



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

1319 Locust Street, Philadelphia, PA 19107-5405  
(215) 735-5720 • (800) 531-1199 • FAX (215) 985-9232

May, 2020

## BENEFIT FUND NEWS *at a glance*



**COPING CALENDAR: KEEP CALM, STAY WISE, BE KIND**

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share!

1. Make a plan to help you keep calm and stay in control.
2. Enjoy watching your hands. Remember all they do for you!
3. Write down ten things you feel grateful for in life and only one in life and only.
4. Stay hydrated, eat healthy food and boost your immune system.
5. Get active. Even if you're stuck indoors, try yoga or stretches.
6. Contact a neighbor or friend and offer to help them.
7. Share what you are feeling and be willing to ask for help.
8. Take five minutes to do a self and breathe. Repeat regularly.
9. Get a head start to catch up and really listen. Repeat regularly.
10. Get good sleep. No screens before bed or when waking up.
11. Notice five things that are beautiful in the world around you.
12. Introduce yourself in a new book. It's about everyone you interest with.
13. Repeat a positive possibility for everyone you interest with.
14. Play a game that you enjoyed when you were younger.
15. Make some progress on a project that matters to you.
16. Redouble your favorite music that really lifts your spirit.
17. Learn something new or do something creative.
18. Find a fun way to do an extra 15 minutes of physical activity.
19. Do three acts of kindness to help others, however small.
20. Make time for self care. Do something kind for yourself.
21. Send a letter or message to someone you can't be with.
22. Find positive stories in the news and share them with others.
23. Have a tech-free day. Stop scrolling and turn off the news.
24. Put your worries into perspective and try to let them go.
25. Look for the good in others and notice their strengths.
26. Take a small step towards an important goal.
27. Thank three people you're grateful to and tell them why.
28. Make a plan to meet up with others again later in the year.
29. Connect with nature. Breathe and notice life continuing.
30. Remember that all feelings and situations pass in time.

“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl

**ACTION FOR HAPPINESS**  
www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/2020](http://www.actionforhappiness.org/2020)

## May is Mental Health Month

In times of crisis, it is often times difficult to find happiness in everyday life. For the next 30 days, you are challenged to try one action each day to find some happiness. Click [here](#) for the calendar.

If you need help and are struggling with this crisis or just need someone to talk to, please call the Aetna Resources For Living<sup>®</sup> crisis support line at 1-833-327-AETNA (1-833-327-2386). If you need help - please reach out.

This is a [link](#) to the Mental Health America site where you can complete a free online Anxiety screening. Feel free to share the results with your healthcare provider and ask for help when needed.

As a reminder, the physical office is closed at 1319 Locust street until at least **May 8th**. We will continue to evaluate the situation as far as re-opening the building. To ensure we are still able to assist you with any questions or concerns you may have, we will be working remotely to monitor all calls and emails that come into the Benefit Fund. When leaving a message, please clearly state your name, contact number, email address and the reason for your call and we will return calls in the quickest manner we are able. Our phone number is 215-735-5720. If you need immediate assistance regarding your Medical, Dental or Prescription benefits, please utilize the member services phone numbers listed at the bottom of this email and our vendor partners can assist you.

Please continue to check in on the [COVID-19 Resources](#) page on the Benefit Fund website. We will continue to populate new resources and information to help you through this crisis. Aetna continues to provide access to the COVID-19 Toolkit for [Resources for Living \(RFL\)](#). This is open to everyone and has some basic coping resources, as well as crisis phone numbers members can utilize.

### This Month's Recipe Spotlight

#### Pantry Enchilada Chicken Skillet Dinner

Don't you love pantry dinners? You know the ones. Those dinners you can make on the fly when you haven't had a chance to go to store, and your fridge is bare. My pantry is always packed full of canned goods like chicken broth, diced tomatoes, tuna, a few types of beans, and corn just to name a few. With those "cantry" staples, I can always figure out something to whip up for dinner. *Source: The Weary Chef* [Click here for the Full Recipe](#)



## Keeping you motivated during challenging situations. Here's some free resources to take advantage of:

- **Quarantine Meal Routine:** When you aren't at work and you are stuck at home, it's easy to make eating choices based on comfort and not health. The Cleveland Clinic has some tips [here](#) that can help with creative ideas in the kitchen.
- **Headspace App:** This app is offering a [free version](#) to help calm nerves. It includes meditations, sleep, and movement exercises to help you out, however you're feeling.
- **Taking care of your mental health:** Doctors, nurses, paramedics and more — you're dedicated to helping others. But what happens when the helpers need help? You're on the front lines of the COVID-19 pandemic. And this poses a risk to both your mental and physical health. Click [here](#) for the **Aetna Health Care Workers' Mental Health Guide**
- **Support for New and Expectant Parents:** Live Q&A led by Cleo experts, including board certified OB-GYNs, nurse practitioners, nurse midwives, developmental psychologists, and career coaches. In this series, we'll discuss how to support managers and employers, working parents with young children, and new and expecting parents during this unprecedented time. Register [here](#) for their weekly live events.



COVID-19 UPDATES



We're here for you. Continue to visit our site for regular updates and resources to help you work through this crisis.



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.

Read more...

Visit our website

We are actively monitoring the Novel Coronavirus (COVID-19) situation and want to assure you that we have developed a coordinated strategy across our organization to address the issue as it evolves.

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

Phone: (215) 735-5720

Fax: (215) 985-9232

www.1199cfunds.org