



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

December 2019



Enjoy a Healthy Holiday Season

Plan and prep

Planning helps a lot. Here are some tips and reminders to pull it off:

- Set a realistic budget and stick to it. You'll thank yourself come January. Get creative and do something special, like baking your famous apple pie or putting together the world's greatest playlist.
- No one wants to be sick, especially around the holidays. The simplest self-care tip is to wash your hands often. You're in contact with more people during the holidays and exposed to more germs.
- You don't have to go to every party — really. It's okay to say "no, thanks." Go and enjoy the ones that are meaningful or important to you.
- Keep up with your exercise. It'll lower your stress. And it'll give you some freedom to indulge in some of your favorite bites, in moderation of course!
- Beat the blues with a little help from your friends. And plan something you can look forward to in January.

Make better choices

Sticking with your normal meal routine will be a challenge. Just remember that one day — or a few days — of unhealthy choices is okay. Just get yourself back on track and keep trying. Planning ahead helps here, too:

- Try not to skip meals. It's better to eat normally during the day rather than "saving up" calories to splurge on one meal.
- Eat a healthy snack before the party. Taking the edge off your hunger will make it easier to control your eating choices.
- Be purposeful, chew slowly and be mindful of what you're eating. Take the time to enjoy every bite.
- Scan the buffet table before filling your plate. Then choose only your favorites and balance healthy vs. less healthy options.
- Drink alcohol in moderation or not at all. It's high in calories and stimulates the appetite while decreasing willpower. Alternate with water or other non-alcoholic drinks and never drink and drive.

Take care of you

Why self-care matters

Every day, you do it all. You dedicate time and energy toward people, commitments and all the things that matter to you. But how often do you make time for self-care? How do you nurture yourself, too?

It's vital that you take care of your body, mind and spirit regularly. And not just when you're sick. This helps you thrive and keeps your health in balance. So even amid the chaos and your day-to-day responsibilities, pay attention to your well-being, too.

Give your health and yourself love

Your health is everything. So never feel guilty about nurturing yourself. After all, self-care isn't selfish. It strengthens you and enables you to support your commitments and loved ones better. More importantly, it's what you need to feel and do your best.

What does self-care look like? That can be up to you. To start, you can learn how to eat healthy, exercise regularly, manage stress and take breaks when you need them. Just do what you need to take care of you.

Here are some things you can do for regular self-care:



Get enough sleep

Aim to get at least 8 hours of sleep each night. Set a bedtime routine and then stick to it. If you need an energy boost, take a short 10- to 20-minute nap during the day.



Exercise

This can help you feel and sleep better. Aim for at least 2.5 hours of moderate to intense physical activity a week.



Eat healthy

Eat fruits, veggies and whole grains. This will give you more energy to carry you throughout the day. It will also help you avoid impulse snacking.



Do something you enjoy

Pursue your hobbies, even if it's just for a few minutes a day.



Connect with others

Spend time with loved ones. It can be something as simple as meeting for coffee or going for a walk. No activity is too small.



Get regular medical checkups

This includes dental and eye exams and mental health checkups, too. These can help you stay your healthiest.

DENTAL HEALTH FACTS



End the Year Right with a Healthy Mouth!

- Brush your **teeth** at least twice a day.
- Floss your **teeth** daily.
- Replace your toothbrush every three to four months.
- Visit your dentist twice a year for a checkup and cleaning.
- Drink plenty of water and eat a healthy diet.
- Contact your dentist with any symptoms or concerns.



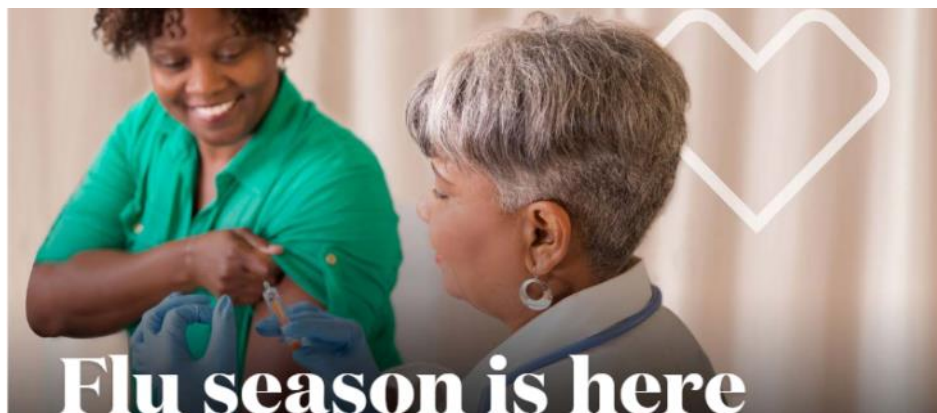
MEDICATION FACTS

MEDICATIONS AND ALCOHOL



Consuming alcohol has different effects on everyone. To some, the effects of drinking alone may be mild, causing some blushing or redness, and, of course, the unwanted embarrassment. While to others, the effects may be more serious leading to drowsiness, difficulty breathing, and poor concentration. In extreme cases, drinking alcohol in excessive amounts may lead to a person becoming unconscious, or even be fatal.

The effects of adding medications to the mix depend on several factors. This may include your age, your weight, your nutritional state, your general health and well-being, and your individual tolerance. Of course, the amount of alcohol consumed and the dose and type of medication taken will also be an important factor to consider. Some combinations may make one drink feel like two or three drinks, if not more.



Get your flu shot — not just for you, but for them

Family, friends, loved ones — even strangers — benefit when you get your flu shot. A flu shot is the most effective way you can protect yourself from the virus and prevent the flu from spreading.

Getting a flu shot is easy

There are a couple of ways to get your flu shot. You can visit one of our participating network pharmacies to get the shot at no extra cost to you. Just show them your member ID card. Or you can ask your doctor for the flu shot. If your doctor gives you the shot, you may have an office cost share. A quick list of network pharmacies offering the flu shot is on the back of this flyer. Or you can visit aetnamedicare.com/flu for a complete listing.



RECIPE OF THE MONTH

POT ROAST



INGREDIENTS

- 1 2½ to 3-pound boneless beef chuck pot roast
- 1 tablespoon olive oil
- 1 cup coarsely chopped carrot (2 medium)
- 2 stalks celery, cut into 1-inch pieces
- 1 cup coarsely chopped onion (1 large)
- 1 clove garlic, minced
- 1 bay leaf
- ¾ cup lower-sodium beef broth
- ¼ cup dry red wine
- 2 tablespoons quick-cooking tapioca, crushed
- 1 tablespoon dried Italian seasoning, crushed
- 1 tablespoon tomato paste
- 1 teaspoon garlic powder
- ¾ teaspoon ground black pepper
- ½ teaspoon dry mustard
- ½ teaspoon paprika
- ½ teaspoon salt

DIRECTIONS

In a large skillet, brown meat on all sides in hot oil over medium-high heat. Remove from heat and set aside.

In a 3½- or 4-quart slow cooker, combine carrot, celery, onion, garlic and bay leaf (see Tip). Top with meat. In a medium bowl combine broth, wine, tapioca, Italian seasoning, tomato paste, garlic powder, pepper, dry mustard, paprika and salt. Pour over meat in cooker.

Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours.

To serve, transfer meat to a serving platter. Remove vegetables with a slotted spoon. Remove and discard bay leaf. Skim fat from remaining sauce; drizzle sauce over meat and vegetables. If desired, serve with mashed potatoes.

Source: eatingwell.com

Your Benefit Fund Contacts



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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

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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

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