



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...

ULTRAVIOLET RAYS CAN INCREASE YOUR ODDS OF DEVELOPING CATARACTS?

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VSP's 5 Tips to Saving Your Eyes from the Summer Sun

Tip 1 Before you slap that credit card down to purchase a new pair of sunglasses, make sure the lenses block 100% of UV rays. Look for a label on the lens or in the packaging, or even better, check out the selection at your eye doctor's office. Your optician can ensure UV protection, help with fit and style and alert you of any additional discounts with your VSP coverage.

Tip 2 Polarize or not to polarize? If your outdoor activity spans more than just soaking up rays poolside, you may want to opt for polarized sunglasses. Polarized means they have a special filter that blocks glare from the sun, especially on waterways, roadways, trails and the golf course. You'll need to ensure the lenses also have 100% UV protection and be cautious around LED screens like your cell phone, tablet or LED-dashboards because they will be hard to read.

Tip 3 Do your sunglasses fall off your face when you look down? When not in use, fold your sunglasses on your shirt instead of wearing them on top of your head. Most sunglasses are made of plastic so they soften and stretch in the heat. To keep your sunglasses looking their best, make sure their protective case is around, and don't leave them baking in the car!

Tip 4 Don't forget about the kids! The earlier kids wear sunglasses, the better. Damaging UV exposure in children's eyes is more intense than adults. Make sure you follow Tip 1 to ensure quality and fit and post photos! There is nothing cuter than a little hipster kid in aviators.

Tip 5 Darker doesn't always mean better? Not necessarily. The coating that blocks UV radiation is clear. So if gray, green or brown lenses match your style profile, go for it. In addition, those colors are good choices when driving. Be wary of yellow or rose tinted lenses, as they make it difficult to distinguish changes in traffic lights. But if you find yourself squinting while wearing sunglasses, you may want to go a shade darker and look into prescription lenses.

*Somebody
will win
\$7,500!*

*Will it be
you?*

*Increase
your chances
by
completing
an approved
incentive!*

*Preventive
screenings
can also
save a life!*

Wellness Incentives Update

If you are an eligible participant in the Welfare Plan, you can earn \$50 in your Value Bank for each wellness incentive you complete in 2016. For claims incurred prior to July 1, 2016, incentive requests must be submitted within three months of completion with proper documentation. However, for claims beginning July 1, 2016 and later, Highmark will report completion directly to the Plan Office on the following preventive screenings:

Member or spouse has a prostate exam.

Member or spouse has a colorectal cancer screening.

Member or spouse has a gynecological exam.

Member or spouse has a mammogram.

Please note that you should carefully review your quarterly Value Bank statement, where you will see if the incentive was applied, to ensure that Highmark has correctly reported your screening. Additionally, for each incentive reported, your name will be entered into the drawing for \$7,500 held in December. For more information, call the Plan Office or go to www.ironben.com.

Lyme Disease

Summer has officially begun, which means more people will be spending time outdoors. It is important for those who love being outdoors and hiking or camping to be aware of the signs of Lyme disease.

- Classic Erythema Migrans rash, is often referred to as a bull's eye rash. This rash appears on about 70-80% of those bitten. According to the CDC, this may occur on any part of the body. It begins at the site of the tick's attachment after a delay of 3 to 30 days. It expands gradually over a period of days and may feel warm to the touch. It is rarely itchy or painful.
- Fever, chills, headache, fatigue, muscle and joint aches, along with

swollen lymph nodes are symptoms that also may occur 3 to 30 days after the tick bite.

- According to the CDC, later signs and symptoms can be: severe headache, neck stiffness, possible other rashes, Bell's palsy (facial droop), heart palpitations, arthritis with severe joint pain/swelling, dizziness, shortness of breath and problems with short term memory loss.

Remember, that the bull's eye rash is



not always present, so if you think that you have Lyme disease, seek medical advice and request a Lyme disease blood test. Be proactive with your physician, and discuss treatment options. Be sure to share with your physician ALL symptoms you may be experiencing.

Prevention is key to protection against Lyme disease. If you can, avoid wooded areas, high grass and you should walk in the center of well-defined trails. According to the CDC, repellants that contain 20-30% DEET are the best deterrent, along with using products that contain permethrin on clothing and shoes. You should always do a full

body check when you come back from your outing. If you do find a tick, try to use pointy tweezers to grasp the part of the tick that is close to the skin's surface. Pull the tick straight out without twisting or turning and rinse the area with soap and water. Ticks do not drown so to dispose of the tick put it in a container with an alcohol soaked cotton ball. Once dead you can flush it down the toilet.

If you have questions about Lyme disease or any other questions pertaining to your health, you can contact **Personal Health Partners** at 1-888-877-8997. They can help you 24/7.

Family Solutions

The disease of addiction has symptoms that impact the whole family. The Member Assistance/Work/Life Program can help with:

- Articles and tip sheets on alcohol, drug and other forms of addiction.
- Community resources to support the entire family.
- Information on treatment options for addiction.
- Resource links on addiction and recovery.

Your Member Assistance Program (MAP) is available anytime, any day. It is a FREE and CONFIDENTIAL program to help you balance your work, family and personal life.

TOLL FREE: 888-877-8997

WEBSITE: www.lytleap.com

PASSWORD: ironworkers

Here's What's Cooking...

Here is a perfect recipe for the hot summer days ahead!

Watermelon with Balsamic and Feta

- 1/4 cup good-quality balsamic vinegar
- 1 tablespoon sugar
- 8 (roughly 4 by 2-inch) pieces seedless watermelon
- 4 ounces feta cheese, crumbled

- 2 tablespoons shredded mint leaves

In a small saucepan, whisk together the balsamic vinegar and sugar.

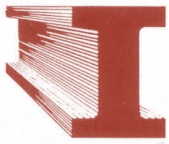
Cook over medium heat until reduced by half and has a syrupy texture, about 4 minutes.

Stack 2 pieces of watermelon on each plate and drizzle with the balsamic

reduction. Sprinkle with feta cheese and mint.



This recipe is courtesy of Mary Nolan and can be found at, www.foodnetwork.com/recipes/watermelon-with-balsamic-and-feta-recipe.html



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Meet Dr. Right...for you!

Are you looking for a new primary care doctor, OB-GYN, pediatrician or medical specialist? Highmark is making it easy for you to meet with doctors in a fun, comfortable setting! Enjoy appetizers and talk with physicians in our network! These events are taking place in different areas now through November!

WEDNESDAY · 07/27/16

Jefferson Hospital, 5- 7 p.m.

WEDNESDAY · 08/17/16

Bethel Park Health + Wellness Pavilion, 5- 7pm

THURSDAY · 08/25/16

Sharon Regional Diagnostic & Imaging Center, 5-7pm

THURSDAY · 09/08/16

Allegheny Valley Hospital
5-7pm

WEDNESDAY · 09/21/16

Erie Health + Wellness Pavilion
5-7pm

WEDNESDAY · 09/28/16

Forbes Hospital, 5-7pm

TUESDAY · 10/18/16

West Penn Hospital, 5-7pm

WEDNESDAY · 10/26/16

Lehigh Valley Hospital Cedar Crest, 5:30-7:30pm

THURSDAY · 11/03/16

Wexford Health + Wellness Pavilion, 5-7pm

THURSDAY · 11/10/16

Pinnacle Health Fredricksen Outpatient Center, 5:30-7:30pm

Visit Highmark's website for more detailed information and directions for each location.

If you need an in network physician now, call 1-888-258-3428. Highmark can even help schedule your appointment or transfer medical records.