

# See what's happening.

## February 2012



M	T	W	T	F	S	[Closed on Sunday]
		American Heart Month Black History Month			National Wear Red Day	
		1	2	3	4	
	Medicare New Member Mtg				Free Health Fair 10 a.m. – 4 p.m.	
6	7	8	9	10	11	
	Valentine's Day					
13	14	15	16	17	18	
	Approaching Medicare Info Session				Approaching Medicare Info Session	
20	21	22	23	24	25	
27	28	29	<p><b>Did You Know?</b></p> <p>February is Black History Month. Carter G. Wilson created Negro History Week to recognize African American history in 1926. In 1976, the celebration became one month long, and now in America, it's celebrated every February!</p>			

### Florida Blue center

Located in The Markets at Town Center  
4855 Town Center Pkwy.  
Jacksonville, FL 32246

Monday – Saturday: 10 a.m. – 8 p.m.

Always open at: [floridablue.com](http://floridablue.com)

For more information:

**877-FL-BLUE-0** (877-352-5830)

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In the pursuit of health





## Medicare New Member Meeting – Tue. 7<sup>th</sup> 9 a.m.

If you're a new Blue Cross and Blue Shield of Florida Medicare member and have questions about your coverage, you're invited to a FREE new member event. Please RSVP by calling 1-800-395-7370, TTY users dial 1-800-955-8771 and reference code 307771.



## Free Health Fair: Healthy Heart – Sat. 11<sup>th</sup> 10 a.m. - 4 p.m.

Free health screenings that include blood pressure, cholesterol and glucose. Free massages and giveaways. Meet one-on-one with our health care experts and get your questions answered in person whether it's about the right health care plan for you or how to take steps towards achieving better health. This month's focus is on how to maintain a healthy heart - come by and speak to a nurse educator from the Baptist Heart Center and get the facts.



## Approaching Medicare Seminars

**Tue. 21<sup>st</sup>** 10 a.m. English; **Sat. 25<sup>th</sup>** 10 a.m. English

As you approach age 65, one of the most important things you will do is make decisions about your health care coverage. To help make your transition to Medicare as informed as possible, Florida Blue offers monthly Approaching Medicare Information Sessions developed specifically for individuals approaching Medicare eligibility. These sessions are the perfect occasion to have your Medicare questions answered and get professional advice on your health plan needs, in person. **Space is limited, so choose the day and time that works best for you and register today! Call us at 877-FL-BLUE-0 or visit us at [floridablue.com](http://floridablue.com) to register for an event.**

## Did You Know?

### February is Heart Health Month

Keep your heart healthy with a nutritious diet by avoiding saturated fats and using less salt. Try the Fish Tacos recipe on this calendar to help incorporate more fish into your diet. Regular intake of fish obstructs unwanted sodium and may help put off sudden cardiac arrest.

### February is Black History Month

Join us in celebrating the people and places that tell the story of African Americans' contributions throughout our nation's history.

### Valentine's Day

Saint Valentine's Day, commonly shortened to Valentine's Day, is an annual commemoration held on February 14 celebrating love and affection, a day on which lovers express their love for each other by presenting flowers, offering confectionery, and sending greeting cards (known as "valentines"). The heart is an international symbol of love.

### New Text Capability Gives You Florida Blue Events (One way SMS)



To receive text alerts about events happening in the Florida Blue centers,

simply text in a key word (Ex: JAXEVENTS) to 51552 and you'll receive up-to-date information about events. Be among the first twenty people to show your text at our health fair and receive a gift compliments of Florida Blue.

## Grilled Fish Tacos

### Ingredients

- 1 lb fresh or frozen skinless cod, sole, or flounder fillets, ½ inch thick
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 12 7 - 8 fat-free flour tortillas

Total Servings: 6

Prep Time: 15 mins

Chill Time: 15 mins

Grill Time: 4 mins to 6 mins

### Directions

1. Thaw fish, if frozen. Arrange fish in a 2-quart square baking dish; set aside. In a small bowl whisk together lemon juice, oil, chili powder, cumin, salt, and pepper. Pour over fish. Turn fish to coat with marinade. Cover and chill for 15 minutes. Drain fish, discarding any marinade. Stack tortillas and wrap in foil.
2. For a charcoal grill, grill fish and tortillas on the greased rack of an uncovered grill directly over medium coals for 4 to 6 minutes or until fish flakes easily when tested with a fork and tortillas are warmed, turning tortilla stack once. (For a gas grill, preheat grill. Reduce heat to medium. Place fish and tortilla stack on greased grill rack over heat. Cover and grill as above.)
3. Transfer fish to a cutting board. Cut or flake fish into 1-inch pieces. Serve in warmed tortillas topped with Pineapple Salsa and/or Chipotle Coleslaw.