



Benefit Fund for Hospital & Health Care Employees - Philadelphia & Vicinity

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February, 2020

BENEFIT FUND NEWS *at a glance*



2019 Biometrics Program Update

The 2019 program ended in November and members who did not complete the requirements will be receiving a letter in the mail with details about the surcharge for benefits. If you receive a letter and believe you completed the requirements, please contact the Benefit Fund immediately and provide the requested documentation to have your name removed from the list. Biometrics surcharge rates will begin in March 2020, so please follow the instructions in the letter if you need assistance. For questions about the program, please contact your member services representative at (215)735-5720.

This Month's Recipe Spotlight

Turkey Sliders with Avocado,
Mushrooms, and Swiss Cheese

These mini turkey burgers just melt in your mouth thanks to gooey cheese, warm mushrooms, and creamy avocado. [Click here for the Full Recipe](#)



The psychology of heart-healthy behavior

Caring for your heart
can sometimes feel like a

High blood pressure facts



A blood pressure cuff is called a **sphygmomanometer**



Normal BP = under 120/80
High = above 130/80



1 in 3 Americans affected



2nd major risk factor for heart disease after smoking

5

Number of years that lowering your BP extends your life

trade-off between long-term health and short-term happiness. Who wants to live forever if you can't eat, drink and binge-watch old sitcoms? But doctors say practicing heart-healthy habits doesn't have to mean giving up the good life. "I tell my patients, have a piece of cake on your birthday, have a good-quality steak," says Bradley Artel, MD, FACC, FASE, a cardiologist and Aetna medical director. "Don't live like a monk. You'll just be miserable longer."

That's welcome news. The catch is that overindulging is all too easy, especially when we're under stress. "Heart health is more psychological in nature than other conditions," Dr. Artel acknowledges. "Eating well is not about reading labels. It's about keeping in mind where you'll be 20 years from now." [Continue Reading...](#)



Our neighborhood health story: A weekend in the life of Philadelphia's "secret" backyard.

Roy is the executive director of the John Bartram Association, which works with the city to steward and program Bartram's Garden. "For us, the idea that this garden is a welcoming place for everybody goes to the heart of why we believe that civic spaces like this are truly the common ground," she explains. "This garden is becoming the family room and the classroom of the community."

[Read more...](#)



What is Prior Authorization?

Prescriptions for certain medications require a clinical review and authorization before they can be filled. EmpiRx Health contacts your doctor to confirm the request and determine safety for you. You will need to renew your prior authorization before its expiration date. For questions, contact EmpiRx Health Member Services.

[Visit our website](#)



Your heart and mouth: Ensure a healthy connection

Keeping your heart healthy may depend on how much attention you pay to your oral hygiene. **Numerous studies** show a link between poor oral health and an increased risk of heart disease, including results from a National Health and Nutrition Examination (NHNE) Survey on **blood pressure control**, published in the journal *Hypertension*. In fact, people with **periodontal (gum) disease** are also 50% more likely to have a heart attack, according to the American Heart Association.

[Read more...](#)

Your Benefit Contacts



AETNA MEDICAL PLANS

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

Aetna Behavioral Health 1-800-424-5679

Pre-certification.....1-800-245-1206

(for self-referred care)

EMPIRX *(prescription drug coverage)*

Member Helpline..... 1-877-241-7123

DELTA CARE USA *(dental network management)*

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



Contact the Benefit Fund

Phone: (215) 735-5720

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www.1199cfunds.org