



DID YOU KNOW...

Pennsylvania is among the top 5 apple producing states in the United States? One medium apple contains about 80 calories.

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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.

You Have a Chance to Win \$7,500!

With the new year upon us, the Plan Office is excited to announce a change to the current Wellness Program.

For every approved Value Bank Incentive completed, your name will be put into a drawing for a chance to win \$7,500.00 in cash!

The drawing will be held at the December 2013 Union Meeting.

All valid claims with a date of service of October 3, 2012 and received prior to December 1, 2013 will be entered.

Please remember, all Incentive requests must be received at the Plan Office within 3 months of the date of service. When submitting your requests, be sure to completely fill out the form, and sign the bottom. Your request is not complete without your signature. Please also be sure to submit the proper supporting documentation.

For your convenience, the Value Bank Incentive Request Form can be printed from our website. Go to www.ironben.com, and click on the Welfare tab. From there, you will see "Value Bank Incentives" and



options to view and print the request form, the list of Highmark Community Programs and locations as well as the Instructor Sign Off Sheet. You can also call the Plan Office and request the forms be mailed to you. Our phone number is 412-227-6740 or 800-927-3199.

You will still earn \$50.00 in your Value Bank for each completed incentive.

A listing of the approved incentives is on page two.

HOME SAFE

If you have had too much to drink, make the responsible choice, and call a cab.

Obtain a receipt, and mail it to:

*Lytle EAP Partners
200 Cedar Ridge Drive
Suite 208
Pittsburgh, PA 15205*

Be sure to include your name, address, phone number and that you are a member of the Iron Workers.

Reimbursement will be sent to your home!

Some restrictions apply. This is a completely confidential service.

Wellness Incentives

Member and/or spouse complete an approved Highmark Community Program.

(Instructor Sign-off Sheet is required)



Eligible dependent child(ren) complete the Highmark Community Program “Personal Nutrition Coaching For Kids”.

(Instructor Sign-off Sheet is required)



Member or spouse has a prostate exam.

(Explanation of Benefits from Highmark along with a note from the physician is required)



Member or spouse has a colorectal cancer screening.

(Explanation of Benefits from Highmark is required)



Member or spouse has a gynecological exam.

(Explanation of Benefits from Highmark is required)



Member or spouse has a mammogram.

(Explanation of Benefits from Highmark is required)

There is no limit to how many Highmark Community Programs you can complete. Upon completion of the Highmark Community Programs, have your instructor sign the Instructor Sign-off Sheet, and return it to the Plan Office with the Value Bank Incentive Request Form within three months of completion. These programs are free of charge to you with the exception of Drop 10 in 10, which carries a small fee for materials.

Highmark Community Programs



HOPESM Osteoporosis Prevention and Education

Develop stronger bones for a lifetime! This take action lifestyle improvement program focuses on making healthy choices to improve bone health and prevent and manage osteoporosis.

Eat Well for LifeSM I and II

Discover easy meal planning tools, smart shopping strategies, healthy ways to cook great tasting foods and the connection between mood and food. Acquire a new taste for better eating and wellness to last a lifetime.

Daily Steps to Less StressSM

Learn to manage everyday stress through practical relaxation techniques and innovative stress management strategies. From coping skills, to visualization, to progressive muscle relaxation and humor therapy, you will acquire effective tools to deal with stress.

**Call the Preventive Health Alliance
for a location near you!
1-800-879-2217**

Personal Nutrition CoachingSM

A one-on-one counseling service with a registered dietician helps you to make healthy lifestyle and nutrition choices to address weight management, heart health or diabetes.

Sign your child up for...

Personal Nutrition CoachingSM

You and your child can also meet with a Registered Dietician. The dietician will talk with you and your child about eating healthy food and how to manage your child's weight.

Health on the MenuSM

Serving up better health through education. Health on the Menu is a series of one-hour wellness workshops that promote healthy lifestyles and taking an active role in your own health.

Drop 10 in 10SM

Choose less. Live more. Make the commitment and discover how to lighten your life with Drop 10 in 10. This innovative weight management program shows you how to add a healthy balance to your life with the power of ten. *Program materials fee applies for this program.*

**Take the steps today to live a healthier
life, and you could win \$7,500!**

Here's What's Cooking...

Chocolate Granola Apple Wedges

What you will need:

- 2 ounces semi sweet chocolate, finely chopped
- 1/3 cup low fat granola
- 1 large apple, cut into 16 wedges

Place chocolate in medium microwave safe bowl. Microwave on HIGH for one minute, stirring every 15 seconds until chocolate is melted.

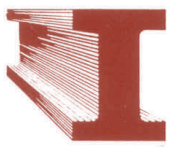
Next, place granola in a shallow dish. Dip apple wedges, skin side up into the chocolate, allow excess chocolate to drip

into bowl. Next, dip the wedges into the granola. Place wedges, chocolate side up, onto a cookie sheet, and refrigerate for 5 minutes. Then serve!

This is a quick, healthy snack that can be served to both children and adults!



This recipe can be found at www.cookinglight.com



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LIVE WELL

Better Health, Greater Opportunity

Helping Children Cope with Violence and Disasters

from the National Institute of Mental Health

Children are very sensitive. They struggle to make sense of trauma. They also respond differently to traumas. They may have emotional reactions. They may hurt deeply. Children may find it hard to recover from frightening experiences. They need support. Adult helpers can provide this support. This may help children resolve emotional problems.

In general, adult helpers should:

Attend to children

- Listen to them
- Accept/do not argue about their feelings
- Help them cope with the reality of their experiences

Reduce effects of other stressors, such as

- Frequent moving or changes in place of residence
- Long periods away from family and friends
- Pressures at school
- Transportation problems
- Fighting within the family
- Being hungry

Remind children that adults

- Love them
- Support them
- Will be with them when possible