



# WELL~CONNECTED

*Summer 2014*

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## Safe in the Sun



Warmer temperatures and longer days tend to mean more time spent outdoors. Aside from the danger of heat exhaustion and heat stroke, repeated exposure to ultraviolet (UV) radiation can increase your risk of skin cancer and can potentially damage your eyes as well. According to the American Cancer Society, there are over a million cases of skin cancer diagnosed each year. Those who burn easily and who rarely tan, those with freckles and/or a those who have a light complexion, have blonde or red hair, and/or blue or gray eyes have a greater risk of developing skin cancer. Whether working or playing outside, protection is the key to prevention.

During the summer months the sun's rays are the most intense and damaging between the hours of 10:00 a.m. and 4:00 p.m. If you can't avoid being outside during these hours, protection such as sunscreen, sunglasses and proper clothing are essential. Sunscreen should be rated at a minimum of 15 SPF (sun protection factor), waterproof and labeled as broad-spectrum. Broad spectrum means the sunscreen is formulated to protect against both UVA and UVB radiation.

The back of the neck, ears, face, eyes, and arms are the most susceptible to risk of over-exposure to UV radiation. To help protect your eyes, sunglasses should be labeled with a UV rating and don't forget a wide-brimmed hat. Hats offer some of the best protection of the face, eyes and even the neck. Choose a comfortable hat with at least a 2 or 3 inch brim for the best coverage. Lightweight clothing such as long-sleeved shirts and long pants, preferably made of 100% cotton, are recommended for covering the arms and legs.

The best way to reduce potentially harmful exposure to UV radiation is to avoid the sun if possible. If you must go out be aware of the risks involved and remember, protection is the key to prevention!

*You are as important to your health as it is to you.  
 ~ Terri Guillemets*

## Male call: Observe Men's Health Month by lowering your health risks

June is Men's Health Month<sup>1</sup>—an excellent time to resolve to lower your risks by seeking regular medical advice and getting recommended, age-appropriate screening tests. Anchored by a Congressional health education program, the goal of this initiative is to improve early detection of preventable diseases, as well as to educate men and boys to get timely treatment for diseases and injuries.

There's clearly room for improvement on the male health front. The 2011 National Health Interview Survey found that only 52 percent of men met the federal physical activity guidelines established in 2008 for engaging in leisure-time aerobic activities. What's more, one-third of men ages 20 and over are obese and nearly 32 percent have hypertension.<sup>2</sup>

The benefits of becoming an active partner in your health care are very real. There's a proven connection between adopting healthy habits and performing at your best physically, mentally and psychologically. And consider this: If you're a dad, every day is Father's Day. You can positively impact the health choices your kids make—both now and in the future—by letting them see you "walk the walk."

### Preventive Measures: Men vs. Women

The numbers tell the tale—you have a long way to go to catch up with women.<sup>3</sup>

Comparatively, men are:

- 24% less likely to have visited a doctor in the past year
- 22% more likely to have neglected cholesterol tests
- 28% more likely to be hospitalized for congestive heart failure
- 32% more likely to be hospitalized for long-term complications of diabetes
- 24% more likely to be hospitalized for immunization-preventable pneumonia

<sup>1</sup> Source: menshealthmonth.org

<sup>2</sup> Source: Centers for Disease Control and Prevention

<sup>3</sup> Source: Agency for Healthcare Research and Quality



## How do I dispose of unwanted medications?

**Bring them back to the drugstore. Why? Well as you may suspect, whether you toss drugs into the trash or flush them down the toilet, trace amounts eventually seep into the water system, where they can harm aquatic life and impair the reproductive systems of fish. More than 100 different pharmaceuticals have been detected in lakes, rivers, reservoirs and streams throughout the world. When pharmacies collect over-the-counter and prescription drugs, they ship the meds to a facility where most are safely incinerated. (Some pharmacies also sell postage-paid envelopes that you can stuff and mail yourself.) National chains like Walgreens and CVS, participate in these programs, as do many small independent pharmacies.**

*Find a location near you at [disposemy meds.org](http://disposemy meds.org)*

## Be Happy!

**Being happy is a state of mind for some and an elusive goal for others. For each person, happiness can mean different things. This does not mean the steps to finding happiness are highly individual. There are some simple key approaches to increase your chances of finding happiness.**

**Decide what makes you happy – Yes! You need a destination to get there.**

**Celebrate the small steps – With every large goal, there are accomplishments along the way. Acknowledge them and appreciate the outcome of your efforts.**

**Recognize your worth – To accomplish happiness, you have to be your harshest critic and most importantly, your biggest supporter. Be honest with yourself and you'll learn from your successes and failures.**

**Do things because you want to – If you do things to make others happy, better and any other reasons, you set yourself up to be frustrated. Do nice things because it makes you happy and leave it. The idea of doing good to get something can be destructive.**

**Explore new ideas – Life changes when you are exposed to new ideas. Welcoming other points of view allows you to grow.**

**Appreciate where you are at – Happiness is about perspective. Things could be better or worse. Your goal is to value what you have and continue to explore opportunities to be happy.**

**Our approach to life's challenges has a large impact on our happiness. It's an ongoing process and the journey is much easier when we have smiles and laughter to support us.**

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).

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[www.alliancewp.com](http://www.alliancewp.com)

## Ask the Health Coach!



**Q.** I've heard that sitting too much can be harmful to health but how do you get around that? I sit at a desk at work for 8 hours every day, I sit in my car during my commute and frankly when all the chores are done, I am so tired all I can do is sit some more in front of the T.V. Help!

**A.** This is a great question that affects many of us and it is a Catch 22. What's a person to do? While sitting too much can be harmful to health, standing for too long can cause lower back pain and varicose veins. There's not much one can do about sitting in a car, however it is possible to vary how much you sit during the day at work.

- Choosing to sit: If you find yourself sitting at a desk for long periods of time, pay attention to your posture so you are not slouching; get up and stretch periodically (a timer every 30 minutes is helpful as a reminder), and consider standing when you are on the phone. Some people enjoy replacing classic desk chairs with a stability ball. This will help strengthen your core muscles and create more balance and flexibility.
- Choosing to stand: If you stand for long periods, pay attention to the kind of surface you are standing on. If you're standing on a hard surface, you may want to consider using an anti-fatiguing mat to avoid foot and leg pain.

Human bodies were simply not designed to sit all day – we were made to move! Play with this idea of blending sitting and standing and see what will work for you on a regular basis.

**Good Luck!**  
**The Health Coach**

### DID YOU KNOW?



One half-cup serving of shelled edamame beans contains 8 to 9 grams of fiber. That's about the same amount of fiber as found in 5 cups of fresh chopped celery, 4 slices of whole wheat bread or 3 small oranges.

## SHRIMP CAESAR SALAD

Classic Caesar Salad becomes a quick dinner when shrimp, pasta, and edamame beans are added. Crisp lettuce, crunchy beans, flavorful shrimp, and smooth, tangy dressing provide an enjoyable, mouth-watering combination.

Prep Time: 10 Minutes  
Servings: 2

### Ingredients

2 tablespoons broken walnuts (1/2 ounce)  
2/3 cup whole-wheat penne pasta (2 ounces)  
2 teaspoons olive oil  
Salt and freshly ground black pepper  
8 cups washed ready-to-eat Romaine lettuce  
10 ounces cooked, peeled shrimp  
1 cup frozen shelled edamame, thawed (or 1 cup shelled fresh)  
4 tablespoons low-calorie Caesar dressing  
2 tablespoons grated Parmesan cheese

### Countdown

- Preheat broiler
- Assemble dish

### Preparation

1. Place a large saucepan filled with water on to boil over high heat.
2. Preheat broiler. Line a baking tray with foil. Place walnuts on tray, and toast under broiler 1 minute. Remove tray from broiler, remove walnuts, and set aside.
3. Cook pasta 8 minutes. Drain, leaving 2 tablespoons pasta water in pan. Add olive oil to saucepan. Return pasta to pan, along with salt and pepper to taste. Toss well.
4. Divide lettuce between two dinner plates.
5. Add pasta. Top with shrimp, walnuts, and edamame.
6. Drizzle dressing over salad.
7. Sprinkle Parmesan cheese on top.

### Nutritional Facts:

Calories 528 - Calories from Fat - 162 - Carbohydrates 43.7 g - Protein 51.2 g - Total Fat 18 g - Saturated Fat 2.9 g - Cholesterol 262 mg - Sodium 694 mg - Dietary Fiber 9.8 g - Sugars 9.9 g

Exchanges: 2 starch, 1 vegetable, 6 lean meat, 1 1/2 fat

### Helpful Hints:

- Any type of lettuce can be used.
- Toasting walnuts can be tricky. They burn quickly, so watch them.
- Pressed for time? Just add walnuts without toasting them.
- Defrost edamame for 30 seconds in a microwave oven or under warm tap water.

### SHOPPING LIST

#### Seafood

10 ounces cooked, peeled shrimp

#### Dairy

1 small container grated Parmesan cheese

#### Grocery

1/2 ounce broken walnuts  
1 package whole-wheat penne pasta  
1 bag frozen shelled edamame  
1 bottle low-calorie Caesar dressing

#### Produce

1 bag washed ready-to-eat Romaine lettuce

#### Staples

Olive oil  
Salt  
Black peppercorns

### SHOP SMART!

Low-calorie Caesar salad dressing (per tablespoon): 16 calories, 0.7 g fat, 2.8 g carbohydrate, 172 mg sodium

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## ASBAIT Wellness Coordinator Award Nominees

Event of the Year – Outstanding Performance – Stepping Up – Vivacious Vocalist –  
New Coordinator of the Year – Communication Specialist – Walking the Wellness Walk

**Congratulations to this year's nominees:** Toni Paxton, Donna McBroom, Randy Crum, Lilly Lopez, Joyce Martin, Judy Jameson, Laura Vera, Louise Cox, Ruth Smith, Susan Harris, Stephanie Farr, Denise Linley, Anna Carreon, Edward Saucedo, Ruby James, Patsy Workman, Joyce Smith, Maggie Wilson, Jeanine Sarnacki, Sue Shepard, Peggy Johnson, Naomi Moctezuma, Suzette Moe, Kim Lowers, Monica Bustillos, Stephanie Jenkins, Alma Trujillo, Cindy Guthrie, Diane Christian, Kent Hegedus, Lucia Guerra, Ann Holland, Jeri Burns, Laura Guimond, Erika Hurt, Lisa Cervantez, Monica Brick, Irisan Manalo, Pam Hall, Patricia LaPeruta, Anita Vadis, Cathy Kunze, Patricia Southard, April Woolsey, Denise Ferguson, Jason Sharp, Katharine North, Lindsay Baeder, Lori Franz, Marie Pacheco, Nicole Beals, Renee Hulse, Sherrie Dennis, Susan Richey, Elsa Salinas, Nichole Bombard

### Meritain Health makes it easy to file claims for reimbursement of medical, dental or vision expenses.

#### Using network providers.

When you see physicians or other healthcare providers who participate in your PPO (network providers), there are no claims to submit. The provider takes care of all paperwork. You simply pay your applicable co-pay, and you're on your way.

#### Meritain Health makes filing claims as simple as 1-2-3.

1. Go to [www.myMERITAIN.com](http://www.myMERITAIN.com) to download and print a member claim form.
2. Complete the form and attach invoices. Completing the claim form takes no more than a few minutes. Make sure to fill in the entire form or it will be returned to you, and the processing of your claim will be delayed.

Attach the original invoice you received from the provider.

#### The invoice should include:

- The patient's name,
- The date of service,
- The name, address and telephone number of the provider,
- A description of the services provided, and
- The amount paid.

3. Mail the completed form and original invoice to the address on the back of your member ID Card.

#### Monitoring your claim.

Allow 10-14 days for your claim to be processed and your reimbursement check to be mailed to you. In the meantime, you can monitor your claim at myMERITAIN.

**Questions? Contact Meritain Health using the number on the back of your ID card.**



### Thanks, Coach! American Health Holding

Richard Swearingin, Jr. enrolled in Nurse Health Coaching with coronary artery disease, which is when a waxy substance called plaque builds up inside the coronary arteries. These arteries supply oxygen-rich blood to your heart. Coronary artery disease is the most common type of heart disease and cause of heart attacks.

In May last year, Richard had surgery to get stents placed. A stent is a tiny wire mesh tube that opens an artery to keep blood flowing to the heart and reduce the chance of a heart attack.

After Richard's surgery, he didn't follow up with his doctor and didn't refill his medications to help control his coronary artery disease. When he first started talking with his coach in the Nurse Health Coaching program, he told her his story and was adamant that he wouldn't see a doctor.

But the nurse health coach could tell Richard wasn't well. He was tired and feeling down. She told him how important it was to see a cardiologist and complete the follow-up care for his health.

While they were on the phone, Richard looked up a cardiologist. He scheduled an appointment and had a stress test, which is an exercise test that helps doctors see if there is a lack of blood supply through the arteries going to the heart. Richard failed his stress test. He needed to have his stents replaced.

Richard recently had his stents replaced and told his nurse health coach that he feels like a million bucks! He has his energy back, he's not depressed and his coworkers are telling him he is looking and acting better.

Richard has been telling his story to everyone, and thanked his nurse health coach for saving his life.

**Do you have a health condition?** Nurse Health Coaching can help you understand and manage your condition to reach your best health. Nurse Health Coaching is designed to fit your life. You can talk to a nurse health coach when it's convenient for you, and your coach will provide education and guidance on your condition, nutrition, exercise and more. You can enroll if you have:

- Asthma
- Chronic kidney disease
- Chronic obstructive pulmonary disease
- Chronic pain (*from osteoarthritis, rheumatoid arthritis or low-back pain*)
- Congestive heart failure
- Coronary artery disease
- Diabetes
- High blood pressure
- High cholesterol

