



DID YOU KNOW...

75% OF THE POPULATION BELIEVES SIGHT IS THEIR MOST IMPORTANT SENSE?

INSIDE THIS ISSUE:

Heart Disease Facts In Men	1
Open Enrollment	1
Personal Health Partner	2
New Medical Cards	3
Value Bank Reimbursement	3
2017 Wellness Incentive Winners	3
Here's What's Cooking	3
Improve Your Sleep	4

# LIVE WELL

Better Health, Greater Opportunity

A Newsletter dedicated to the Health and Wellness of the Iron Workers of Western Pennsylvania and their families.

## Heart Disease Facts in Men

- Heart disease is the leading cause of death for men in the United States, killing 321,000 men in 2013—that's 1 in every 4 male deaths.
- Heart disease is the leading cause of death for men of most racial/ethnic groups in the United States, including African Americans, American Indians or Alaska Natives, Hispanics, and whites. For Asian American or Pacific Islander men, heart disease is second only to cancer.
- About 8.5% of all white men, 7.9% of black men, and 6.3% of Mexican American men have coronary heart disease.
- Half of the men who die suddenly of coronary heart disease have no previous symptoms. Even if you have no symptoms, you may still be at risk for heart disease.
- Between 70% and 89% of sudden cardiac events occur in men.

\*This and more information can be found by visiting [www.lytleap.com](http://www.lytleap.com)

## Open Enrollment

Before you know it, you will be receiving your Open Enrollment packet for 2019. The Plan Office can not stress enough the importance of these packets. Open Enrollment is a time where you can review the insurance plans offered for the upcoming year. You, the participant, get to choose which plan and which tier you would like. The choice is yours! As in years past, the packets will be mailed out the end of October. All elections for 2019 must be received by **November 30, 2018**. There will be no late elections accepted.

*Out with the  
old and in  
with the  
new!*

*Same  
medical  
coverage just  
a new card!*

*Be sure to  
use your  
new cards!*

## Personal Health Partners

You may not be fully aware of the free benefits you have at your fingertips. Personal Health Partners (PHP) is one of these free benefits.

### What is Personal Health Partners?

This program was developed as a compliment to your Member Assistance Program (MAP). You and your family have access to PHP who act as a representative answering questions regarding specific treatment options, securing appointments with specialists and helping to get answers from insurance companies. You will have the expertise of a Licensed Social Worker, Registered Nurse or Certified Case Manager. They are experienced in coordinating with

health insurance representatives, social workers, claim representatives, pharmaceutical companies, doctor's offices and nurses.

### How do I use PHP?

To speak with a Personal Health Partner call 888-877-8997. They are available all day, every day!

### What kinds of problems can PHP resolve?

Whether it is navigating medical systems, coordinating with insurances, problem solving, resource management or medical and diagnostics education, PHP can help!

PHP is your GO-TO when it comes to navigating your health!

## New Medical Cards

You should have received new medical I.D. cards from Highmark. These new cards were effective beginning May 1, 2018. Moving forward, the new card should be used. Please dispose of the old card. The alpha prefix on the new member I.D. card should read **QIW**. The old cards had a prefix of **YYQ**. Please be certain

you and your eligible dependents in the Plan have, and are using, the new cards. Be sure to update your card with your physician's office and pharmacy.

**\*\*Please note, nothing has changed regarding your health coverage.\*\***

# Value Bank Reimbursement

You will start to see a new Value Bank Reimbursement Request form being circulated. The form was designed to make it quicker and simpler for our members to complete. The rules of being reimbursed have not changed. You must have a minimum of three months of premium banked at the tier and coverage level in which you are enrolled. You cannot be reimbursed for an amount that would bring your account under that threshold. Now, you have the option, but are not required, to itemize your expenses on the form.

If you are requesting an amount that is less than what you submitted you **will be** required to complete the itemized portion of the request form. Otherwise, the max submitted will be deducted from your Value Bank, and a check will be issued to you, the member.

As always, once your request is received, it will be reviewed and processed within 30 days.

**Please note it can take up to 30 days to receive your reimbursement check.**

## 2017 Wellness Incentive Winners

Another year has come and gone and we have not one, but THREE, lucky winners from 2017!

As you are aware, Highmark reports to the Plan Office when you or your eligible spouse completes any of the following:

- Colorectal cancer screening
- Prostate exam
- Gynecological exam
- Mammogram

When we receive notification, your Value Bank is credited with \$50, and your name will be entered into a drawing to win cash prizes! ***This year there will be seven names pulled and each name pulled will win \$1,000!***

The three lucky winners from 2017 included, Russell Miller Jr., James Parkinson and Vincent Bavuso!

Winners are drawn at the December Union meeting.

## Here's What's Cooking...

**Easy Vegan Sheet Pan Roasted Cauliflower, Tomatoes, and Garbanzo Beans**

***What you will need:***

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

- 4 cups sliced cauliflower
  - 2 cups cherry tomatoes
  - (15 ounce) can garbanzo beans, drained
  - 1 lime, cut into wedges
  - 1 tablespoon chopped fresh cilantro
- Preheat oven to 450 degrees. Line a baking sheet with aluminum foil and grease with

cooking spray.

Combine olive oil, garlic, salt, and pepper in a bowl. Add cauliflower, tomatoes, and garbanzo beans; toss until well coated. Spread in a single layer on the prepared baking sheet. Add lime wedges.

Roast in the preheated oven until vegetables are

caramelized, about 25 minutes. Remove lime wedges and top with fresh cilantro.



*This recipe is from Allrecipes.com 4/25/2018*



## Iron Workers of Western Pennsylvania Benefit Plans

2201 Liberty Avenue  
Room 203  
Pittsburgh, Pennsylvania 15222

Phone: 412-227-6740

Toll Free: 1-800-927-3199

Fax: 412-261-3816

E-mail: [ironben@ironben.com](mailto:ironben@ironben.com)

Website: [www.ironben.com](http://www.ironben.com)

# LIVE WELL

*Better Health, Greater Opportunity*

## Improve Your Sleep

Try these tips to improve your sleep:

**Be consistent.** Stick to a regular bedtime and wake time. Consistency reinforces your body's sleep-wake cycle. Try to go to bed and get up at roughly the same times every day, including weekends and holidays.

**Keep your room dark and quiet.** Daylight, other lights or noise can disrupt sleep. Eliminate these disruptions with window coverings, and by closing doors and windows.

**Be physically active.** Regular

physical activity helps you fall asleep faster and enjoy deeper sleep. If vigorous activity within 2 hours of bedtime stimulates you, try exercising earlier in the day.

**Enjoy the early morning sunlight.** Consider having your breakfast in a sunny spot. Avoid bright lights 2 to 3 hours before bedtime. This can help regulate the release of melatonin, a hormone that helps regulate your sleep.

**Watch what you're drinking.** Caffeine and alcohol can disrupt your sleep, especially when enjoyed too close to bedtime. Stay hydrated with plenty of

water throughout the day, rather than just in the evening, to avoid too many middle of the night trips to the bathroom.

**Shut off your mind.** If you find you wake up at night bothered by thoughts, get up and write down your ideas, read or do another quiet activity to slow down your mind.

**Unplug.** Keep your bedtime routine free of television, laptop and other portable devices.

*\* More of this article can be found by visiting [www.mayoclinic.org](http://www.mayoclinic.org). By [Katherine Zeratsky, R.D., L.D.](#) and [Jennifer K. Nelson, R.D., L.D.](#) May 29, 2014*