



DID YOU KNOW...

- LIFE LINE SCREENINGS WILL BE OFFERED THROUGHOUT 2011? IF YOU HAVE NOT YET RECEIVED A VOUCHER FOR YOU AND YOUR ELIGIBLE SPOUSE, YOU WILL RECEIVE ONE IN THE MONTHS TO COME WHEN THERE IS A SCREENING IN YOUR AREA.

INSIDE THIS

ISSUE:

2010 Wellness Incentives	1
PHC4	2
Emergency Room Vs. Urgent Care	2
Health Benefits Of Cauliflower	3
Eat Well for Life I and II	3
Here's What's Cooking	3
Feeling Lost in the Storm	4

LIVE WELL

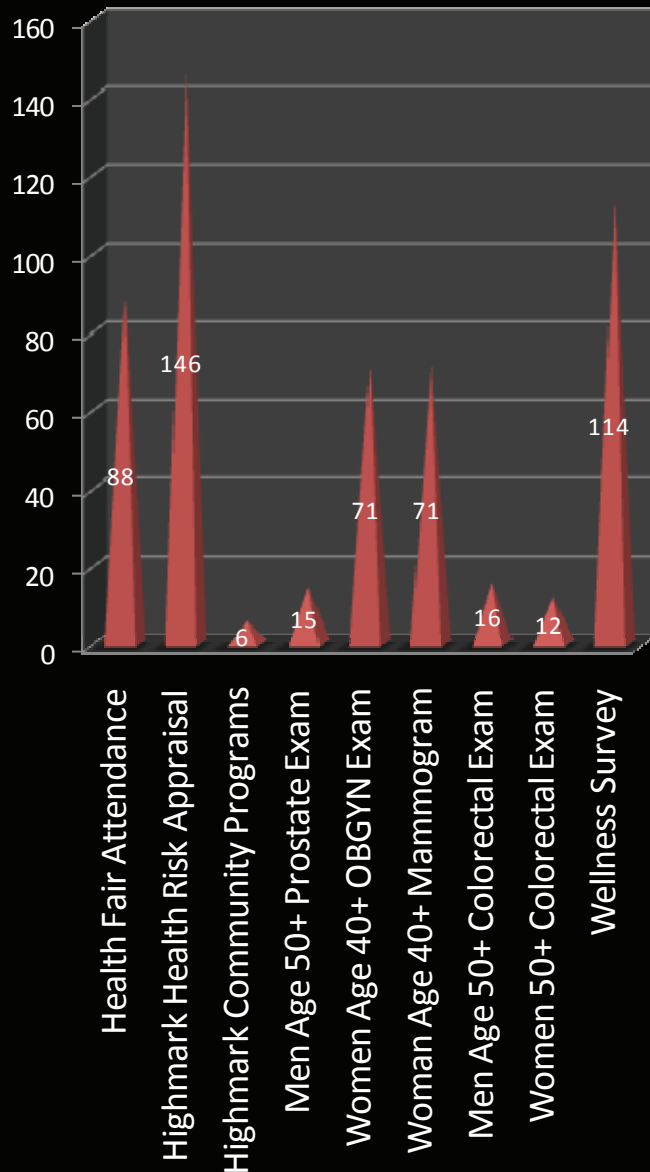
Better Health, Greater Opportunity

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

Were you one of the participants who earned \$50.00 in your Value Bank in 2010? Below are the number of participants who completed one of the Wellness Incentives in 2010 and earned money in their Value Bank.

It doesn't take much, just a little effort on your part, and you can be on your way to living a healthier life and earning money while doing so!

Number of Participants



We have a new link on our website!

PHCA is an independent state agency that compiles reports on hospitals and health care in Pennsylvania.

Go to our website www.ironben.com and click on the Links tab then click on the PHCA link.

Emergency Room vs. Urgent Care

The emergency room is typically the first, and usually, the only place you consider visiting when you or a loved one has a sprain, feels nauseous or breaks out into a rash. ER's are usually busy and crowded places, where you can wait for hours to be seen. Many hospitals are now experiencing emergency care "overload."



In general, you will want to visit your nearest Urgent Care Center if you have a non-life threatening emergency. You should consider going to an Urgent Care Center for the following:

- The flu**
- A cold**
- A rash**
- A sore throat**
- Minor cuts**
- Vomiting or diarrhea**
- A sprain or strain that is not a break**

On the other hand, **emergency rooms** are equipped to deal with more serious life-threatening emergencies such as:

- Chest pains**
- Shortness of breath or difficulty breathing**
- High fever with a stiff neck**
- Broken bones**
- Mental confusion**
- Major injuries**

To locate an Urgent Care Center near you, log onto www.highmarkbcbs.com. Under "Find a Provider," click on "Search for a Hospital or Facility" and follow the instructions.

Remember, you should always speak with your physician if you have any questions about going to the ER or an Urgent Care Center.

Health Benefits of Cauliflower

We are all well aware that citrus fruits are the best source of vitamin C, but did you know that cauliflower is the next best natural source for vitamin C? Because of cauliflower’s white appearance, you wouldn’t think it had much nutritious value. However, cauliflower is notable for its fiber, folic acid and potassium contents. Cauliflower also helps our bodies battle against infection and may also be a cancer fighter, as it contains phytochemicals called indoles that may stimulate enzymes that block cancer growth.

The following chart shows the nutritional value in 1/2 cup of raw or cooked cauliflower. You can find more information at www.howstuffworks.com/cauliflower.

Calories	15
Fat	<1 g
Saturated Fat	0 g
Cholesterol	0 mg
Carbohydrate	3 g
Protein	1 g
Dietary Fiber	2 g
Sodium	9 mg
Vitamin C	28 mg
Folic Acid	27 micrograms
Potassium	88 mg

EAT WELL FOR LIFE I AND II

As part of our Wellness Incentive Program, after you complete either of these Highmark Community Programs, you will earn **\$50.00** in your Value Bank. Upon completion of the program, have the instructor sign the Instructor Sign Off Sheet, and return it to the Plan Office, along with the Value Bank Incentive Request Form. Visit www.ironben.com for appropriate forms or call the Plan Office.

Eat Well For LifeSM I

is a lifestyle improvement program that promotes wellness and long-term weight management through balanced nutrition. You will learn to make healthful food choices and will be encouraged to adopt the nutrition practices to achieve a balanced lifestyle and long-term weight management. You will receive a participant manual that includes recipes. This class meets once a week for about 1 1/2 hours and is 4 weeks in length.

Eat Well For LifeSM II

proceeds Eat Well for Life I and focuses on planning well balanced meals, adopting mindful eating practices, improving physical activity practices and making healthful eating choices when dining out. You will receive a participant manual that includes work out guides and recipes, as well as a resistance band. This class meets once a week for about 1 1/2 hours and is 4 weeks in length.

Here’s What’s Cooking...

Not only is cauliflower great to snack on raw, but it also makes a great side dish!

Roasted Cauliflower

What you will need:

- 1 head of cauliflower
- 2-3 cloves of garlic, peeled and coarsely minced
- Lemon juice from 1/2 a lemon

- Olive oil
- Coarse salt and freshly ground pepper
- Parmesan cheese

Preheat oven to 400°. Cut cauliflower into florets and put in a single layer in an oven proof baking dish. Toss in the garlic. Sprinkle lemon juice over cauliflower, and drizzle each piece with olive oil. Sprinkle

with salt and pepper.

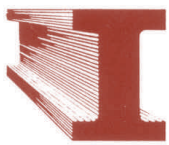
Place baking dish in hot oven, uncovered, for 25-30 minutes, or until the top is lightly brown. Test with a fork for desired doneness.

Remove from oven, and sprinkle generously with **P a r m e s a n c h e e s e**. Serve immediately.

Find this and more recipes at simplyrecipes.com.



Remember, if you have a recipe you’d like to share, email it to Jamey@ironben.com or mail it to the Plan Office.



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

Website: www.ironben.com

Look for your next
issue in June!

LIVE WELL

Better Health, Greater Opportunity

Feeling Lost in the Storm?

We understand that life can be stormy and difficult at times. That's why Welfare Plan Participants can call the MAP for assistance with personal or work related problems and life changing issues. You have help available to you 24 hours a day, 7 days a week by calling the toll free number.

MAP covers you and your immediate family. The information you discuss with the counselor is completely confidential.

Here are some reasons why members have contacted the MAP, can you relate?



- Worrying about their children because grades have suddenly dropped

- Having no money left at the end of a pay period
- Needing a will
- Wanting to quit smoking
- Selling a home
- Talking with a teen
- Losing their temper more than usual
- Drinking more than they normally did
- Dealing with a difficult co-worker
- Locating adult day care for an elderly parent

CALL TODAY, HELP IS THERE - 888-877-8997.