



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...

• WHEN YOU COUGH OR SNEEZE, PARTICLES SHOOT OUT OF YOUR MOUTH AND NOSE AT 100 MPH? THESE PARTICLES ALSO CAN TRAVEL BETWEEN 3 AND 6 FEET! REMEMBER TO USE A TISSUE WHEN YOU COUGH OR SNEEZE, OR DO SO INTO YOUR ELBOW.

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2010 Wellness Incentive Program

As you know, 2010 brings **money** your way! When you or your eligible spouse complete any of the incentives below you will earn \$50 in your Value Bank for 2010.

- Member and/or spouse complete a Highmark Community Program. Member may only earn one incentive per year. Spouse may only earn one incentive per year.
Programs include: *Eat Well for LifeSM I and II, Personal Nutrition CoachingSM, Discover Relaxation WithinSM I and II, HOPESM, Diabetes Awareness and PreventionSM and Drop 10 in 10SM.*
- Member and or spouse complete the smoking cessation program, "Clear the AirSM" (a Highmark Community Program). Member may only earn one incentive per year. Spouse may only earn one incentive per year.
- Men age 50+ have a colorectal cancer screening during 2010.
- Men age 50+ have a prostate screening during 2010.
- Women age 40+ have a gynecological exam and mammogram during 2010.
- Women age 50+ have a colorectal cancer screening during 2010.
- Member and/or spouse complete a Highmark Health Risk Appraisal after January 1, 2010.

Remember, to earn the incentive, you must send proper proof of completion along with the Value Bank Incentive Request Form to the Plan Office . The only forms of proper proof that will be accepted are the Instructor Sign-off Sheet for Highmark Community Programs including Clear the AirSM and an Explanation of Benefits from Highmark for the screenings. All incentive requests must be received by the Plan Office within three months of completion. You are not responsible for sending proper proof of completion for the Health Risk Appraisal.

Highmark Community Programs

Call today and register for a Highmark Community Program in your area, 1-800-879-2217.

Information on Drop 10 in 10 will be available in 2010



Warm up and relax with a cup of hot tea.

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.

Personal Nutrition CoachingSM is a one-on-one counseling service with a registered dietitian/licensed nutritionist to address weight management, heart health, diabetes and other health issues. An individualized plan will be created for you to fit your lifestyle. You will have an initial one hour session and six follow up sessions throughout the year.

Discover Relaxation WithinSM I is a lifestyle improvement program to help identify and reduce individual stressors through specific relaxation techniques. You will receive a participant manual and a stress management CD. This class meets once a week for about 1 1/2 hours and is 4 weeks in length.

Discover Relaxation WithinSM II is a lifestyle improvement program that expands through practice the specific relaxation techniques taught in Discover Relaxation Within I. You will learn creative problem solving, time management and journaling to help promote stress management. You will receive a participant manual. This class meets once a week for about 1 1/2 hours and is 4 weeks in length.

HOPESM is a lifestyle improvement program that focuses on healthy choices to prevent or manage osteoporosis. Included in the program is an overview of osteoporosis, nutrition education and cooking demonstration, strength training exercises, medication options and stress management. You will receive a participant manual that includes a workout guide with recipes and resistance bands. This class meets for about 2 hours a week for 6 weeks.

Diabetes Awareness and PreventionSM focuses on the prevention and management of diabetes for individuals who are at risk for, diagnosed with or care for someone with diabetes. You will receive a participant manual, stress management CD and a resistance band. This class meets once a week for one hour and is 4 weeks in length.

Clear the AirSM is a group based one-session tobacco cessation preparation program that provides the tools needed to get prepared, take action and quit tobacco for good. You will receive coupons for over-the-counter nicotine replacement therapy, as well as a participant manual. This is a one time, two hour class.

Olena's Tip to Unwind

What are you doing to unwind in these cold winter months? Here is what Olena does, try it out, and see if it is the remedy you have been looking for. "At the end of a long day, I look forward to coming home to relax and feel at peace. One of my favorite things to do during winter-

time is to make a hot flavorful cup of loose tea adding a piece of lemon and dry mint leaves. I choose a book that I normally do not have time to read, turn some soft background music on, and get comfortable in my favorite chair under a warm blanket. Since our hectic lives keep us constantly busy, I cherish and

look forward to moments like these, when I can turn my phone off and do something I love." With all the stress of the holiday season, it is important to take time for yourself and do what you love. **Remember**, if you want to share your tip, email it to Jamey@ironben.com or mail it to the Plan Office.



Have a Safe Holiday Season



'Tis the season for family get togethers and celebration with friends. The holiday parties have begun. The wine, beer, champagne and mixed drinks are flowing, and you are enjoying the company of close friends and family. The evening is winding down and the time has come to call it a night. How are you getting home? Driving? Don't

take the risk, call a cab. As an eligible member of the welfare plan, you have access to the Member Assistance Program through Lytle EAP. The MAP will reimburse you for your cab ride. Simply obtain a receipt and mail it to Lytle EAP Partners at 200 Cedar Ridge Drive, Suite 208, Pittsburgh, PA 15205. Be sure to include your name, address, phone

number and specify that you are a member of the Iron Workers of Western Pennsylvania. Your reimbursement will be sent to your home. Reimbursements are limited to three times per year and \$50 per incident. Enjoy this holiday season, and think twice before getting behind the wheel or riding with someone who has been drinking.

Take the time now and program your local taxi service number into your cell phone, or keep the number in your wallet.



C-A-U-T-I-O-N

Being aware of your body and the changes that that it goes through is one way to protect yourself from cancer and/or catch it in the early stages.

This "Caution" reminder was developed years ago by the American Cancer Society. Keep in mind this is a **reminder**, not a substitute for regular physician check ups and screenings.

C: Change in bowel or bladder habits

A: A sore that does not heal

U: Unusual bleeding or discharge

T: Thickening or lump in the breast or elsewhere

I: Indigestion or difficulty in swallowing

O: Obvious change in a wart or mole

N: Nagging cough or hoarseness

Here's What's Cooking...

Holiday party coming up? Leave your guests wanting more with the following recipe:

"Healthified" Apple Crisp

What you will need:

- 6 cups of sliced unpeeled cooking apples
- 1/4 cup of frozen apple juice concentrate, thawed
- 1/2 tsp of ground cinnamon

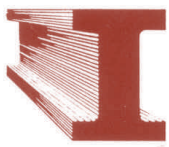
- 3/4 cup of old-fashioned oats or quick cooking oats
- 1/4 cup of Gold Medal® whole wheat flour
- 1/3 cup of brown sugar
- 1/4 cup of butter or no trans fat 68% vegetable oil spread stick, softened
- 1/2 tsp of ground cinnamon
- 1/4 tsp of ground ginger

Heat oven to 375° and spray an 8 inch glass baking dish with cooking spray. Mix apples, apple juice concentrate and cinnamon well. Then spread in baking dish. Next, mix the remaining ingredients until crumbly, and sprinkle over apples. Bake uncovered 25 to 35 minutes or until apples are



tender and topping is golden brown. Serve with ice cream and enjoy!

For this and other recipes go to www.eatbetteramerica.com



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Look for your next
issue in February

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Tips for Driving in the Snow

AAA suggests the following tips for driving in the snow:

- Accelerate and decelerate slowly to gain traction and avoid skids.
- Drive slowly. Everything takes longer on snow covered streets. Give yourself time to maneuver by driving slowly.
- The normal dry pavement following distance of three to four seconds should be increased to eight to ten seconds.
- Know your brakes. The best way to stop whether you have anti-lock breaks or not is threshold breaking (applying steady pressure on the brake).
- Don't stop if you can avoid it. If you can slow down enough to keep rolling until a traffic light changes, do it.
- Don't power up hills. Applying extra gas on snow covered roads just starts your wheels spinning.
- Do not stop going uphill. There is nothing worse than trying to get moving up a hill on an icy road.
- Stay home. If you really don't have to go out, don't. Even if you can drive well in the snow, not everyone else can.

For these and more tips regarding driving in certain weather conditions, visit www.aaaexchange.com.