

October 2015

2015 Breast Cancer Awareness

Spotlight on Wellness

Frequently Asked Questions

Did you know?

Recipe of the Month



Benefit Fund *At a glance*

Spotlight on Wellness

October is Domestic Violence Awareness Month

What is Domestic Violence?

Domestic violence is the wilful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, psychological violence, and emotional abuse. The frequency and severity of domestic violence can vary dramatically; however, the one constant component of domestic violence is one partner's consistent efforts to maintain power and control over the other.

Think about how you are being treated and how you treat your partner. Remember, when one person scares, hurts, or continually puts down the other person, it is abuse. For more information about the signs to look for an resources available, visit <http://www.ncadv.org/need-help/what-is-domestic-violence>. If you feel you are being abused in your relationship, talk to someone you trust or call the National Domestic Violence Hotline (available 24/7/365): 1-800-799-7233 (SAFE).

Don't Delay—Schedule today! *Biometrics need to be completed by Oct. 31st*

Onsite Quest screening events are listed in the table below. If you choose to use your PCP, please keep a copy of the completed form (all test results are listed, dated and signed by your PCP) for your records. Don't forget to complete your health assessment online at www.aetna.com and print out your results for your records. **ALL SCREENINGS ARE BY APPOINTMENT.**

To schedule an appointment for Biometrics Screening please Visit: We.BlueprintforWellness.com or call the Blueprint for Wellness Call Center at 1-855-623-9355 (available Mon – Fri 8:30 a.m. – 9:30 p.m. EST and Sat 8:30 a.m. – 5 p.m. EST)

Registration Key: 1199c
Unique ID: 1199+ Your First and Last initials+ last 4 of your SSN
Example: John Smith SSN 123-45-6789, **Unique ID:** 1199JS6789

If you cannot find an onsite event listed online or by phone, the Quest scheduler has closed . You can contact the Benefit Fund office at (215) 735 – 5720 to see if there are any slots still available for the event you wish to attend or go schedule an appointment at a Quest near you to complete the testing.

DATE	TIME	LOCATION	ADDRESS
Friday, Oct. 2 nd , 2015	10:00am – 3:00pm	The Training & Upgrading Fund	10 th Floor, Auditorium 100 Broad Street, Philadelphia, PA
Thursday, Oct. 15 th , 2015	10:00am – 2:00pm	Jefferson University Hospital	Curtis Building, Room 213, 1015 Walnut Street, Philadelphia, PA 19107
Friday, Oct. 23 rd , 2015	10:00am – 3:00pm	The Training & Upgrading Fund	10 th Floor, Auditorium 100 Broad Street, Philadelphia, PA
Monday, Oct. 26 th , 2015	10:00am – 2:00pm	Temple University Hospital	New Temple Parking Garage – Lobby 3401 N Broad St, Philadelphia, PA

**** Complete your Biometrics Lab work and online Health Assessment before 10/31 ****

Did you know?

October is Breast Cancer Awareness Month

Strength & Survival with the Philly Pops

The Kimmel Center for the Performing Arts
300 South Broad Street
Philadelphia, PA 19102
February 13, 2016 | 8:30 AM - 11:30 AM

This year, in place of Komen Philadelphia's Sisters for the Cure (December), Latinas United for the Cure (March) and Asian-American Women's Breast Health events - we offer the community *Strength & Survival: The Universal Language*. Unifying individual ethnic and demographical groups of women into one extraordinary educational event and *celebration* of survival, that builds more bridges among these groups for shared resources and support. Inspired by music as "the universal language of man- and womankind," *Strength & Survival* leverages the power of music as a form of celebration, motivation and unification across languages, generations and culture.

Key Highlights

- FREE event: continental breakfast, concert & education
- Multi-lingual, multi-cultural, multi-generational education & celebration
- Life-saving knowledge from 22 breast cancer experts.
- Survivor inspiration
- Access to free mammograms for eligible women
- Takeaway program book offering breast health 101 topics and other resources

More Details to Come!
Save the date.



Frequently Asked Questions >>>

Q: *I am recently divorced and I would like to remove my ex-spouse from my medical coverage. What do I need to provide?*

A: *All you need to submit is a copy of your Divorce Decree and an updated enrollment/change form. You can obtain the required form from one of the member services representatives at the fund office.*

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



Recipe of the Month

Butter-Pecan Mashed Sweet Potatoes

Ingredients

- 4 sweet potatoes (about 2 pounds)
- 1 1/2 tablespoons butter
- 2 tablespoons fat-free milk
- 1/4 teaspoon salt
- 1/4 cup chopped pecans, toasted

Preparation

1. Pierce each potato with a fork 3 to 4 times on each side. Wrap each potato in a damp paper towel. Microwave at HIGH 8 minutes, turning after 4 minutes. Cool slightly. Cut potatoes in half; scoop pulp into a bowl. Mash pulp.
2. Heat butter in a small saucepan over medium heat; cook 3 minutes or until browned. Stir butter, milk, and salt into potato pulp. Top with pecans.

Per serving:

Calories	262
Fat	9.2 g
Satfat	3.2 g
Monofat	3.9 g
Polyfat	1.6 g
Protein	4.4 g
Carbohydrate	41.5 g
Fiber	7.6 g
Cholesterol	12 mg
Iron	1.4 mg
Sodium	304 mg
Calcium	51 mg

Source: Cooking Light

