

December 2016

World AIDS Day – Dec 1st

Spotlight on Wellness

Frequently Asked Questions

Did you know?

Recipe of the Month



Benefit Fund *At a glance*

Spotlight on Wellness

World AIDS Day is Dec. 1st

KNOW

More than 1.2 million people in the U.S. are living with HIV. While there is not yet a cure, HIV is a preventable and treatable disease.



TALK

Talking openly about HIV helps confront the stigma that is still often associated with the disease. Communication between partners is associated with reduced risk of HIV transmission and increased HIV testing.

PROTECT

When used correctly and consistently, latex condoms are highly effective in protecting against HIV and many other sexually transmitted diseases (STDs).

TEST

Everyone should know their HIV status. The Centers for Disease Control and Prevention (CDC) recommends HIV testing as part of routine health care.

[Click here to find free or low cost HIV testing and other services near you.](#)

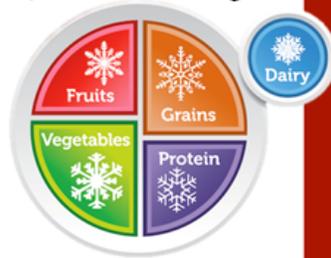
TREAT

There are very effective treatments available today to help people with HIV live long and healthy lives.

[Click here](#) to find free or low cost HIV treatment and other services near you.

Healthy Holiday Eating: 101

Make your holiday plate healthy!



Dana Snook

Attention:
District 1199C

Food for Thought
FREE - Healthy Cooking
Demonstration

Register Today - Space limited

DATE: Friday, December 16th, 2016

TIME: 12:00pm – 1:00pm

LOCATION: Jefferson University Hospital, Dorrance H. Hamilton Building – Room 505, 1001 Locust Street, Philadelphia, PA

REGISTER: Call the Benefit Fund at 215-735-5720 to reserve your spot today.



Ms. Dana Snook, RD will be hosting two cooking education classes—one in December and one in January. We're working out the details and locations so please stay tuned for details so you can reserve your spot in these classes!

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

Did you know?

Taking health one step at a time

Simple Steps To A Healthier Life® Online Health Coaching Sessions

www.aetna.com

Your health. Your goals. Your pace. Our support.

Simple Steps To A Healthier Life online health coaching programs let you choose the area of your health you would like to focus on. And you set the pace, so you can accomplish your health goals in your own time.

Each program is divided into small steps, so you can benchmark your progress along the way.

Smart, interactive and fun — our online health coaching programs will provide you with strategies for success and support to meet your goals.

Our online health coaching programs won't cost you a penny. Simple Steps To A Healthier Life is part of your health benefits and insurance plan.

Making health easy

- Commit to the steps that are right for you.
- Work at your own pace.
- Inspire yourself. We give you the tools and resources to succeed in taking small steps. And each success can help you move closer to achieving even greater goals.
- Share your success with family and friends on your favorite social media sites to get their support.
- Set reminders to help you keep on track.

You choose a health direction. We offer a variety of online health coaching programs. You can choose from:

- Be Tobacco Free
- Manage Diabetes
- Have a Healthy Back
- Get Heart-Healthy by Managing Cholesterol
- Stress Less
- Weigh Less
- Live Well with Asthma
- Eat Healthier, and more



It's all about you, and your health

Get healthy, then stay healthy. These online health coaching sessions can help. If you already have a health condition, the programs will give you new ways to give your health the attention it deserves.

You get:

- **A personalized plan.** It's created just for you, based on information you shared at the start of the program.
- **Convenient tools, tips and features to help you succeed and have fun.** Set reminders to help you stay on track. Get important information about your health choices.
- **Online coaching sessions that fit your schedule.** You set the pace, and you can work on sessions where and when you want.

How to start

1. Log in to your secure member website at www.aetna.com. New to the site? Just click "Register."
2. Scroll over "Health Records."
3. Choose the "Take a health assessment" link — and go!

Take the simple path to good health. Log in at www.aetna.com to start a program.

Questions? Call the number on your member ID card.

Recipe of the Month



Vegetarian "Southern-style" Collard Greens

Ingredients

- 1 tablespoon olive oil
- 1 tablespoon butter
- 1/2 large onion, chopped
- 1 teaspoon red pepper flakes
- 1 clove garlic, finely chopped
- 1 pound collard greens, chopped
- 3 cups vegetable stock
- 2 tomatoes, seeded and chopped
- Salt and freshly ground black pepper

Directions

- In a large pot over medium heat, heat oil and butter.
- Sauté the onions until slightly softened, about 2 minutes, then add the red pepper flakes and garlic, cook another minute.
- Add collard greens and cook another minute. Add the vegetable stock, cover and bring to a simmer.
- Cook until greens are tender, about 40 minutes.
- Add tomatoes and season with salt and freshly ground black pepper.

Source: The Food Network

Frequently Asked Questions >>>

Q: I want to check my medical claims status online. Can I do that?

A: Yes. You have access to all your medical claims information online through your Aetna Navigator account at www.aetna.com. You simply log in and then select claim status. You can search all claims or just ones being processed.

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

