

Did you know?

REMINDER: You have until October 31st, 2016 to complete your annual biometrics screening **and** online health assessment at www.aetna.com. If you have already completed the requirement - THANK YOU! You can complete the lab work requirement at Quest, at your doctor or at one of our onsite events. To assist you with completing the requirement, we have several onsite events scheduled at various locations. You can attend ANY of these events – but you must make an appointment:

Location	Event Date	Time
Inglis House – Founder’s Hall	7/27/2016	10:00 AM - 2:00 PM
Inglis House- Founder’s Hall	7/28/2016	10:00 AM - 2:00 PM
The Benefit Fund Health Fair	8/6/2016	10:00 AM - 2:00 PM
Temple Hospital – New Parking Garage Lobby (Ontario East)	8/10/2016	10:00 AM - 2:00 PM
Jefferson University Hospital- Edison Building, 14th Floor, Room 1402	8/24/2016	10:00 AM - 2:00 PM
Hahnemann University Hospital– 496 Conference Room, North Tower	9/9/2016	10:00 AM - 2:00 PM
JFK Mental Health – 2 nd Floor Conference Room	9/15/2016	10:00 AM - 2:00 PM
Temple Hospital- Episcopal – Fox Conference Room	9/19/2016	10:00 AM - 2:00 PM
Temple Hospital - New Parking Garage Lobby (Ontario East)	9/28/2016	10:00 AM - 2:00 PM
Temple University – Room 217A	10/5/2016	10:00 AM - 2:00 PM
Jefferson University Hospital- Alumni Hall, 1st Floor, Atrium	10/13/2016	10:00 AM - 2:00 PM
The Training & Upgrading Fund - Auditorium	10/21/2016	10:00 AM - 2:00 PM
Genesis Health – Voorhees 0 2 nd Floor Break room	10/28/2016	10:00 AM - 2:00 PM

ALL SCREENINGS ARE BY APPOINTMENT ONLY.

To make an appointment visit: <https://my.questforhealth.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)

You will need to provide your Registration Key and Unique ID.

Registration Key: 1199c

Unique ID: 1199+ Your First and Last initials+ last 4 of your SSN

EXAMPLE: JOHN SMITH SSN 123-45-6789

Frequently Asked Questions >>>

Q: I am new to the benefit fund. How do I find out more information about the benefits I now have?

A: You can log onto our website at www.1199cfunds.org or contact a member services team member and they can talk to you about the benefits you have under the Benefit Fund.

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

Recipe of the Month



Lighter version—Carrot Cake

Ingredients

Cake

- 1 20-ounce can crushed pineapple
- 2 cups whole-wheat pastry flour, (see Ingredient Note)
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 2 teaspoons ground cinnamon
- 3 large eggs
- 1 1/2 cups granulated sugar
- 3/4 cup nonfat buttermilk, (see Tip)
- 1/2 cup canola oil
- 1 teaspoon vanilla extract
- 2 cups grated carrots, (4-6 medium)
- 1/4 cup unsweetened flaked coconut
- 1/2 cup chopped walnuts, toasted

Frosting

- 12 ounces reduced-fat cream cheese, softened
- 1/2 cup confectioners' sugar, sifted
- 1 1/2 teaspoons vanilla extract
- 2 tablespoons coconut chips

- To prepare cake: Preheat oven to 350 °F. Coat a 9-by-13-inch baking pan with cooking spray.
- Drain pineapple in a sieve set over a bowl, pressing on the solids. Reserve the drained pineapple and 1/4 cup of the juice.
- Whisk flour, cinnamon, baking soda and salt in a medium bowl. Whisk eggs, sugar, buttermilk, oil, vanilla and the 1/4 cup pineapple juice in a large bowl until blended. Stir in pineapple, carrots and 1/4 cup coconut. Add the dry ingredients and mix with a rubber spatula just until blended. Stir in the nuts. Scrape the batter into the prepared pan, spreading evenly.
- Bake the cake until the top springs back when touched lightly and a skewer inserted in the center comes out clean, 40 to 45 minutes. Let cool completely on a wire rack.

To prepare frosting and finish cake: Beat cream cheese, confectioners' sugar and vanilla in a mixing bowl with an electric mixer until smooth and creamy. Spread the frosting over the cooled cake. Sprinkle with toasted coconut.