



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

November 2019



November is Diabetes Awareness Month

Having diabetes means you are more likely to develop heart disease and to have a greater chance of a heart attack or a stroke. Over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart. Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes. The good news is that the steps you take to manage your diabetes also help to lower your chances of having heart disease or a stroke.

Adults with diabetes tend to develop heart disease at a younger age, and their most common causes of death are heart disease and stroke. This National Diabetes Month take steps from @NIDDKgov to reduce your risk. <https://www.niddk.nih.gov/health-information/communication-programs/ndep/partner-community-organization-information/national-diabetes-month/>



Linking Diabetes and Cardiovascular Disease

Take steps to manage diabetes and reduce risk of heart disease.



Manage your A1C, blood pressure, and cholesterol levels.



Develop healthy lifestyle habits.



Take medicines as prescribed by your doctor.

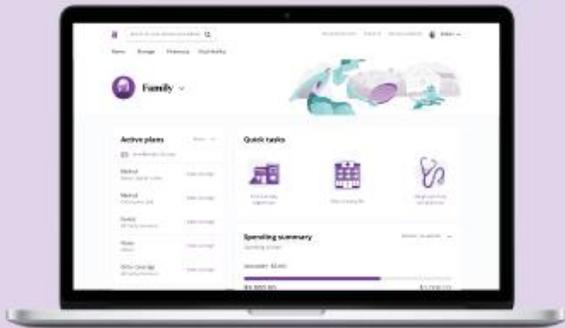


Stop smoking or using tobacco products.



Welcome to a simpler and easier way to manage your health plan

Set up your account today to manage your benefits and more.



AT HOME

Visit your member website at aetna.com to create an account and log in.



ON THE GO

Get the Aetna HealthSM app by texting "AETNA" to **90156** for a link to download the app (message and data rates apply).*

Find and compare services

- Search for facilities, procedures or medications
- Find in-network providers accepting new patients
- Estimate and compare costs

Manage benefits

- Access your medical ID card whenever you need it
- Track spending and progress toward deductibles
- Check PayFlex[®] HSA, HRA and FSA account balances
- View and pay your claims

DENTAL HEALTH FACTS

No matter how much you love your dentist, he or she probably doesn't top the list of people you want to spend quality time with over the holidays. Follow these five tips to steer clear of emergency trips to the dentist's office this season.

1. Don't crack nuts with your teeth.
2. Pass on chewy treats. Sticky substances cling to tooth enamel and encourage tooth decay, and thick candies like caramel and taffy can even yank out fillings.
3. Use proper tools to open packages and bottles.
4. Avoid chewing on hard candy or ice cubes. Crunching on ice or hard candy can lead to cracked or chipped teeth, which are painful and pricey to treat.
5. Say "no" to nail biting.



MEDICATION FACTS

MEDICATIONS AND TRAVELING



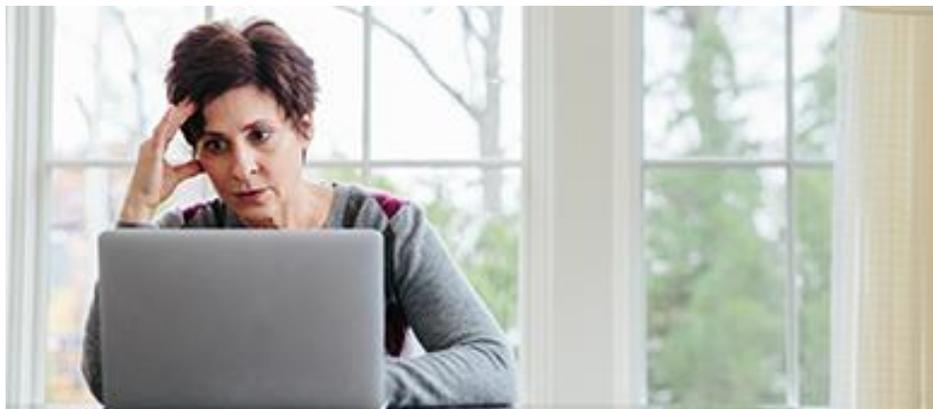
Prescription Drug Supply - You will need enough doses of each of your prescription drugs to last for your entire trip, plus several extra doses in case you are delayed while traveling.

Medication Storage - Carry all of your prescription drugs in their original containers, even if you normally use a weekly or monthly pill dispenser box. If you are asked to prove that you are the patient entitled to each prescription, the original container will serve as that proof.

Dosage Schedule - If your travel plans take you across one or more time zones, you may need to change the time you take your medications each day during your trip. Talk with your doctor and create a dosage schedule.

Prescription Documentation - The best way to prove that your prescription drugs belong to you is to bring with you not only the prescriptions in their original containers but also a written prescription from your doctor or health care provider.

Emergency Prescription Refills - 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.



MONTHLY HEALTH OBSERVANCE

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

Respite care can help you as a caregiver by providing a new environment or time to relax. It's a good way for you to take time for yourself.

Respite care can provide:

- A chance to spend time with other friends and family, or to just relax
- Time to take care of errands such as shopping, exercising, getting a haircut or going to the doctor
- Comfort and peace of mind knowing that the person with dementia is spending time with another caring individual

Respite care services can give the person with dementia an opportunity to:

- Interact with others having similar experiences
- Spend time in a safe, supportive environment
- Participate in activities designed to match personal abilities and needs

Locate respite care services through the Alzheimer's Association® [Community Resource Finder](#), a free, online tool to help you find community programs and services. Caregiving is demanding — and it's normal to need a break. Seeking help does not make you a failure. Remember that respite services benefit the person with dementia as well as the caregiver. For more information: <https://www.alz.org/>

RECIPE OF THE MONTH

LOADED POTATO SOUP

INGREDIENTS

- 2 pounds russet potatoes, peeled and cubed
- 1.13 ounces all-purpose flour (about 1/4 cup)
- 2 cups 2% reduced-fat milk
- 1 cup unsalted chicken stock (such as Swanson)
- 3/4 cup light sour cream
- 1 1/4 teaspoons kosher salt
- 1/2 teaspoon black pepper
- 2 1/2 ounces sharp Cheddar cheese, shredded (about 2/3 cup)
- 6 center-cut bacon slices, cooked and crumbled
- 3 tablespoons chopped fresh chives

DIRECTIONS

1. Place potatoes in a Dutch oven; add cool water to cover by 2 inches. Bring to a boil over high heat; reduce heat to medium, and simmer until tender, 11 to 14 minutes. Remove from heat; drain. Return potatoes to pan; mash with a potato masher to desired consistency.
2. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Whisk together flour, milk, and stock in a medium bowl. Stir milk mixture into potatoes; cook over medium, stirring often, until thickened and bubbly, about 4 minutes. Remove from heat; stir in sour cream, salt, and pepper. Ladle soup into 6 bowls; top with cheese, bacon, and chives.



Source: cookinglight.com

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

DELTACARE USA (dental network management)

Member Services..... 1-800-422-4234

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/>



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

Questions? Contact the Benefit Fund Office

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Philadelphia, Pa 19107

Telephone: 215.735.5720

Toll Free: 800.531.1199

Fax: 215.985.9232

Email: info@1199cfunds.org

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