

April 2016

Colon Cancer Awareness

Spotlight on Wellness

Frequently Asked Questions

Did you know?

Recipe of the Month



Benefit Fund *At a glance*

Spotlight on Wellness Spring into Healthier Eating!

When you eat healthier, you are healthier

It almost sounds *too* simple. But a healthy diet can help you avoid heart disease, cancer, diabetes and stroke.

Let's make it easy. When eating,

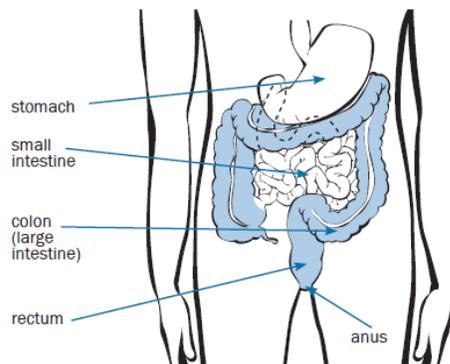
- Fill half your plate with fruits and vegetables.
- Fill the other half with grains and lean proteins.

Here's a few tips on how to boost your diet:

- **Fill up on color**, like kale, beets, carrots and red peppers.
- **Satisfy your sweet tooth** with fruit instead of simple, sugary carbs.
- **Cook with healthier fats**, like olive, coconut, canola or peanut oil.
- **Choose healthy protein sources**, like fish, beans, seeds and nuts.
- **Go for whole grains**, like oatmeal or brown rice.



April is Colorectal Cancer Awareness Month



Colon and Rectum

Screening Saves Lives

If you're 50 or older, getting a colorectal cancer screening test could save your life. Here's how:

- Colorectal cancer usually starts from polyps in the colon or rectum. A polyp is a growth that shouldn't be there.
- Over time, some polyps can turn into cancer.
- Screening tests can find polyps, so they can be removed before they turn into cancer.
- Screening tests also can find colorectal cancer early. When it is found early, the chance of being cured is good.



Colon Polyp

Are You at High Risk?

Your risk for colorectal cancer may be higher than average if:

- You or a close relative have had colorectal polyps or colorectal cancer.
- You have inflammatory bowel disease.
- You have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary nonpolyposis colorectal cancer.

People at high risk for colorectal cancer may need earlier or more frequent tests than other people. Talk to your doctor about when to begin screening and how often you should be tested.

What Are the Symptoms?

Some people with colorectal polyps or colorectal cancer do have symptoms. They may include:

- Blood in or on your stool (bowel movement).
- Stomach pain, aches, or cramps that don't go away.
- Losing weight and you don't know why.

If you have any of these symptoms, talk to your doctor. These symptoms may be caused by something other than cancer. However, the only way to know what is causing them is to see your doctor.

Stay tuned for an update on your Dominion Dental plan!

Did you know?

Aetna has a Disease Management Program

With the Aetna disease management program, you can work with an Aetna nurse who can provide you with personal attention for your health conditions and risks. He or she will act as your health coach — when, where and how it fits your schedule. The program supports over 35 conditions such as high blood pressure, diabetes and many more.

You'll learn how to:

- Manage your conditions or lower your risks for new ones
- Work better with your doctor
- Get preventive care or treatment
- Reach personal health goals by making healthy changes
- Take your medicine safely, and more

Sign up today by sending a request through your secure member website at www.aetna.com or by calling 1-866-269-4500.

...And an Informed Health Line!

Have you ever had a medical question at 11pm at night and your doctor's office was closed? With Aetna's Informed Health® Line, you can speak with a registered nurse about any health issue, anytime you need it. Get help preparing for a doctor's visit. Or just learn how to make smarter health care decisions. To talk with a **registered nurse** call **1-800-556-1555**. For **speech or hearing impaired**, dial **711*** — anytime. It's toll-free. And you can call as many times as you need to, at no extra cost.

You can also Visit www.aetna.com. Just log in with your username and password and choose "Health Programs," then "24-Hour Nurse Line." You can research medicines and tests. Or use the symptom checker.



Frequently Asked Questions >>>

Q: *I am a relatively new benefit fund member and I keep hearing about the Biometrics Program. 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 2016. If you are unsure, please contact member services in June when the program begins again and they can let you know if you are required to complete the program in 2016.*

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

Recipe of the Month



Roasted Baby Artichokes with Lemon Aioli

Ingredients

- 6 cups water
- 5 tablespoons fresh lemon juice, divided
- 12 baby artichokes
- 5 teaspoons extra-virgin olive oil, divided
- 1/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- 1/4 cup light mayonnaise
- 1 teaspoon minced garlic
- 1/2 teaspoon grated lemon rind

Directions

1. Preheat oven to 425°.
2. Combine 6 cups water and 4 tablespoons juice in a large bowl. Cut off top 1/2 inch of each artichoke. Cut off stem of each artichoke to within 1 inch of base; peel stem. Remove bottom leaves and tough outer leaves, leaving tender heart and bottom. Cut each artichoke in half lengthwise. Place artichokes in juice mixture.
3. Drain artichokes; pat dry with paper towels. Combine artichokes, 1 tablespoon oil, salt, and pepper; toss well. Arrange in a single layer on a baking sheet. Bake at 425° for 15 minutes or until tender, turning after 10 minutes.
4. Combine remaining 1 tablespoon juice, remaining 2 teaspoons oil, mayonnaise, garlic, and lemon rind in a small bowl. Serve aioli with artichokes.

Serves 4 (serving size: 6 artichoke halves and about 1 tablespoon aioli)

Source: Academy of Nutrition and Dietetics