



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

May 2019



Tips to keep your back moving well:

- 1 **Practice good posture.** Align your ears, shoulders and hips each time you sit, stand or walk.
- 2 **Do low-impact exercises.** Walk, swim or ride a stationary bike.
- 3 **Sleep on your side.** This helps keep your spine aligned.
- 4 **Watch your weight.** Excess weight can create back pain.
- 5 **Don't lift anything too heavy.** If you must lift, learn the proper way to do it.
- 6 **Adjust your routine at work.** If you sit for most of the day, get up and walk around often. Make sure your chair has good back support, too.



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

Straighten up

Practice good posture for optimal health



How to sit

- ✓ Keep your feet flat on the floor or on a footrest.
- ✓ Bend your knees at a right angle, and keep them at or slightly above your hips.
- ✓ Try to keep your neck and back as straight as possible.
- ✓ Avoid sitting in the same position for long periods of time. Get up at least once every 30 minutes.



How to stand

- ✓ Pull your shoulders back and avoid hunching over.
- ✓ Don't lean your head forward, backward or to the side.
- ✓ Keep your earlobes in line with your shoulders.
- ✓ Shift your weight from one foot to the other if you must stand for a long time.

Straighten up. Stretch out. And stay strong.
Correct your posture to protect yourself and your health.

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45.03.182.1 (5/19)



DENTAL HEALTH



DID YOU KNOW...

- The average American spends 38.5 total days brushing their teeth over a lifetime.
- People who drink 3 or more glasses of soda each day have 62% more tooth decay, fillings and tooth loss than others.
- If you don't floss, you miss cleaning 40% of your tooth surfaces. Make sure you brush and floss twice a day!
- If you're right handed, you will chew your food on your right side. If you're left handed, you will tend to chew your food on your left side.
- The average person only brushes for 45 to 70 seconds a day, the recommended amount of time is 2-3 minutes.



MEDICATION FACTS



RECIPE OF THE MONTH

TURKEY MEATLOAF

INGREDIENTS

- 1 cup quick-cooking oats
- 1 medium onion, chopped
- 1/2 cup shredded carrot
- 1/2 cup fat-free milk
- 1/4 cup egg substitute
- 2 tablespoons ketchup
- 1 teaspoon garlic powder
- 1/4 teaspoon pepper
- 2 pounds lean ground turkey

TOPPING:

- 1/4 cup ketchup
- 1/4 cup quick-cooking oats

DIRECTIONS

1. Preheat oven to 350°. Combine first eight ingredients.
2. Add turkey; mix lightly but thoroughly.
3. Transfer to a 9x5-in. loaf pan coated with cooking spray.
4. Mix topping ingredients; spread over loaf. Bake until a thermometer reads 165°, 60-65 minutes.
5. Let stand 10 minutes before slicing.



Source: A Taste of Home

Educate yourself. Ask questions—lots of them!

Patient education is not as simple as it sounds, because the responsibility lies as much with the patient as with the healthcare professional. People need to become more actively involved with their own healthcare, but that doesn't mean deciding things on their own. What will make a difference is proper communication of all your questions and concerns when a doctor prescribes something for you. Don't just wait for the doctor to tell you how and when to take it, because they won't always tell you everything you need to know. Here's a short list of basic questions to always ask:

- What is this medication called?
- How does it work?
- What are the possible side effects?
- Exactly how many times do I take this every day and at what intervals?
- Are there any dangerous interactions with other drugs or with certain foods?
- How long do I have to take this?
- How do I store it?
- How much does it cost (with or without insurance)?

MONTHLY HEALTH OBSERVANCE

SLEEP AWARENESS MONTH

Sleep is a necessity as critical to life as breath, and it affects every aspect of your life — from your productivity to your health to your mood. While most of us assume that sleep hours cut into our productive hours, we're actually more productive when we get sufficient sleep! So while it may seem counterintuitive, your production will increase because you'll have more energy and be able to think more clearly while working smarter and more efficiently. But these are only a few of the health issues sleep deprivation creates. According to Eve Van Cauter of the University of Chicago, a "lack of sleep disrupts every physiologic function in the body." To make matters worse, lack of sleep hinders your ability to realize your own performance is impaired, making you think you're functioning well when you probably aren't.

Most people can feel the consequences Sleep deprivation also can impair:

- | | |
|----------------------------|-------------------|
| • Irritability | • Learning |
| • Exhaustion | • Memory |
| • Easily distracted | • Alertness |
| • Making unsound decisions | • Concentration |
| • Weight gain | • Judgment |
| • High blood pressure | • Problem solving |
| • Cancer | • Reasoning |
| • Heart disease | |
| • Stroke | |
| • Diabetes | |
| • Bone loss | |
| • Depression | |

Here's a link to a [Better Sleep Guide](#) with tips to help you find restful sleep you so desperately need!

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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