

October 2016

Breast Cancer Awareness Month

Spotlight on Wellness

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# Benefit Fund *At a glance*

## Spotlight on Wellness

### Breast Cancer Awareness Month: Know what is normal for you.

Source: [Susan G. Komen](#)

#### Changes that should be reported include:

- Lump, hard knot or thickening inside the breast or underarm area



- Swelling, warmth, redness or darkening of the breast



- Change in the size or shape of the breast



- Dimpling or puckering of the skin



- Itchy, scaly sore or rash on the nipple



- Pulling in of your nipple or other parts of the breast



- Nipple discharge that starts suddenly



- New pain in one spot that does not go away



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## Biometrics Deadline October 31st, 2016

**REMINDER:** You have until October 31<sup>st</sup>, 2016 to complete your annual biometrics screening **and** online health assessment at [www.aetna.com](http://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:

Wednesday, October 5, 2016	10:00am – 2:00pm	Temple Campus
Monday, October 10, 2016	10:00am – 2:00pm	Temple Episcopal Hospital
Thursday, October 13, 2016	10:00am – 2:00pm	Jefferson Hospital
Friday, October 21, 2016	10:00am – 2:00pm	The Training & Upgrading Fund, 10 <sup>th</sup> Floor
Friday, October 28, 2016	10:00am – 2:00pm	Genesis (Voorhees)

### 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

**UNIQUE ID:** 1199JS6789

**SAVE MONEY—Use 1199C facilities when using your medical benefits!**

# Did you know?

## Millions of ways for you to save money

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## Frequently Asked Questions >>>

**Q:** *I didn't complete my biometrics in 2015 and I am paying a surcharge for my health and welfare contributions. I just completed the biometrics for 2016. When will the surcharge stop?*

**A:** *The surcharge began coming out for the 2015 program in March 2016. The surcharge runs for one year. If you completed the program in 2016, then the last surcharge will be taken out in February 2017 and you should see it stop as of March 2017.*

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

## Recipe of the Month



## Roasted Pumpkin Apple Soup

### Ingredients

- 4 pounds pie pumpkin or butternut squash, peeled, seeded and cut into 2-inch chunks (see Tip)
- 4 large sweet-tart apples, unpeeled, cored and cut into eighths
- 1/4 cup extra-virgin olive oil
- 1 1/4 teaspoons salt, divided
- 1/4 teaspoon freshly ground pepper
- 1 tablespoon chopped fresh sage
- 6 cups reduced-sodium chicken broth or vegetable broth
- 1/3 cup chopped hazelnuts, toasted (see Tip)
- 2 tablespoons hazelnut oil

### Directions

1. Preheat oven to 450 °F.
2. Toss pumpkin (or squash), apples, olive oil, 1 teaspoon salt and pepper in a large bowl. Spread evenly on a large rimmed baking sheet. Roast, stirring once, for 30 minutes. Stir in sage and continue roasting until very tender and starting to brown, 15 to 20 minutes more.
3. Transfer about one-third of the pumpkin (or squash) and apples to a blender along with 2 cups broth. Puree until smooth.
4. Transfer to a Dutch oven and repeat for two more batches. Season with the remaining 1/4 teaspoon salt and heat through over medium-low heat, stirring constantly to prevent splattering, for about 6 minutes. Serve each portion topped with hazelnuts and a drizzle of hazelnut oil.

Source: Eating Well

