

January 2016

Healthy 2016

Spotlight on Wellness

Frequently Asked Questions

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Recipe of the Month



Benefit Fund *At a glance*

Spotlight on Wellness

Do you know your blood pressure?

Almost one fifth (21.3%) of people with high blood pressure, or hypertension, don't know that they have it. And, about 90% of middle-aged adults will develop high blood pressure in the remainder of their lifetime.

High blood pressure is a primary or contributing cause of death for many Americans. It is also a major risk factor for heart disease, stroke, congestive heart failure, and kidney disease.

Blood pressure is written as two numbers. The top (systolic) number represents the pressure when the heart is beating. The bottom (diastolic) number represents the pressure when the heart is resting.

Know your numbers:

- Normal blood pressure is 120/80 or less
- Pre-hypertension is 120–139/80–89
- High blood pressure is 140/90 or higher



Ring in a Healthy 2016

Why not try these 5 resolutions?

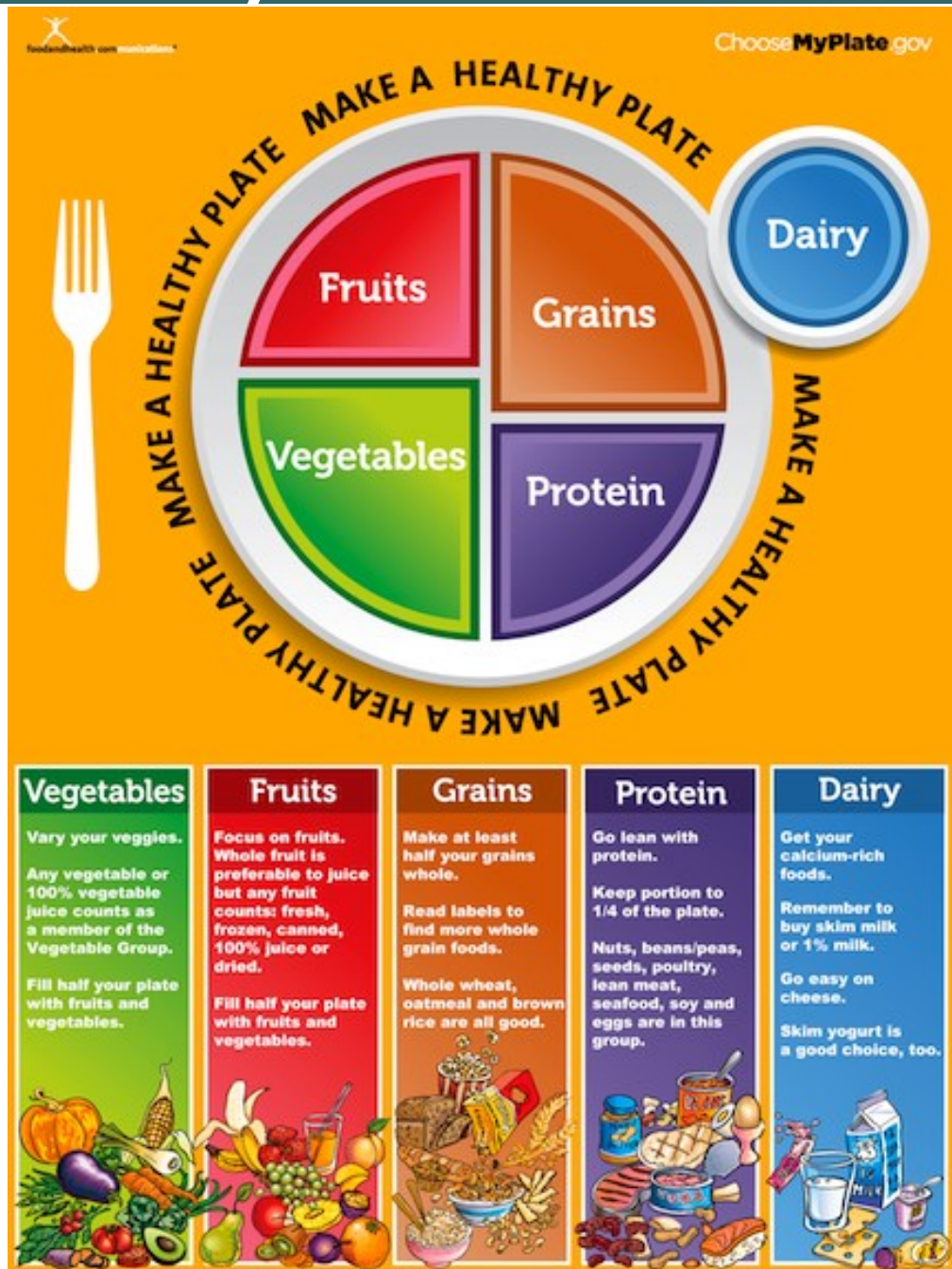


The start of a new year often means the start of new habits. Set realistic goals for yourself this year! A healthy diet and regular physical activity can easily be achieved by making some of these easy, conscious decisions:

1. **Eat breakfast every day.** Many people who maintain long-term weight loss eat breakfast daily.
2. **Prepare a healthy lunch at home and take it to work.** Taking your lunch to work helps you avoid last-minute lunch choices, which often result in selecting high-fat and high-calorie options.
3. **Drink water.** Keep it cold in the fridge or add a slice of fruit for flavor.
4. **Eat smaller food portions.** When eating out, save some of your meal and take it home for another meal or split one meal between two people. At home, put only the amount you want to eat in a small bowl and don't go back for more.
5. **Maintain your physical activity routine.** If you need extra encouragement, be active with a friend or relative or start an activity that may have always interested you, such as gardening or bicycling



Did you know?



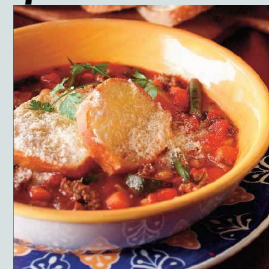
Frequently Asked Questions >>>

Q: I completed my biometrics requirement for 2015. When will the surcharge for 2014 stop coming out of my paycheck?

A: Thank you for completing the 2015 program! The surcharge will stop as of Mar. 1st, 2016. Participants who did not complete the program for 2015 will begin seeing the surcharge as of Mar. 1st, 2016.

Have a question? Contact the Benefit Fund at (215) 735-5720.
1319 Locust Street, 3rd Floor, Philadelphia, PA 19107

Recipe of the Month



Tuscan Bean and Vegetable Soup with Floating Bruschetta

Soup:

- ½ pound lean ground beef
- 1 cup chopped yellow onion
- 1 cup chopped carrot
- 2 cloves garlic, finely chopped or pressed
- 2 tablespoons chopped fresh rosemary or 2 teaspoons crumbled dried rosemary leaves
- 1 can (28-ounce) diced tomatoes, un-drained
- 1 can (15-ounce) cannellini, Great Northern, or other white beans, rinsed, and drained
- 1 can (14-ounce) sodium-reduced chicken broth
- 1 ½ cups sliced zucchini
- 1 ¼ cups sliced (1-inch) green beans or 1 ½ cups frozen cut green beans
- 1 cup water
- Salt and ground black pepper (optional)
- ¼ cup grated fresh Parmesan or Romano cheese
- 2 tablespoons chopped fresh parsley, oregano, or sage

Bruschetta:

- 1/3 to ½ loaf (6 ounces) Italian or French bread
- 1 clove garlic (optional)
- ¾ cup (3 ounces) shredded Fontina, Provolone, Jack, or Cheddar cheese

For soup heat large heavy soup pot over medium-high heat. Add beef, onion, carrot, garlic, and rosemary. Cook, stirring occasionally, until beef is browned. Add tomatoes with liquid, cannellini beans, broth, zucchini, green beans, and water. Cover, bring to a boil, then reduce heat and simmer 20 minutes.

For bruschetta, preheat oven to 350*. Cut bread into thin (1/4) inch slices. Place on baking sheet. Bake 5-10 minutes, turning once, to crisp. Remove from oven. Rub each slice with garlic clove, if desired; sprinkle with cheese. Return to oven until cheese melts, about 3 minutes.

Season soup with salt and pepper, if desired. Serve in large shallow bowls. Garnish each with teaspoons Parmesan cheese and fresh parsley. Float bruschetta in soup or serve on the side.