



P1 / WELCOME

Stay up to date with the latest announcements from the Benefit Fund Office.



P2 / NEWS & BENEFITS

This section has health and wellness tips from Aetna, Dominion Dental and Express Scripts. Check it out!



P3 / WELLNESS

A great reminder for health observances and wellness activities happening with the Benefit Fund this month.



P4 / CONTACT INFO

You'll find contact information for the Benefit Fund and all the medical vendors participating in the Benefit Fund.

BENEFIT FUND

November 2018

At a glance



10 Steps to help stay healthy this holiday season



1. **Wash hands often to help prevent the spread of germs.** It's flu season. Wash your hands with soap and clean running water for at least 20 seconds.
2. **Manage stress.** Give yourself a break if you feel stressed out, overwhelmed, and out of control.
3. **Don't drink and drive.** Whenever anyone drives drunk, they put everyone on the road in danger.
4. **Be smoke-free.** Avoid smoking and secondhand smoke.
5. **Fasten seat belts while driving or riding in a motor vehicle.** Buckle up every time, no matter how short the trip and encourage passengers to do the same.
6. **Get exams and screenings.** Ask your health care provider what exams you need and when to get them. Update your personal and family history.
7. **Get your vaccinations.** Vaccinations help prevent diseases and save lives.
8. **Practice fire safety.** Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended.
9. **Prepare food safely.** Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.
10. **Eat healthy, stay active.** Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.



Benefit & Pension Funds
for Hospital & Health Care Employees
Philadelphia and Vicinity



What is type 2 diabetes?

It's when your body does not make enough insulin or cannot use its own as well as it should. Insulin helps sugar get into the cells of our bodies to produce energy. With diabetes, sugar builds up in the blood instead. If untreated, diabetes can cause serious conditions, such as heart disease, blindness and kidney disease.

Diabetes is common, so get tested if you have any of these symptoms:

- Frequent urination
- Increased thirst
- Extreme fatigue
- Blurred vision
- Cuts or bruises that are slow to heal
- Feeling hungry — even though you're eating enough
- Tingling, pain or numbness in your hands or feet

Type 2 diabetes doesn't happen overnight. It happens over time. And there are things that impact your risk for getting diabetes, such as your weight, eating habits and activity level.

What can I do to prevent it?

There are many ways to cut your risk of developing diabetes. You can start by:

- Maintaining a healthy weight for your height and age. To help lower risk, that typically means a waist size of 40" and below for men and 35" and below for women.
- Eating more fresh fruits, vegetables and whole grains. And reducing foods made with refined flours and added sugar.
- Exercising for at least 30 minutes a day. Walk, run, dance, lift weights — it all works.
- Quitting all tobacco products or finding help to quit.
- Seeing your doctor regularly and getting any recommended screenings. And talking to your doctor to see what works for you.

What else do I need to know?

Many things affect your risk for type 2 diabetes. Some, like your weight and amount of exercise, you can change. Others, like your age or family history, you can't change. But being aware can help you take smart steps to lower your risk.

- 1 As you get older, your risk for type 2 diabetes goes up. Talk with your doctor about your cholesterol, blood pressure and blood glucose. Ask if your numbers are where they should be and, if not, work with your doctor to set target numbers that are right for you.
- 2 People of different racial and ethnic groups are more likely to develop type 2 diabetes. African Americans, Mexican Americans, American Indians, Native Hawaiians, Pacific Islanders and Asian Americans have a higher risk for this condition.
- 3 If your mother, father, sister or brother has heart disease or diabetes, your risk goes up. Share your family history with your doctor to make a plan to lower your risk.



DENTAL HEALTH FACTS

Keep your teeth healthy this holiday season.

- ✓ Have a routine.
- ✓ Choose the carrots.
- ✓ Don't forget the dentist!
- ✓ Drink water.
- ✓ Protect your teeth during sports.





MEDICATION FACTS



RECIPE OF THE MONTH

HEALTHIER BEEF STEW

EMERGENCY PRESCRIPTION REFILLS OVER THE HOLIDAYS

Because pharmacies use computerized systems that impose refill limits on your prescriptions, getting an emergency refill while on vacation can be very difficult.

If your prescriptions are on file with a national chain and you are still within the borders of your home country, you should be able to go to a local branch of the pharmacy and have your prescription temporarily transferred to that location.

You may find yourself in a situation where you have to refill your prescription at a pharmacy that is not part of your healthcare network, either because you are overseas or because there is no local branch of your pharmacy nearby. You will probably have to pay the full cost of the prescription and file an insurance claim form when you return home. Be sure to save your receipts and all other documentation to submit with your claim.

INGREDIENTS

- 6 tablespoons all-purpose flour, divided
- 1 teaspoon paprika
- 1/4 teaspoon pepper
- 1-1/2 pounds beef stew meat, cut into 1-inch cubes
- 1 tablespoon canola oil
- 2 cups water
- 3 tablespoons tomato paste
- 2 teaspoons beef bouillon granules
- 2 teaspoons dried basil, divided
- 1 teaspoon dried thyme, divided
- 1 teaspoon garlic powder, divided
- 2 bay leaves
- 3 cups cubed peeled potatoes
- 3 cups quartered peeled small onions
- 2 cups sliced carrots
- 2 tablespoons minced fresh parsley
- 1/4 teaspoon salt
- 1/4 cup cold water

1. In a large re-sealable plastic bag, combine 4 tablespoons flour, paprika and pepper. Add beef, a few pieces at a time, and shake to coat.
2. In a Dutch oven, brown beef in oil over medium heat. Add the water, tomato paste, bouillon, 1-1/2 teaspoons basil, 3/4 teaspoon thyme, 3/4 teaspoon garlic powder and bay leaves. Bring to a boil. Reduce heat; cover and simmer for 1-1/2 hours or until meat is almost tender.
3. Add the potatoes, onions and carrots. Cover and simmer 30 minutes longer or until the meat and vegetables are tender.
4. Discard bay leaves. In a small bowl, combine the parsley, salt, and the remaining flour, basil, thyme and garlic powder. Add cold water; stir until smooth. Stir into stew. Bring to a boil; cook and stir for 2 minutes or until thickened.



MONTHLY HEALTH OBSERVANCE

NOVEMBER IS NATIONAL ALZHEIMER'S DISEASE AWARENESS MONTH AND NATIONAL FAMILY CAREGIVERS MONTH

As the holiday season approaches in November, the Alzheimer's Association is focusing its attention on an important intersection between these two events – the unique challenges facing Alzheimer's and dementia caregivers. The Alzheimer's Association is committed to helping caregivers navigate these challenges, with a focus on helping caregivers recognize and manage caregiver stress.

Often, when families come together after being apart for many months to celebrate end of year holidays, changes in behavior and memory loss become more apparent with parents and grandparents. More than 15 million Americans provide unpaid care for people with Alzheimer's and other dementias. Caring for these loved ones can take a severe emotional, physical and financial toll on the individuals providing it.

Know your resources and don't be afraid to reach out for help. The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. For more information, log onto their website at www.alz.org.



Source: Taste of Home

Your Benefit Fund Contacts



THE BENEFIT FUND

In Philadelphia215-735-5720
 Toll-free.....1-800-531-1199

AETNA MEDICAL PLANS

Aetna Member Services1-800-533-2195
 Aetna Behavioral Health 1-800-424-5679
 Pre-certification (for self-referred care).....1-800-245-1206

EXPRESS SCRIPTS, INC. (prescription drug coverage)

Member Helpline..... 1-800-711-0917

DOMINION NATIONAL SERVICES, INC. (dental network management)

In Pennsylvania and New Jersey 1-888-518-5338 (toll-free)
1-703-518-5338

STAY INFORMED:

Check out our website

Health information, benefits, online access and more. Remember to check the website for updates and new information.

Subscribe to Benefit Fund E-blasts

E-blasts are the best way to stay informed of events and news coming out of the Benefit Fund. Click this link to sign up today if you haven't already.



<http://1199cfunds.org/>



Questions? Contact the Benefit Fund Office

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