



# 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...**

**DIABETES IS THE LEADING CAUSE OF KIDNEY FAILURE, AMPUTATIONS AND BLINDNESS IN ADULTS?**

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## Take Control

The first step in taking control of your health is building a strong relationship with your Primary Care Physician (PCP). Your PCP will be able to provide preventive care that may help to avoid serious illness down the road. They can also remind you of annual screenings and immunizations, as well as refer you to specialists if need be. By seeing your PCP regularly, you can avoid bouncing from specialists and undergoing duplicate tests and procedures. Having a strong relationship with your PCP is important, because they can explain procedures and help you to clearly understand options for treatment.

### **DO YOUR HOMEWORK**

Before going to your appointment, you should

take some time to really think about the issues that are important to you. Do not be afraid to make a list

of questions and concerns that you may have. You should also take the time to find out your family medical history. Being prepared is a key element in taking control of your health.

### **BE HONEST**

Another key element is being honest. Not only is it important to be honest with your physician but with yourself as well. When you tell your physician you smoke occasionally when in reality you smoke a pack a day or that you exercise 5 days a week but really you



are lucky if you do it once a week, you are only hurting yourself.

### **DO NOT WAIT**

Even the most physically fit people need to see their PCP, regularly. Without a PCP, people wait until they are really sick to make an appointment, or make unnecessary trips to the ER, which in the long run will cost more out of pocket.

# DIABETES

*Better habits for better diabetes management.*

## *Steps for prevention...*

Work on losing weight if you are overweight. Losing 5 to 7% can significantly lower your risk.

Strive to get some exercise everyday. Work up to 30-60 minutes a day of moderate exercise.

Make healthy food choices and eat regular meals and snacks.

Learn how to balance meals and control portions.

Talk with your physician about a prevention plan if you are at risk for diabetes. Be sure to make and keep your regular check ups. Take action today to control your risk for tomorrow.

## *If you have been diagnosed with diabetes...*

**YOU** are the most important member of your health care team!

**YOU** do the exercises and make the food on your meal plan.

**YOU** take the medicine or inject the insulin.

**YOU** check your blood sugar levels and keep track of the results.

**YOU** are the first to notice any problems.

Your health care team depends on **YOU** to be honest with them and talk to them about how you are feeling.

It is important to learn all you can about diabetes and discuss any questions and concerns you have with your physician.

## *Where to go for help...*

Your friends and family are a great source of support because they care for you. However, they cannot help you unless they understand diabetes. Tell them what you need from them. Ask them to learn about the disease, invite them to your appointments, include them in your healthy lifestyle and even tell them where they can go for information on diabetes such as [www.diabetes.org](http://www.diabetes.org).

You can also join the American Diabetes Association Community where you can participate in discussions with others going through the same situation.

[www.diabetes.org](http://www.diabetes.org) and [www.highmarkbcbs.com](http://www.highmarkbcbs.com)

*Challenge yourself to make your dinner plate as colorful as possible!*

*This is easy to do with plenty of veggies which come in all colors and are full of fiber!*

# Health Coaching

A Highmark Health Coach may call you to offer services to help you better manage your health. Take a few minutes and talk with the coach. What you learn could make a difference in improving your health. The Health Coaches are specially trained to help you lower your risk for illnesses, better manage a health condition, provide extensive support for a more complex health problem and



work with you one on one to change lifestyle behaviors. There are no obligations to participate with your Health Coach and all information

is completely confidential and voluntary. If you choose, you can directly contact a Health Coach by calling 1-888-258-3428.

## Finding a PCP

Getting access to a PCP is quicker and easier than you think! Follow these simple steps to search physicians in your area and even read reviews on them.

You can also call myCare Navigator at **1-888-BLUE-428**, and a team member will assist you in finding the right physician for you.

- Log on to [www.highmarkbcbs.com](http://www.highmarkbcbs.com).

- If you are a first time user, click the Register Now tab.

- Choose Providers.

- Find a doctor, hospital or other health care professional (here you will be able to narrow your search).

Also from Highmark's home page, you can click directly on myCare Navigator and follow the prompts.

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

### **Bruschetta Stuffed Zucchini Boats**

*What You Will Need...*

2 large zucchini  
2 teaspoons of olive oil  
1/8 teaspoon of ground black pepper  
1/2 cup of jarred bruschetta  
4 teaspoons of grated parmesan

Trim and discard the zucchini ends and cut each zucchini in half lengthwise. Using a spoon, scoop out the middle

of the zucchini leaving a thin base at the bottom so the "boat" can be stuffed. Place the scooped out centers into a small bowl and set aside. Next, bring a medium pot of salted water to a boil. Blanch the zucchini boats just until they begin to soften, about 2-3 minutes. Immediately place the zucchini boats in a bowl of iced water. Drain and place the boats on a baking sheet. Heat the olive oil over medium heat.

Sprinkle reserved zucchini with pepper and add to the pan. Sauté 6-8 minutes. Then, lower the heat and stir in bruschetta. Simmer for 3 minutes. Spoon the bruschetta mixture into the boats, evenly. Sprinkle each boat with 1 tsp of parmesan cheese. Lastly, broil the zucchini boats until slightly golden, about 2-3 minutes.

This recipe can be found at [www.diabetes.org](http://www.diabetes.org).





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Look for your next  
issue in July!

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## Raise Your Awareness

It is important to know the risk factors of diabetes because not everyone experiences the warning signs. The warning signs include:

- Frequent urination
- Increased thirst
- Fatigue
- Unusual weight gain or loss
- Slow healing sores or cuts
- Increased hunger (especially after eating)
- Bleeding and sore gums
- Blurred vision
- Dry mouth
- Headache

You should see your physician if you are or have experienced any of the warning signs. You have a higher risk for type 2 diabetes if:

- You have a family history of diabetes.
- You developed diabetes during pregnancy.
- Your race or ethnicity is African American, Latino, Native American, Asian American or Pacific Islander.
- You have high blood pressure.
- You are over age 45.
- You are overweight.
- You are physically inactive.

You should be screened for type 2 diabetes at three year intervals beginning at age 45, particularly if your body mass index is 25 or greater. You should speak with your physician about your personal risks and how often you should be tested.

For more information on diabetes, see page 2, and you can also log onto [www.highmarkbcbs.com](http://www.highmarkbcbs.com) and click on the Health & Wellness tab. From there, select the Healthy Living link. You can also visit the American Diabetes Association's website at [www.diabetes.org](http://www.diabetes.org).