

August 2015

2015 Blood Drive

Spotlight on Wellness

Frequently Asked Questions

Did you know?

Recipe of the Month



Benefit Fund *At a glance*

Spotlight on Wellness

August is

national
IMMUNIZATION
awareness month



Every year, thousands of adults in the U.S. needlessly suffer, are hospitalized, and even die from diseases that could be prevented by vaccines.

- Vaccines are recommended for adults to prevent serious diseases such as influenza, shingles, pneumonia caused by pneumococcal bacteria, hepatitis, and whooping cough.
- Older adults and adults with chronic conditions are at risk for serious complications from vaccine-preventable diseases.

Many of these diseases are common in the U.S., and all adults – even healthy ones – can benefit from vaccination.

Talk with your PCP about which vaccines are right for you.

The need is constant.
The gratification is instant.
Give blood.



**American
Red Cross**



District 1199C

Union Hall - 2nd Floor Auditorium

Tuesday, August 18th
9:30am – 2:30pm



Let us help you celebrate 100 days of summer! When you present to donate blood or platelets this August, you will receive a coupon redeemable for a free medium Iced Coffee and a free donut from Dunkin' Donuts.*



If you would like to schedule a donation for August 18th, please visit: <http://www.redcrossblood.org/make-donation> and search by sponsor code 1199c (case sensitive) to schedule an appointment. Limited slots available so schedule TODAY! For questions, please contact Megan Smith at (215) 735-5720.

redcrossblood.org | 1-800-RED CROSS

**2nd Annual Norman Rayford Day of Celebration Block Party 8/29 from 12-4pm. **

Did you know?

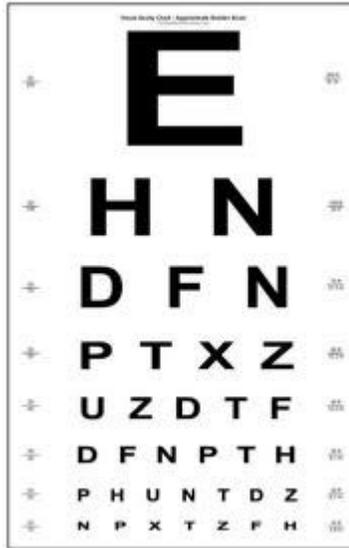
You have Vision Benefits through Aetna.

Helping you keep your vision clear.

As part of your benefits, your routine eye exams are 100% covered, with no copy and no deductible through your medical benefits:

- One routine exam every 12 months to the age of 19 and
- One routine exam every 24 months over the age of 19.

Additionally, you also receive a vision eyewear allowance. Every 24 months, you have access to \$100 to use towards the purchase of covered eyeglasses, lenses, frames and contact lenses.



If you have specific questions regarding your vision benefit, please call Aetna using the phone number listed on the back of your member ID card.

Frequently Asked Questions >>>

Q: I am a new employee and still on probation. Should I wait to fill out my benefit packet until after probation?

A: We recommend completing your benefits package with all the required documents as soon as you can. If the Benefit Fund has your completed paperwork, your benefits will begin as soon as your employer begins making contributions on your behalf.

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



Recipe of the Month

Chocolate Almond Banana Smoothie

Ingredients

- 1 cup frozen sliced ripe banana (about 1 large)
- 1/2 cup chocolate almond milk
- 3 tablespoons almond butter
- 4 teaspoons chocolate-flavored malted milk powder
- 3 ice cubes

Preparation

1. Place first 4 ingredients in a blender; process until smooth.
2. Remove center cap from blender lid; secure lid on blender. With blender on, add ice cubes, 1 at a time through center of blender lid, processing until smooth.

Total Per Serving: Calories 276, Fat 12.9 g, Satfat 1.2 g, Protein 7.2 g, Carbohydrate 37 g, Fiber 5.7 g



Always remember to apply sunscreen to keep your skin safe this summer!