

November 2016

Diabetes Awareness Month

Spotlight on Wellness

Frequently Asked Questions

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Recipe of the Month



# Benefit Fund *At a glance*

## Spotlight on Wellness

### Diabetes Awareness Month: Type 2

Diabetes is one of the leading causes of disability and death in the United States. One in 11 Americans have diabetes — that's more than 29 million people. And another 86 million adults in the United States are at high risk of developing type 2 diabetes.

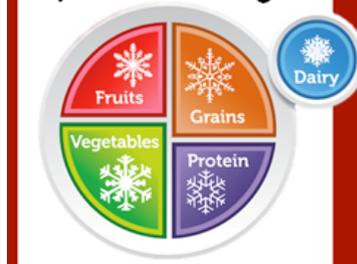
If you are overweight, have high blood pressure, or are age 45 or older, you are at higher risk of developing type 2 diabetes. The good news is that making healthy changes can greatly lower your risk. To help prevent type 2 diabetes:

- Watch your weight
- Eat healthy
- Get more physical activity

Talk to your doctor about your risks and know that type diabetes is preventable. You have the ability to change your risks and prevent diabetes.

## Healthy Holiday Eating: 101

*Make your  
holiday  
plate healthy!*



**FREE**



Dana Snook

Attention:  
District 1199C

**Food for Thought**

**FREE - Healthy Cooking  
Demonstration**

**Register Today - Space limited**

**DATE:** Friday, December 16<sup>th</sup>, 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?

Health questions don't always come up during office hours

## Informed Health<sup>®</sup> Line

### Get answers from a registered nurse, day or night

Whether it's the middle of the night, you're away from home, or you're just not sure if you need to call your doctor, **Informed Health Line** is here for you.

With one simple call, you can:

- Learn more about health conditions that you or your family members have
- Find out more about a medical test or procedure
- Get help preparing for a doctor's visit

Health insurance plans are offered, underwritten or administered by Aetna Life Insurance Company and its affiliates (Aetna).

Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to [www.aetna.com](http://www.aetna.com).

### Go online for even more health information

If you like to go online for health information, check out your secure member website. Log in to Aetna Navigator<sup>®</sup> and select **Health Programs** and **24-Hour Nurse Line**.

Or, click on **Health Programs** and **Get Health Information**.

Here's what you can do:

- Use our symptom checker
- Learn about an upcoming medical test
- Research a new medication you're taking and more

aetna<sup>™</sup>

## Informed Health<sup>®</sup> Line

Log in to your secure member website at [www.aetna.com](http://www.aetna.com) to explore the resources available to you.

Call **1-800-556-1555** to speak to one of our nurses — 24 hours a day, 365 days a year.



## Frequently Asked Questions >>>

**Q:** I received a bill for medical services and I'm not sure if it's correct. What should I do?

**A:** Anytime you receive a bill that you aren't sure if you are responsible to pay the amount, always contact the Benefit Fund first. We can look it over and tell you if it is correct and if not, we can assist you with getting it corrected. Please do not ignore a bill, always reach out with questions.

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

## Recipe of the Month



## Sweet Potato Pecan Casserole

### Ingredients

Cooking spray

3 1/2 pounds sweet potatoes (about 5 medium), peeled and cut into 1-inch chunks

1/3 cup honey

1 large egg

1 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

1/8 teaspoon ground ginger

Kosher salt

1 tablespoon packed dark brown sugar

1/3 cup finely chopped pecans

### Directions

1. Preheat to 350. Spray 8 inch baking dish.
2. Bring a few inches of water to a boil in a pot with a large steamer basket in place. Put the sweet potatoes in the basket, cover and steam until tender, 20 to 25 minutes. Transfer the potatoes to a bowl and let cool slightly. Add the honey, egg, 1/2 teaspoon cinnamon, the nutmeg, ginger and 1/2 teaspoon salt; whip with an electric mixer until smooth. Spread the sweet potato mixture in the prepared baking dish.
3. Mix the brown sugar, pecans and the remaining 1/2 teaspoon cinnamon in a bowl; sprinkle over the potatoes. Bake until hot and beginning to brown around the edges, 40 to 45 minutes.

Source: The Food Network

