhrm.virginia.gov.

Look for more information at your agency location or check with your Benefits Administrator.

