



DID YOU KNOW...

• THE LEADING CAUSE OF DEATH FOR MEN AND WOMEN IN THE UNITED STATES IS CARDIOVASCULAR DISEASE? THIS FACT INCLUDES STROKES.

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LIVE WELL

Better Health, Greater Opportunity

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

How Can a Heart Attack Be Prevented?

Lowering your risk factors for *coronary artery disease (CAD)* can help you prevent a *heart attack*. Even if you already have CAD, you can still take steps to lower your risk of a heart attack.

Reducing the risk of a heart attack usually means making healthy lifestyle choices.

Healthy lifestyle choices to help prevent heart attacks include:

- **Follow a low-fat diet rich in fruits and vegetables.** Pay careful attention to the amounts and types of fat in your diet. Lower your salt intake. These changes can help lower high blood pressure and high blood cholesterol.
- **Lose weight if you're overweight or obese.**
- **Quit smoking.**
- **Do physical activity to improve heart fitness.** Ask your doctor how much and what kinds of physical activity are safe for you.

Have An Emergency Action Plan

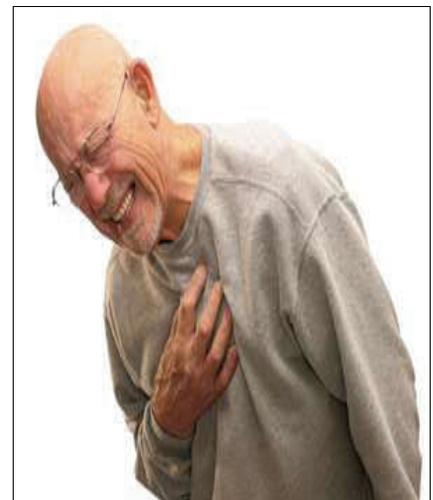
Make sure that you have an emergency action plan in case you or someone else in your family has a heart attack. This is especially important if you're at high risk or have already had a heart attack.

Talk with your doctor about the signs and symptoms of a heart attack, when you should call 911 and steps you can take while waiting for medical help to arrive.

National Institutes of Health, National Heart, Lung, and Blood Institute. (Updated March, 2008).

How can a heart attack be prevented? Retrieved January 28, 2010, from <http://www.nhlbi.nih.gov>

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*Healthy
Snacks That
Travel Well*

Apples

Bananas

Grapes

Carrots

Almonds

Popcorn

Raisins

*Put the candy
bar down, and
pick up one of
these healthy
snacks!*

VSP

If you have signed up for vision coverage during open enrollment, you **will not** receive a card.

When you contact your provider, tell them you have VSP coverage, and your provider will confirm this with VSP directly. If you have any problems, or your provider cannot confirm that you are covered, contact the Plan Office.

To find an in-network VSP provider, follow these easy steps:

- **Go to www.vsp.com**
- **Click on the Prospective Members tab**
- **Click on Find a VSP Doctor**
- **Select VSP Advantage**
- **Enter your address, and a list of providers will be shown**

Life Line Screening

By now you probably have received your certificate to be redeemed for a \$170.00 screening through Life Line Screening.

If you weren't able to make the appointment given to you, call the number on your voucher, and tell them you cannot make the given date and/or location. Ask the customer service representative if there are other screening sites in your area.

If your eligible spouse received a voided certificate, he or she is still able to schedule an appointment.

Some members may have received a location of LLS Salt Center. This is a mistake, and you will receive a new voucher at a later date.

Be sure to take your vouchers and photo id with you to your appointment. This is a free service to you. **You do not have to pay anything out of pocket.**

If you have not scheduled your appointment, you will receive a follow up mailing. So, be on the look out.

TaxACT

Prepare, Print and E-File Your Federal Tax Return For FREE!

For the 2011 tax preparation season, your work-life website through MAP offers you and your family TaxACT. This online tool is easy for tax preparation and filing. TaxACT offers a variety of support and filing options including the option to prepare, print and e-file your federal tax return for free.

By filing with TaxACT, the accuracy of your return is 100% guaranteed. If you are assessed a penalty due to a TaxACT calculation error, TaxACT will pay the penalty and interest. Log on and get

started! Free, confidential work-life support is always available for tax issues or any other issue that matters to you and your family. Call toll free or log on to the website.

TOLL FREE: 888-877-8997

WEBSITE: www.lytlecap.com

PASSWORD: ironworkers

• **Click on the purple arrow on the right side, "Go Directly to Work/Life Web Resources"**

• **Click the TaxACT button on the right hand navigation bar**

Calorie Burning Calculator

See how many calories you can burn when you do any of the following activities for 45 minutes.



Lose the Guilt!

If you want that piece of chocolate, have it. If you cannot stop looking at a bag of chips, go ahead and have a few. The trick is to have just a small piece of chocolate or a few chips. A feeling of guilt sets in when you know you've had too much

of the foods that you know you shouldn't have. The next time your sweet tooth is taking over, try to enjoy a small amount without overdoing it. You may just find a new sense of satisfaction without completely derailing your diet!

Here's What's Cooking...

Here is a quick and easy side dish...

Green Beans Sauté

What you will need:

1 lb of fresh or frozen green beans, cut in 1 - i n c h p i e c e s
 1 Tbsp of vegetable oil
 1 large yellow onion, halved lengthwise and t h i n l y s l i c e d

1/2 tsp of salt
 1/8 tsp of black pepper
 1 Tbsp of fresh parsley, minced

If using fresh green beans, cook green beans in boiling water for 10-12 minutes or steam for 2-3 minutes until barely fork tender. Drain well. If using frozen green beans, thaw first.

1. Heat oil in a large skillet. Sauté onion until golden.
2. Stir in green beans, salt and pepper. Heat through.
3. Toss with parsley before serving.

Each serving provides:
Calories: 64
Total fat: 4 g



Saturated fat: less than 1 g
Cholesterol: 0 mg
Sodium: 282 mg

www.nhlbi.nih.gov/health



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 April!

LIVE WELL

Better Health, Greater Opportunity

You Can Still Earn **\$50 plus!**

GUYS... are you over 50? Did you or will you have a colorectal cancer screening or prostate exam this year?

LADIES... are you over 40? Did you or will you have your mammogram or gynecological exam this year? Are you over 50 and plan on having a colorectal cancer screening?

After you have any of these screenings, you will receive an Explanation of Benefits (EOB) from Highmark. Send all pages of the EOB, along with the Value Bank Incentive Request Form to the Plan Office within 3 months of the date of service, and you will receive **\$50** in your Value Bank! Keep in mind the other ways you can earn **\$50** in your Value Bank...

- Member and/or spouse complete "Clear the Air" a smoking cessation class offered through Highmark.

- Member and/or spouse complete a Highmark Community Program.

** 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.*

**Contact the Plan Office for the appropriate forms.*