



WELL~CONNECTED

Spring 2014

FEATURES

Health 2

- The Great Outdoors
- Your Medications
- Leading Without Confusion

Nutrition & Fitness 3

- Recipe
- Health Coach
- Did You Know?
- Myth or Fact?

Healthy U! 4

- ASBAIT Wants You
- Step Up Your Health!
- Healthy Byte



To view this
newsletter online visit:
www.asbait.org and click
'Publications/Information'



Scan this QR Code to
view our electronic newsletter!



Distracted Driving

Did you know that texting for 4.6 seconds at 55 mph is like driving the length of a football field blindfolded?

As a nation we are experiencing what officials refer to as an epidemic of distracted driving. The official US governmental website for distracted driving, www.distraction.gov, points out that cell phone use was reported in nearly 20% of all distraction-related fatalities in America.

Likewise, according to the National Safety Council (NSC), drivers using handheld or hands-free cell phones are four times as likely to crash as a result of being distracted. Further, the NSC estimates that 25% of all automobile crashes involve cell phones.

The good news is that the three main types of distractions, *manual* (taking your hands off the wheel), *visual* (taking your eyes off the road) and *cognitive* (taking your mind off driving) are all within our control.

Whether in motion or stopped at a traffic light, commit to resisting the urge to use a hand-held or hands-free cell phone, or other electronic device. This includes answering or making phone calls, engaging in phone conversations, and reading or responding to emails, instant messages, text messages, and surfing the internet. If you must use your electronic device while traveling, pull over safely to the side of the road or to another safe location.

Go a step further toward staying safe:

Turn off your cell phone and electronic devices or put them on silent before starting your vehicle and modify your voice mail greeting to indicate that you are unavailable to answer calls or return messages while driving. Doing so not only eliminates the potential of being distracted while driving but helps explain why calls may not be returned immediately.

*Driving is like baseball:
getting home safely is what counts.
~ D. Anderson*

The Great Outdoors



Healthy, fun, free...just three reasons to get fit in the great outdoors! If you love blue skies, green trees and chirping birds, then you know why they call it the great outdoors. There's no better season than springtime to take it outside, and no better place to play than your own backyard—after all, people come from all over the world to explore Arizona's natural wonders.

As obvious as it sounds, outdoor activity gets you off the couch and moving. The American College of Sports Medicine recommends engaging in moderate aerobic for 30 minutes five days a week, or vigorously exercising for 20 minutes three days a week.

Soaking up the sun's rays is the best source of Vitamin D. The rule, of course, is to wear sunscreen when you're outdoors. The exception: Exposing skin to 10-15 minutes of direct sunshine three times a week ensures you receive adequate amounts of this heart-protective nutrient that's also essential for healthy bones and teeth.¹

Sunlight also lightens your mood. Sunny days stimulate the brain to produce serotonin, a neurotransmitter that supports a healthy mood and helps fight depression.²

"Getting physical" as a family models healthy habits for your kids. Regularly participating in active pursuits helps them make healthier choices and fight childhood obesity. Just as important, you're making memories!

Closing the door, if only briefly, on stress is therapeutic. Among other physical effects, stresses at home or in the workplace trigger the hormone cortisol, which can spike blood pressure and blood sugar levels. Taking time for exercise, on the other hand, elevates energy and reduces anxiety by promoting the release of feel-good endorphins.³



¹ Source: U.S. News, ² Source: WebMD, ³ Source: MedicineNet

Leading Without Confusing: Focus on Communication

We are all placed in leadership roles through our desire or circumstance. It can be rewarding and heartbreaking. When we clearly communicate our expectations and hold ourselves accountable, we take an important step in the right direction. Yes, holding ourselves accountable is key because we are in charge. As an effective leader your ability to communicate your vision is vital. If your plan is not working, it's time to be accountable, step up and look at how you are communicating.

Are you sharing your desired outcome and why it needs to happen? People like to know where they are going and why. By providing this foundation, your team can buy in and feel comfortable. Your original plan might need to change and when it does, there will be questions. Do you have answers or defenses? It's time to focus on what is changing and why. This is where your honesty in communication is paramount. Errors will be made and your preparation of your message can help. Think of the impact of your choices and talk it through before you act.

It can be lonely at the top when you place yourself there without working with the team around you. When you communicate and hold yourself accountable, your team will know what to do and have the information they need to achieve the goals you set.

alliance work partners
A WAP Program
www.alliancewp.com

Your Employee Assistance Program (EAP) is designed to help you deal with life's stresses and a variety of personal problems. For confidential services that are offered at no cost to all employees and their families, call and ask to speak to a counselor. Please call toll free at 1-800-343-3822; TDD 1-800-448-1823; EAP Teen Line 1-800-334-TEEN(8336).



Your Medications

Remember to take your medicine as directed. A survey released by the National Community Pharmacists Association found that an astounding three-quarter of adults do not always take their prescription medicine as directed. Many forget to take a medication, take less than the prescribed dosage, or stop taking it before the supply runs out. In more than half the cases, the patients made these decisions without talking to a health care professional. Experts estimate that this patient non-adherence costs the United States nearly \$100 billion per year in extra medical costs, including hospital visits, doctor visits, lab tests, and nursing home admissions.

We would encourage you to talk to your pharmacist and ensure you are taking your medications correctly. Do not leave the pharmacy without understanding everything you need to know about your medications, including how to store, use and dispose of them properly.

Ask the Health Coach!



Q. My son, David, is 9 years old and I want to know how to make him choose healthy food over junk food. He is especially drawn to sweets. He's not gaining weight but I am concerned for his health.

A. I applaud you for wanting

your son to eat healthy food and I hear your concern about his long-term health. Although you did not mention it, I am going to assume that you are a healthy eater.

Since David is young, you still have influence over what he eats, even though it may not feel like that at times! Here are some ideas you may want to consider:

- If David is unaware of the differences between a healthy and unhealthy food, it might be helpful to set up a fun session where you compare two products – healthy and unhealthy – and talk through why one is healthier than the other.
- You may want to eliminate all potentially unhealthy foods for the time being so that the only foods available are healthy ones in the home. Kids will usually eat what is available in the fridge or cupboard.
- Another idea is to pay close attention to what David particularly likes – cereals, sweets, desserts, etc. and see if you can make a game out of finding healthy substitutes that he will still like.

Clearly there are many reasons for supporting David in making healthy food choices at this stage of his life, not only for his overall health, but also to keep his teeth in good shape. Helping him change his habits now can help set up a solid, health enhancing foundation as he grows up into adulthood.

Good Luck!
The Health Coach

Myth or Fact?

Myth: Cell Phones Do Not Cause Hearing Loss

Fact: According to a study by the American Academy of Otolaryngology, high frequency (sounds ranging from 2,000 to 8,000 Hertz) hearing loss can result from cell phone use in excess of 60 minutes per day. Hearing loss in this range can affect one's ability to understand speech and discern consonants. The damage is caused by the electromagnetic waves emitted by the phone. To help reduce the chances of harmful effects to your ears put some distance between your ear and the phone by using the speaker or hands-free option.

Did You Know?

Blood pressure is the pressure exerted on the artery walls by circulating blood. It is measured with two numbers, such as 112/78 mm HG. The first number is referred to as systolic which is the pressure when the heart beats. The second number is referred to as diastolic which is the pressure when the heart rests between beats. Optimal blood pressure is less than 120 mm Hg systolic and 80 mm Hg diastolic. High blood pressure is 140/90 mm Hg or greater.

Chocolate Chip Banana Bread

Makes 16 Servings

Serving Size: 1 (1/2 inch) slice

Chocolate chips make this moist bread even more appealing. If chocolate and banana is not your favorite flavor combination, use chopped pecans or walnuts instead of the chocolate.

Ingredients

1 cup all-purpose flour
 1 cup whole wheat flour
 1/2 cup granular no-calorie sweetener
 2 teaspoons baking powder
 1/2 teaspoon baking soda
 1/4 teaspoon salt
 2 cups mashed ripe banana (about 4 medium bananas)
 1/2 cup unsweetened applesauce
 1/3 cup miniature chocolate chips
 1/3 cup canola oil
 1/4 cup low-fat buttermilk
 1 large egg
 1 teaspoon vanilla extract

Preparation

1. Preheat the oven to 350°F. Coat an 8 × 4-inch loaf pan with cooking spray. Set aside.
2. Combine the all-purpose flour, whole wheat flour, no-calorie sweetener, baking powder, baking soda, and salt in a large bowl and whisk to mix well. Set aside.
3. Combine the banana, applesauce, chocolate chips, oil, buttermilk, egg, and vanilla in a medium bowl and stir to mix well. Add the banana mixture to the flour mixture and stir just until moistened.
4. Spoon the batter into the prepared pan, smooth the top, and bake for 45 to 50 minutes or until a wooden toothpick inserted in the center of the loaf comes out clean.
5. Cool the bread in the pan on a wire rack for 10 minutes. Remove from the pan and cool completely on the wire rack before slicing. The bread can be covered in an airtight container and stored at room temperature up to 3 days.

Nutritional Facts:

Calories 149 - Calories from Fat - 56 - Carbohydrates 22 g - Protein 3 g - Total Fat 6 g - Saturated Fat 1 g - Cholesterol 13 mg - Sodium 131 mg - Dietary Fiber 2 g - Sugars 7 g

Copyright 2007 American Diabetes Association - From *The Big Book of Diabetic Desserts*
 Reprinted by permission of The American Diabetes Association. To order this book, please call 1-800-232-6733 or order online at <http://shopdiabetes.org>

Step Up Your Health!

Step up your health with a walking program this Spring. Research shows that the benefits of walking and moderate physical activity for 30 minutes a day can help you:

- Reduce your risk and help you manage many health conditions, including coronary heart disease, osteoporosis, breast and colon cancer, and type 2 diabetes
- Improve your blood pressure and blood sugar levels
- Lower your risk of obesity
- Enhance your mental well being

Five steps to starting your walking program:

1. Start your walk with a five-minute warm up and end with a five-minute cool down. Gently stretch after your cool down to reduce your risk of injury.
2. Start simple. Go for a 10-minute walk to start and add on five minutes to your routine until you reach your desired length of walking time.
3. Once you've built up your walking time, aim for at least 30 minutes of moderate to vigorous physical activity five days a week.
4. You don't have to do it all at once! If you don't have time, break up your walk throughout the day. Three 10-minute sessions is the same as one 30 minute session.
5. For weight loss, aim for 60 to 90 minutes of moderate to vigorous physical activity each day.

Use the talk test to measure the intensity of your activity:

- Light intensity - You should be able to sing.
- Moderate intensity - You should be able to carry on a conversation.
- Vigorous - You are too winded or out of breath to carry on a conversation.

A nurse health coach from the Disease Management program can help you set goals and get on the right track today. If you have been diagnosed with asthma, diabetes, chronic obstructive pulmonary disease, chronic pain (from osteoarthritis, rheumatoid arthritis or low back pain), coronary artery disease, congestive heart failure, chronic kidney disease, high cholesterol or high blood pressure a nurse health coach is waiting for your call. Call 1-855-5ASBAIT (1-855-527-2248) to talk to your nurse health coach today.



Healthy Byte: Spinach

Good Sources: Antioxidants, vitamin C, vitamin K, vitamin B6, iron, beta-carotene, lutein and zeaxanthin

Benefits: A one cup serving of fresh spinach contains only 30 calories and almost twice the recommended daily dose of vitamin K which plays a key role in cardiovascular health. The combination of lutein and zeaxanthin act like sunscreen for your eyes and guard against macular degeneration.



What to look for: If you buy bagged or prepackaged spinach, be sure to check the expiration date. Always avoid dark soggy leaves which indicate that the greens are past their prime. Carefully and thoroughly wash loose spinach in cold water just prior to use.

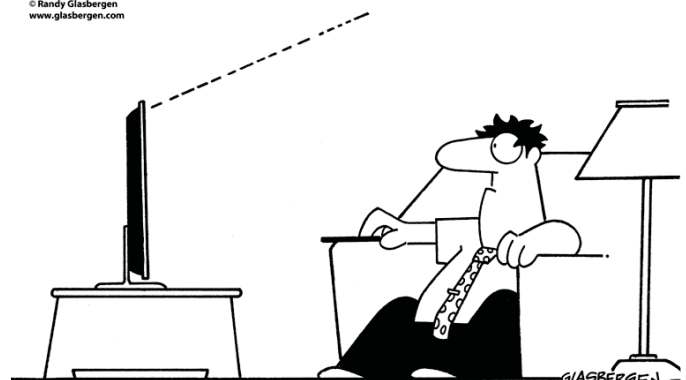
Serving Tips: Saute' and add to an omelet, steam and serve as a side dish, use spinach on your sandwich instead of lettuce or simply add fresh spinach to your salad.

ASBAIT wants you to have the most complete benefits possible Effective January 1, 2014

- Blue Cross Blue Shield of Arizona will remain the network within Arizona. Covered members who must seek medical services outside the state of Arizona will now be able to have in-network benefits through the **Aetna Choice® POS II. ID cards were mailed Dec. 2013.** Transplant services in the BCBS of AZ network only. This is great news for those traveling, living in summer homes outside of Arizona and college students outside of Arizona. If you need to locate a physician or a specialist, DocFind's "Standard Search" can help:
 1. Log on to <http://www.aetna.com/docfind/custom/mymeritain/>
 2. Enter the geographic information for the area where you wish to find a participating healthcare professional.
 3. Select the type of healthcare professional or facility you wish to find, such as a primary care physician, specialist, or medical hospital.
 4. If you choose, narrow your search by specialty, gender, languages spoken, hospital affiliation and/or name.
 5. The 'Select a Plan' dropdown box allows you to choose your provider network; be sure to select **Aetna Choice® POS II.**
 6. That's it! You will be presented with a list of healthcare professionals who match your criteria. You can obtain additional information about each provider by clicking on the "Provider Detail" link.
- ASBAIT will increase the age of eligible dependents to age 26 on Dental and Vision plans.
- Breast Pumps as defined by the Affordable Care Act will be payable at in-network level regardless of providers PPO network affiliation. Out of network claims will be subject to Usual and Customary reduction.



© Randy Glasbergen
www.glasbergen.com



"Laughter is the best medicine and now it's available in prescription form. Ask your doctor if Chuckle Tabs are right for you!"