

July 2015 >>>

2015 Health Fair

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# Benefit Fund *At a glance*

## Spotlight on Wellness Know Your Asthma Triggers

Americans spend up to 90 percent of their time indoors. Indoor allergens and irritants play a significant role in triggering asthma attacks. Triggers are things that can cause asthma symptoms, an episode or attack or make asthma worse. If you have asthma, you may react to just one trigger or you may find that several things act as triggers. Be sure to work with a doctor to identify triggers and develop a treatment plan that includes ways to reduce exposures to your asthma triggers. *SOURCE: EPA.gov*

Secondhand Smoke



Dust Mites



Cockroaches and Pests



Pets



Chemical Irritants



Outdoor Air Pollution



The Benefit Fund of District 1199C

## HEALTH Fair *Food for thought*

**Date:** Saturday, August 1<sup>st</sup>, 2015

**Time:** 10:00am – 2:00pm

**Where:** The Benefit Fund Office at  
District 1199C Headquarters  
1319 Locust Street  
Philadelphia, PA 19107

**Rain or shine event!**

**Attention Benefit Fund Members –  
Come to the Fair & Get it Done There!**

Get your annual biometrics testing and health risk assessment done at the fair by scheduling an appointment at Quest online.

*Health screenings ❖ Wellness experts ❖ Fitness information  
Cooking demos ❖ Kid's activities ❖ Health education ❖ And more!*

**FREE admission & open  
to all District 1199C  
family and friends**

For more information about the Health and Wellness fair, contact the Benefit Fund Office at (215) 735-5720.



**Benefit & Pension Funds**  
for Hospital & Health Care Employees  
Philadelphia and Vicinity

**THE 2015 BIOMETRICS PROGRAM IS OPEN!!**

# Did you know?

## You have access to a Maternity Program through your Aetna medical plan?

### Helping you and your baby grow healthy — together

As part of your benefits, you get the Beginning Right program. It can help you make good decisions for you and your baby. And prepare you for the exciting changes pregnancy brings.

Plus, you can:

- Learn about prenatal care, labor and delivery, newborn care and more
- Get information for Dad or partner
- Quit smoking for good with one-on-one nurse support
- Find out if you have any pregnancy risks or issues

All program materials are available in English and Spanish.



Some women have health issues or risks that could hurt their pregnancy. If you do, you can work with a nurse case manager to lower those risks.

You may also get:

- Follow-up calls after your delivery to see how you and baby are doing
- A screening for depression
- Plus extra support, if you need it

You can take a pregnancy risk survey. Just visit your secure member website at [www.aetna.com](http://www.aetna.com). If you take it by your 16th week, you'll get a small gift, while supplies last.

**Be a healthy Mom. Have a healthy baby. To sign up, call 1-800-CRADLE-1 (1-800-272-3531) today.**

## Frequently Asked Questions >>>

**Q:** I received a notice about the biometrics program in the mail. I am a relatively new benefit fund member. How do I know if I am required to complete the program?

**A:** If you have benefits through the Benefit Fund, and you have passed your probationary period, you are most likely on the required list for 2015. If you are unsure, please contact member services and they can let you know if you are required to complete the program in 2015.

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



## Recipe of the Month

### Honey– Soy Broiled Salmon

#### Ingredients

- 1 scallion, minced
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon honey
- 1 teaspoon minced fresh ginger
- 1 pound center-cut salmon fillet, skinned (see Tip #1) and cut into 4 portions
- 1 teaspoon toasted sesame seeds, (see Tip #2)

#### Preparation

1. Whisk scallion, soy sauce, vinegar, honey and ginger in a medium bowl until the honey is dissolved.
2. Place salmon in a sealable plastic bag, add 3 tablespoons of the sauce and refrigerate; let marinate for 15 minutes. Reserve the remaining sauce.
3. Preheat broiler. Line a small baking pan with foil and coat with cooking spray.
4. Transfer the salmon to the pan, skinned-side down. (Discard the marinade.) Broil the salmon 4 to 6 inches from the heat source until cooked through, 6 to 10 minutes.
5. Drizzle with the reserved sauce and garnish with sesame seeds.

#### Tips:

1. How to skin a salmon fillet: Place skin-side down. Starting at the tail end, slip a long knife between the fish flesh and the skin, holding down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either.
2. To toast sesame seeds, heat a small dry skillet over low heat. Add seeds and stir constantly, until golden and fragrant, about 2 minutes. Transfer to a small bowl and let cool.

Total Per Serving: Calories - 234, Carbs - 6 g, Fat - 13 g, Protein - 23 g, Fiber - 0 g.