



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...

• YOU HAVE A MEMBER ASSISTANCE PROGRAM? MAP PROVIDES FREE, CONFIDENTIAL COUNSELING FOR YOUR EVERYDAY PROBLEMS SUCH AS STRESS, RELATIONSHIP ISSUES OR SUBSTANCE ABUSE. IN 2008 ONLY 6.33% OF THE MEMBERS TOOK ADVANTAGE OF THIS! WHAT ARE YOU WAITING FOR? IT'S YOUR BENEFIT, WHY NOT USE IT?

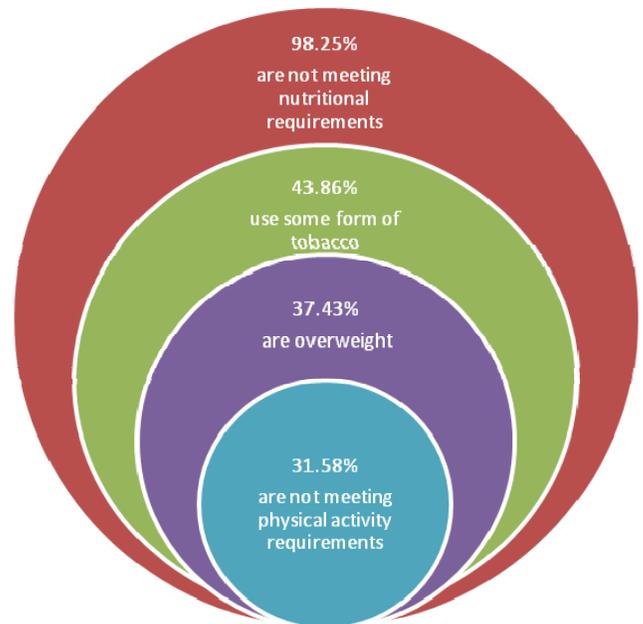
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Health Risk Assessments

By completing a Health Risk Assessment, (HRA), you have already taken the first step towards a healthier you. The HRA is a questionnaire that focuses on your overall health status. After the completion of the HRA, you receive a personal, confidential plan that will help you make better decisions about your health. It identifies specific behavior risks that include weight management, depression, physical activity, alcohol use, nutrition, tobacco use and more. The HRA follows a lifestyle score which is the measure that summarizes the impact of all health behaviors that are assessed in Succeed on an individual's risk of disease and death.

A score of 90-100 is excellent, 70-89 is good but not optimal for one or more behaviors, and a score of less than 70 means that there is an opportunity for improvement. Of our male members under the age of 29, 28.82% scored less than 70 overall. The chart to the right illustrates a few statistics from the 2008 completed HRA's in the men under the age of 29 category. As you can see with the stats shown here, we have room for improvement if we, as a whole, plan to live long, prosperous and productive lives. For all members who have completed an HRA, congratulations to you, as you are on your way to becoming healthier!



Importance of Preventive Screening

Today, health care costs are on the rise, and there is no getting around it, or is there? One way to drive costs down begins with you! Now you might be sitting there thinking, "how can I possibly drive down health care costs?" This is where getting your

regular screenings comes into play. Why wait until you are in a health crisis to make an appointment with your physician? You may be able to save yourself a lot of trouble in the future by getting the appropriate screenings today. Check out the schedule for pre-

ventive screenings for adults ages 19 and older inside this issue. For more information, log on to www.highmarkbcbs.com and go to the "Your Health" tab. Then click on the "Learn About Preventive Care" link.

Adults (ages 19+) Preventive Schedule

General Health Care

Physical Exams/Health Guidance	Every 1-2 years for adults 19-49 years of age. Every year for adults 50 years of age and older.
Blood Pressure Screening	At each office visit. Minimum of once every two years. Annually, if diastolic > 85 mmHg or systolic > 130 mmHg.
Pelvic Exam/Breast Exam by Practitioner	Annually

Screenings/Procedures

Lipid Panel	Routine screening every 5 years beginning at age 20. More frequent testing of those at risk for cardiovascular disease.
Fasting Blood Glucose	For high-risk patients, screenings should start at age 45 at three-year intervals. Earlier screening may be indicated based on individual risk factors.
Mammogram	Every 1 to 2 years starting at age 40 or as recommended by doctor.*
Pap Test	Test every 1-3 years based on history.*
Bone Mineral Density Screening	Once every 2 years: All women 65 years and older. Or, younger post-menopausal women who have had a fracture or have one or more risk factors for osteoporosis.
Prostate Cancer Screening	Discussion of risks/benefits of prostate cancer screening. Testing may include annual Prostate Specific Antigen (PSA) and/or digital rectal exam.
Colorectal Cancer Screening	All: beginning at age 50, annual screening with fecal occult blood test (FOBT), or screening with flexible sigmoidoscopy** every 5 years with or without annual FOBT, or double contrast barium enema every 5 years or colonoscopy every 10 years. High-risk: Earlier or more frequently as recommended by your doctor.
Abdominal Aortic Aneurysm Screening	One-time screening by ultrasonography for men between age 65 and 75 who have ever smoked.

*Complies with PA state mandated benefits. **Medicare covers one sigmoidoscopy every four years.

Remember, specific needs may vary according to your personal risk factors. It is always best to speak with your physician regarding all of your personal health concerns.



Make your appointment today!

For more information regarding preventive screenings, log on to www.highmarkbcbs.com or contact your physician.

Ask a co-worker, family member or friend to go for a stroll.



Walk the Walk

Don't just talk the talk—get out there and walk the walk! Walking, whether it is recreational or fitness oriented, has shown to be positive for the mind, soul and body. So if you are already

walking the walk, keep it up! If you are talking the talk and need that little nudge to get you moving, ask a coworker, family member or friend to go out for a stroll. Or take it one step further and start a neighborhood

walk where you commit to a specific amount of time or distance each week! Keep track of your progress and let us know how walking has changed your life! Email us at Jamey@ironben.com or send a letter to the Plan Office!

Member Assistance Program

Because we care about you and your well being, we offer a benefit called the Member Assistance Program, (MAP). MAP is free to all eligible members and their families and is completely confidential. This program can help you deal with personal and work related issues. These issues include family and marital problems, emotional or stress related problems, drug and/or alcohol abuse and work related issues.

This great benefit is available to you 24 hours a day, 7 days a week. Professional counselors are available for face-to-face sessions, and MAP also provides a web based work/life program that includes a collection of resources to guide you through your everyday obstacles. Call 1-888-877-8997 or log on to www.lytleap.com. Click on the "MAP Members & Families" then enter user name—map and password—ironworkers.



Blues On CallSM

Blues on CallSM is a program, offered through Highmark, that helps you become more involved in your health care. Health Coaches (Registered Nurses) are available 24 hours a day, 7 days a week to provide you with easy to understand information about medical conditions and treatment options, along with managing your illness more efficiently. Using this free program can help you in many ways, including;

- Providing guidance in knowing what to ask your physician to make the most of your visits
- Chronic Condition support
- Providing the information you need to make your treatment decisions

Some common reasons members call are for abdominal pain, ear/nose/throat problems, back or joint pain, headache, vomiting, rash or skin problems, disease prevention, weight loss or nutritional counseling. If you are looking for support regarding your health, call 1-888-BLUE-428 today.



Here's What's Cooking...*Very Lemony Broccoli Pasta*

Can't get your family to eat broccoli? Try this delicious recipe!

What you will need:

- 8 ounces of pasta
- 1 lemon
- Ground pepper
- 2 cloves of garlic
- 1/2 cup of white wine

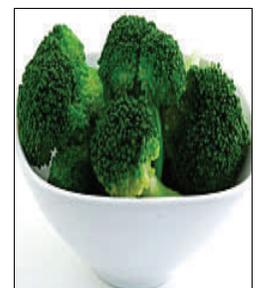
- 2 tbs of Olive oil
- Broccoli florets
- Parmesan cheese

Cook pasta and steam broccoli. Grate the peel of the lemon and squeeze the juice. Sautee garlic and add lemon peel and pepper. Pour in the wine and lemon juice and let cook until some of the liquid disappears. Add broccoli. When pasta is

done, drain and return to warm pan, immediately mix in sauce. Sprinkle with parmesan cheese and serve!

Makes 4 servings.

Find this recipe and many more broccoli recipes at Basic-Recipes.com. Do you have a favorite recipe that you want to share? Email it to Jamey@ironben.com or mail it to the Plan Office. Your



recipe could be featured in the next issue!



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Look for your next
issue in June!

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Welcome to the First Issue!

Welcome to the first issue of LIVE WELL. This is a newsletter dedicated to the health and wellness of the Iron Workers of Western Pennsylvania and their families. LIVE WELL was developed to stress the fact that we care about you and your health, and we want to see a healthier you! Our focus is to help you de-

velop healthier habits and live a longer more productive life. One of our goals is to make you aware of the free programs that are available to you. Whether you are dealing with a chronic condition, weight management or find it difficult dealing with everyday challenges, there are places to turn to. By tak-

ing preventive measures today, you can drastically change your life tomorrow. Look at your wife, husband, son or daughter and together, make **today** the day you change your future by taking the pledge to be cautious of your health and wellbeing!