

May 2016

Stroke Awareness 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



May is Stroke Awareness Month

Know the signs and symptoms of a stroke

Knowing the signs and symptoms of a stroke is the first step to ensuring medical help is received immediately. For each minute a stroke goes untreated and blood flow to the brain continues to be blocked, a person loses about 1.9 million neurons. This could mean that a person's speech, movement, memory, and so much more can be affected. Learn as many stroke symptoms as possible so you can recognize stroke **FAST** and save a life!



SUDDEN numbness or weakness of face, arm or leg, especially on one side of the body



SUDDEN confusion, trouble speaking, or understanding



SUDDEN trouble seeing in one or both eyes



SUDDEN trouble walking, dizziness, loss of balance or coordination



SUDDEN severe headache with no known cause

Spread the word!

Call 9-1-1 immediately if you observe any of these symptoms. Note the time of the first symptom. This information is important and can affect treatment decisions.

Stay tuned for an update on your Dominion Dental plan!

Did you know?

As you age you are at risk for eye disease...



Aging is a process that provides us with many opportunities to reinvent ourselves, from major transformations such as becoming a grandparent or going back to school to simple lifestyle changes like starting a new exercise program. Don't miss out on any of these opportunities; take stock of your eye health to make sure you are seeing your best and that your eyes are healthy.

While some changes to vision are normal with aging, people are at higher risk for vision loss from eye diseases and conditions as they age.

Many eye diseases have no early warning signs or symptoms, but they can be detected early with regular comprehensive dilated eye exams.

A comprehensive dilated eye exam is different from the basic eye exam or screening you have to get new glasses or contacts. Your eye care professional will place drops in your eyes to dilate, or widen, the pupil. Then, he or she will use a special magnifying glass to examine the inside of your eye for early signs of—

- Age-related macular degeneration, which gradually destroys the macula (the part of the eye that provides sharp, central vision)
- Cataract, a clouding of the lens in the eye
- Diabetic retinopathy, a complication of diabetes that damages blood vessels in the retina (the light-sensitive tissue at the back of the eye)
- Glaucoma, a group of diseases that can cause fluid and pressure to build up in the eye and damage the optic nerve

Don't wait until you notice problems with your vision. Call your eye care professional today to make an appointment for a comprehensive dilated eye exam. Early diagnosis and treatment are the best ways to prevent vision loss. And if you have been diagnosed with an eye disease or condition, work with your eye care professional to learn about your treatment or rehabilitation options. Improve your knowledge of eye health to ensure a healthy foundation for change.

Visit www.nei.nih.gov/agingeye for more information.



To learn more about comprehensive dilated eye exams and age-related eye diseases, watch this series of videos at <http://www.nei.nih.gov/videos>.

Frequently Asked Questions >>>

Q: I lost my Aetna ID card. How do I get a new one?

Getting a new card is easy. You can log into your Aetna Navigator account at www.aetna.com and order a new ID card online. If you need help ordering a

A: new card, you can contact the wellness program coordinator or member services at (215) 735 – 5720 and we can get one ordered for you.

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

Recipe of the Month



Tuscan Tuna and Cannellini Bean Salad

Dressing

- 1/3 cup fat-free sour cream
- 3 tablespoons plain rice vinegar
- 1 tablespoon sugar
- 1 teaspoon olive oil (extra virgin preferred)
- 1/8 teaspoon salt

Salad

- 1 15.5-ounce can no-salt-added cannellini beans, rinsed and drained
- 1 4.5-ounce can low-sodium chunk light tuna, packed in water, drained and flaked
- 1 cup grape tomatoes, halved
- 1 medium rib celery, chopped (about 1/2 cup)
- 1/2 medium red or yellow bell pepper, chopped
- 1/2 cup chopped red onion
- 3 tablespoons snipped green onions (green part only) or chives
- 1 1/2 teaspoons dried oregano, crumbled
- 1/4 teaspoon pepper

In a small bowl, whisk together the dressing ingredients.

In a medium bowl, stir together the salad ingredients. Gently stir in the dressing. Refrigerate for 15 minutes to let the flavors blend.

Source: www.heart.org

Nutritional Analysis	Per serving
Calories Per Serving	194
Total Fat	2.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.0 g
Cholesterol	13 mg
Sodium	157 mg
Carbohydrates	27 g
Fiber	6 g
Sugar	9 g
Protein	16 g