

June 2016

Men's Health Month

Spotlight on Wellness

Frequently Asked Questions

Did you know?

Recipe of the Month



Benefit Fund *At a glance*

Spotlight on Wellness

Save the date!

**Benefit Fund
Health Fair**
August 6th, 2016
10am -2pm



June is Men's Health Month

Wear BLUE Friday, June 17th, 2016



www.wearblueformen.com

Men live sicker and die younger. **Wear BLUE** was created by Men's Health Network to raise awareness about the importance of male health and to encourage men to live longer and healthier lives.

Men's health awareness can mean many different things.

It means raising awareness of making healthy lifestyle choices, making regular annual visits to the doctor, getting educated on heart disease or diabetes, starting general health conversations with their male friends, and much more.

- Men die at higher rates from 9 of the top 10 causes of death.
- Men make up over 92% of workplace deaths.
- Men live 5 years less than women.
- 1 in 6 men will get prostate cancer in their lifetime.



Spread the word!

SAVE MONEY—Use 1199C facilities when using your medical benefits!

Did you know?

5TH ANNUAL BIOMETRIC SCREENING PROGRAM JUNE 1ST – OCTOBER 31ST, 2016

All members who participate in the Benefit Fund are required to complete the following TWO items by October 31, 2016:

1. Quest Bloodwork

1. Schedule an appointment at a Quest Patient Service Center or an onsite event by logging onto : <https://my.questforhealth.com> or calling the Blueprint for Wellness Call Center at 1-855-623-9355. There will be 12+ onsite events at various locations during the program. Please contact your Organizer or The Benefit Fund for a schedule or log onto www.1199cfunds.org.
2. To register, you WILL NEED THE FOLLOWING INFORMATION TO GET YOUR BLOODWORK DONE:
 - Registration Key: 1199c
 - Unique ID: 1199+ First and Last initials+ last 4 of your SSN
 - Example: John Smith SSN 123-45-6789, Unique ID: 1199JS6789



** If you choose to go to your Physician to complete the requirement, you will need to request a Physician Form from the Benefit Fund office. Bloodwork results from your physician can only be used if they were collected between June 1st – October 31st 2016. You MUST ensure the doctor completes the physician form with all results and have the doctor fax the results back to Quest at the number printed on the form by November 14, 2016.

2. Aetna Health Assessment



1. Log in to your secure account on Aetna navigator at www.Aetna.Com. Once logged in, click on "take a health assessment" located in the blue box on the left side of the page.
2. On the next page, click the blue square with the number 1 to begin your health assessment.
3. You have not completed the requirement until you see, "compass results page." This page will have your username and score with the date. **PRINT a copy of this page for your records.** If you do not have a printer, take a picture of the results screen with a smartphone and save the image.

Frequently Asked Questions >>>

Q: Who should I call if I have questions about a medical bill?

If you receive a bill for services you believe should be covered, please contact member services at (215) 735 – 5720 and we can look at the charges to let you

A: know if they are correct. If they are not, member services will assist you with get the bill reprocessed.

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

Recipe of the Month



Barbequed Lime Shrimp and Corn

Dressing

- 1/3 cup fresh lime juice
- 1/4 cup fresh orange juice
- 2 tablespoons low-sodium soy sauce
- 2 tablespoons honey
- 2 garlic cloves, minced
- 2 teaspoons grated peeled fresh ginger
- 2 tablespoons sugar
- 1 teaspoon ground coriander seeds
- 1/4 teaspoon black pepper
- 2 ears corn, each cut crosswise into 4 pieces
- 1 1/2 pounds large shrimp, peeled and deveined
- 4 cups cooked couscous

Combine the first 9 ingredients in a heavy-duty, zip-top plastic bag, and mix together. Add the corn, shrimp, and mix together. Pour mixture into a foil oven bag. Place directly on hot coals (or in a 450° oven if at home); cook 10 minutes. Serve over couscous.

Source: Cooking Light

Nutritional Information

Calories	473
Calories from fat	7 %
Fat	3.9 g
Satfat	0.7 g
Monofat	0.6 g
Polyfat	1.5 g
Protein	42.8 g
Carbohydrate	66.7 g
Fiber	4 g
Cholesterol	259 mg
Iron	5.3 mg
Sodium	534 mg
Calcium	115 mg