



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

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March, 2020

### **BENEFIT FUND NEWS** *at a glance*



#### March is National Nutrition Month: Power your day with a healthy start at breakfast

- Make instant oatmeal with low-fat milk instead of water. Toss in raisins or dried cranberries and chopped walnuts.
- Layer low-fat plain yogurt with your favorite crunchy whole grain cereal and blueberries.
- Blend a breakfast smoothie with low-fat milk, frozen strawberries and a banana.
- Make one packet of microwave oatmeal with low-fat milk. Mix in 1/4 cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.
- Top a toaster waffle with low-fat yogurt and peach slices. • Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
- Spread low-fat cream cheese on a whole-grain toasted bagel. Top with sliced strawberries.
- Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin. Check out the [link](#) for more great resources!

#### This Month's Recipe Spotlight Garden Vegetable Lasagna

This vegetarian lasagna recipe is made with low-fat cottage cheese and fat-free ricotta. Bursting with colorful and healthy vegetables, it's a satisfying low-fat meal. *Source: Diabetic Living Magazine* [Click here for the Full Recipe](#)



#### **Food for your mood: How what you eat affects your mental health**

Cory Metzler used to be what she called a "closet eater." The 58-year-old Lake Worth, Florida, woman said she managed to pass up the donuts and pizza frequently on hand in her workplace, but later "rewarded" herself with cookies and carb-laden treats at home. Cory, who suffered from depression at the time, says the treats gave her "a two-second lift, then hours of hateful regret." "That sad cycle continued for years," she says.

[Continue Reading...](#)



How to spot depression and anxiety: Your guide to mental health

Everyone gets butterflies in their stomach when stepping into unfamiliar territory, and it's completely normal to feel sad or blue when something doesn't go your way. But if your sadness lingers for more than two weeks or your nervousness or worrying interferes with your ability to function, you could be suffering from depression or an anxiety disorder

[Read more...](#)



Check out our webpage

Take a minute to click the link and see the valuable resources we can share. There is also a member portal that you can access to log in and get personalized service.

[Visit our website](#)



Tips for Choosing a New Dentist

You might be new to Delta Dental and want to select an in-network dentist, or maybe you've been enrolled for some time but you've decided that it's time to change dentists. For many people, choosing a new dentist comes down to simply polling friends and neighbors for a recommendation.

When you choose a new dentist, you're making an important decision for you and your family.

[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

### DELTACARE USA *(dental network management)*

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



Contact the Benefit Fund

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[www.1199cfunds.org](http://www.1199cfunds.org)