



LIVE WELL

Better Health, Greater Opportunity

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

DID YOU KNOW...

NEARLY ONE IN THREE ADULTS IN THE UNITED STATES HAS HIGH BLOOD PRESSURE?

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Virtual Medicine

When you and your family need quick care for minor illnesses, virtual medicine is a convenient option! Virtual medicine gives you access to state licensed doctors who can diagnose, recommend treatment and prescribe medication, when appropriate, for minor medical issues including:

Cold and Flu

Rashes

Pinkeye

Headaches

In emergency situations ALWAYS go to the emergency room.

Here's How To Have a Virtual Doctor's Visit

Create an account

Follow the simple directions.

1. Enter your name, address, etc.
2. Complete a brief history.
3. Include any allergies.

You can choose the doctor that is right for you.

1. Log on to doctorondemand.com for minor illnesses, amwell.com for behavioral health and dermatologistoncall.com for skin, hair and nail issues. Or, visit their mobile apps.
2. Look through doctor profiles.
3. Choose a doctor.

Select a doctor

Enter your information and begin visit

Tell us what you would like to discuss.

1. Tell us who the visit is for, you or your child.
2. Share your history and allergies with the doctor.
3. Enter your health insurance information.
4. Begin your live video visit.

Get information FAST after your visit.

1. View the doctors notes and diagnosis.
2. If you are prescribed medication, it will automatically be sent to your pharmacy .

Wrap up

If you have any questions, call the toll free number on the back of your member ID card.

Most Americans do not get enough calcium and vitamin D. Eating three servings of dairy is an easy way to get more of these nutrients.

Weight Loss and Nutrition Myths

Nutrition misinformation is everywhere, and it can be hard to know what to believe. Many myths start from a single, less-than-credible source or shoddy science and spread so widely and quickly that they're often accepted as fact. Before you adopt the latest diet craze that promises quick results with little effort, **be sure to separate fact from fiction.**



Myth: Fad diets will help me lose weight and keep it off.

FACT: Fad diets promise quick weight loss by strictly reducing what you eat and eliminating some types of foods. These diets may help you lose weight at first, but they are difficult to follow and people tend to lose interest quickly and regain any lost weight. Research suggests that safe weight loss involves combining a reduced-calorie diet with physical activity to lose 1/2 to 2 pounds per week. Make healthy food choices, eat small portions and build exercise into your daily life for a safe way to lose weight and keep it off.

Myth: Avoid carbohydrates to lose weight.

FACT: Carbohydrates do *not* cause weight gain. No matter what types of foods are eaten, if you decrease your caloric intake by 500 calories per day, you will lose 1 pound per week. The plan is simple — reduce the number of calories you take in and increase the amount of physical activity you do each day to achieve a 500-calorie deficit. Create and follow a healthy eating plan that replaces less healthy choices with a mix of fruits, vegetables, whole grains, protein and low-fat dairy. Limit added sugars, cholesterol, salt (sodium) and saturated fats.

Myth: If I skip meals, I can lose weight.

FACT: Skipping meals is *not* an effective way to lose weight. In fact, studies show a link between skipping breakfast and obesity. Skipping meals leads to hunger and causes you to eat more than you normally would at your next meal. Instead, choose regularly-timed meals and snacks that include a variety of healthy foods.

- For a quick breakfast, make oatmeal with low-fat milk and top with fresh berries, or eat a slice of whole-wheat toast with jam or jelly.
- Pack a healthy lunch each night so you won't be tempted to rely on the convenience of fast food.
- For healthy snacks, pack a small low-fat yogurt, a couple of whole-wheat crackers with peanut butter, or veggies with hummus.

Myth: Eating healthy food costs too much.

FACT: Eating better does *not* have to cost a lot of money. Many people think that fresh foods are healthier than canned or frozen. However, canned or frozen fruits and veggies provide as many nutrients as fresh ones, at a lower cost. Healthy options include low-salt canned veggies and fruit packed in its own juice or water. Remember to rinse canned veggies to remove excess salt. Also, some canned seafood, like tuna, is easy to keep on the shelf and costs less than fresh. Canned, dried or frozen beans, lentils and peas are also healthy protein sources that are easy on the wallet. Check the nutrition facts on food labels and select those that are high in calcium, fiber, potassium, protein and vitamin D.



Myth: Eating meat is bad for my health and makes it harder to lose weight.

FACT: Eating lean meat in small amounts can be part of a healthy plan to lose weight. Chicken, fish, pork and red meat contain healthy nutrients, like iron, protein and zinc. Choose cuts of meat that are lower in fat and trim off the visible excess fat. Also watch portion size, and limit your meat and poultry portions to 3 or fewer ounces, about the

size of the palm of your hand or a deck of cards. Prepare meat by roasting, grilling or baking, rather than frying.

Myth: Dairy products are fattening and unhealthy.

FACT: Fat-free and low-fat cheese, milk and yogurt are just as healthy as whole-milk products and are lower in fat and calories. Dairy products offer protein to build muscles and help organs work well, and calcium to strengthen bones. Some milk and yogurts have extra vitamin D to help your body absorb and use calcium. Most Americans don't get enough calcium and vitamin D, and dairy is an easy way to get more of these essential nutrients. You should try to have three servings per day of fat-free or low-fat dairy. There are lactose-free or low-lactose dairy products for those who have difficulty digesting dairy.

Your health care provider is always your best resource for information on weight loss and dieting. Ask your doctor about your ideal weight and the number of calories you should consume for weight loss and weight maintenance. Also consult with your health care provider before you begin an exercise regimen. A registered dietitian can give you advice on a healthy eating plan and safe ways to lose weight and keep it off.

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Here's What's Cooking...

Baked Parmesan Tomatoes

What you will need:

- 4 tomatoes, halved horizontally
- 1/4 cup freshly grated Parmesan cheese
- 1 teaspoon chopped

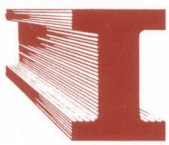
- fresh oregano
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 4 teaspoons extra-virgin olive oil

Preheat oven to 450° F. Place tomatoes cut-side up on a baking sheet. Top with Parmesan, oregano, salt and

pepper. Drizzle with oil and bake until the tomatoes are tender, about 15 minutes.

You can make these as a side dish or try sandwiching them between your favorite bread! You can find this recipe at http://www.eatingwell.com/recipes/baked_parmesan_tomatoes





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Look for your next
issue in July!

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The Silent Killer

Having high blood pressure (hypertension) puts you at a greater risk of having a stroke, heart attack, heart failure and kidney failure. Most of the time, the cause of a person's high blood pressure is unknown. Once it develops, high blood pressure usually lasts the rest of the person's life. However, it is treatable. Some people are able to lower blood pressure by losing weight, limiting salt intake and exercising. For most people, this might not be enough. Most people need medication for blood pressure control, and many will need more than one medication to reach their

goal blood pressure. "High blood pressure is often called the **silent killer** because it usually has no symptoms until it causes damage to the body," says the Deputy Director of the FDA's Center for Drug Evaluation and Research, Douglas Throckmorton, MD.

Tips for Consumers

Controlling blood pressure is a life long task. If your physician has prescribed medications, take them regularly and only stop under the supervision of your physician. Hypertension tends to worsen with age. You cannot tell if you have high blood pressure by the way you feel.

Therefore, it is important to measure your blood pressure frequently. Always share with your provider any side effects you are experiencing. Some side effects may go away with time while others can be avoided by adjusting the dosage or switching to a different medication. You can find the full article, *Medications for High Blood Pressure*, by logging on to www.lytleap.com and going directly to the Work/Life resources. From there, go to Thriving and Men's Health.

