



**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

*At a glance*

February 2019



## Bye-Bye, Couch Potato!

If the winter weather prevents you from getting outside, don't just reach for the remote. Make your time inside count. There are many ways to get physical activity indoors—no gym required. Hand weights or resistance bands are a great addition, but not necessary. You can also wear a heavy backpack to add intensity to your workout.

Try these indoor activities:

- Home workout circuit
- Dancing
- Active housework like vacuuming and sweeping
- Mall walking
- Bowling
- Roller skating
- Yoga or other fun group classes at your local gym, studio, or community center
- Stair climbing

### Fit in Fitness

Follow the [American Heart Association physical activity recommendations](#) of at least 150 minutes of aerobic exercise per week to improve your quality of life. Move more, with more intensity, and sit less. And keep your Heart Healthy in the process!



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



## Grab a partner to help your heart beat stronger

### Together is better

Working on health goals works better as a team. It's the perfect time to grab a pal (or two or three) to reach heart-healthy goals *together*.

## A little help from friends



### Strength in numbers

You may have heard about coworkers competing to lose the most weight. Why not launch a "biggest loser" *cholesterol* challenge at work? Week by week, raise the stakes while lowering your risks. Even if you don't win the cash prize, you'll still win the grand prize: a healthier heart.



### Double trouble

The Surgeon General recommends 2½ hours of moderate-intensity exercise, like biking or brisk walking, per week.<sup>1</sup> You're all over that. Want to go bigger? Grab a buddy. A new workout partner boosts how much you exercise. And if they're emotionally supportive, even more.<sup>2</sup>



### Lunch swap

Instead of making heart-healthy meals every day, try a lunch swap with friends. Ted makes turkey chili for the group on Monday, Meg serves curried veggies on Tuesday, Sam does whole-wheat hold-the-meat lasagna on Wednesday and so on. Good company and good food, with less prep.



### Nonsmoking buddy

Quitting smoking drops blood pressure immediately. It drops the risk of heart attack within 24 hours. Cuts cholesterol, too.<sup>3</sup> That's huge. But we get it, it's hard. You're never alone. Support is everywhere — smoke-free apps, text lines, chat lines, state programs and more — to keep you strong.



## DENTAL HEALTH FACTS

Have you scheduled your cleaning recently? Pick up the phone, make the appointment and take time out for dental health. Keeping your teeth healthy can impact your quality of life down the road—so call today!





# MEDICATION FACTS



# RECIPE OF THE MONTH

## GARDEN VEGETABLE LASAGNA

### Tips to Help You Take Your Medicine

Taking your medicine as prescribed or medication adherence is important for controlling chronic conditions, treating temporary conditions, and overall long-term health and well-being. A personal connection with your health-care provider or pharmacist is an important part of medication adherence. "Because your pharmacist is an expert in medications, they can help suggest how best to take your medications," says DeFronzo. However, you play the most important part by taking all of your medications as directed.

Here are 8 tips that may help:

- Take your medication at the same time every day.
- Tie taking your medications with a daily routine like brushing your teeth or getting ready for bed. Before choosing mealtime for your routine, check if your medication should be taken on a full or empty stomach.
- Keep a "medicine calendar" with your pill bottles and note each time you take a dose.
- Use a pill container. Some types have sections for multiple doses at different times, such as morning, lunch, evening, and night.
- When using a pill container, refill it at the same time each week. For example, every Sunday morning after breakfast.
- Purchase timer caps for your pill bottles and set them to go off when your next dose is due. Some pill boxes also have timer functions.
- When travelling, be certain to bring enough of your medication, plus a few days extra, in case your return is delayed.
- If you're flying, keep your medication in your carry-on bag to avoid lost luggage. Temperatures inside the cargo hold could damage your medication.

Here are two very useful FDA websites with more tips and tools to help you take your medication as prescribed: "[Are You Taking Your Medication as Prescribed?](#)" and "[Updates and Information for Consumers.](#)" If you have questions about your medication, don't be shy -- ask your health-care provider or pharmacist and don't delay. Remember, the life you save may be your own!

## MONTHLY HEALTH OBSERVANCE

### AGE-RELATED MACULAR DEGENERATION (AMD) MONTH

[Age-related macular degeneration \(AMD\)](#) is the leading cause of severe vision loss among Americans ages 65 and over. Here are the top 5 risk factors for AMD:

- [Being over the age of 60](#)
- Having a family history of AMD
- [Cigarette smoking](#)
- Obesity
- Hypertension

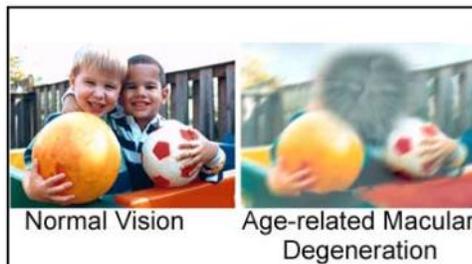


Image modified from National Eye Institute, National Institutes of Health

People with two of these risk factors should [schedule an appointment with an ophthalmologist](#). Your ophthalmologist may recommend steps to reduce your risk of vision loss.

### INGREDIENTS

- 9 dried lasagna noodles
- 6 cups broccoli florets
- 1 large red bell pepper, cut into bite-size strips
- 1 medium zucchini, sliced
- 1 medium yellow summer squash, sliced (about 1 1/4 cups)
- 2 eggs
- 1 (16 ounce) container low-fat cottage cheese
- 1 (15 ounce) container fat-free ricotta cheese
- 1/2 cup chopped fresh basil
- 2 tablespoons chopped fresh thyme
- 3 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon bottled hot pepper sauce
- 1/4 teaspoon ground pepper

Grease a 3-quart dish; Cook lasagna noodles in a large saucepan in a large amount of lightly salted boiling water for 10 to 12 minutes or until tender; Drain the noodles; rinse with cold water. Drain well; set aside.

Place a steamer basket in a large pot. Add water to just below the bottom of the steamer basket. Bring to boiling. Add broccoli, bell pepper, zucchini, and summer squash. Reduce heat. Cover and steam for 6 to 8 minutes and then remove from heat.

Beat eggs in a medium bowl with a wire whisk or rotary beater. Stir in cottage cheese, ricotta cheese, basil, thyme, garlic, salt, hot pepper sauce, and ground pepper.

Layer 3 of the cooked lasagna noodles in the prepared baking dish. Spread with one-third of the ricotta cheese mixture. Top with one-third of the vegetable mixture and 1/3 cup of the mozzarella cheese. Repeat the layers twice more.

Bake the lasagna at 375°F, covered, for 55 to 65 minutes or until heated through. Remove from the oven. Uncover. Let stand for 10 minutes before cutting to serve.



Source: Eating Well

# Your Benefit Fund Contacts



**THE BENEFIT FUND**

In Philadelphia .....215-735-5720  
 Toll-free.....1-800-531-1199

**AETNA MEDICAL PLANS**

Aetna Member Services .....1-800-533-2195  
 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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