



# 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...

THE FIBER IN CARROTS HELPS LOWER CHOLESTEROL LEVELS?

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## 10 Reasons to Visit Highmark's Website

By visiting Highmark's website, you will gain access to a whole new world of information! Register today by going to [www.highmarkbcbs.com](http://www.highmarkbcbs.com).

### 1. FIND PROVIDERS

Search for doctors, hospitals, urgent care/ retail clinics, x-ray/ imaging centers and other medical providers by name or specialty.

### 2. TRACK AND REVIEW CLAIMS

View up to two years of claims.

### 3. COMPARE CARE COSTS

Look up typical medical expenses for care procedures and compare costs at network facilities and hospitals.

### 4. TAKE THE WELLNESS PROFILE

This self-health assessment covers all aspects of your health and

gives you an in-depth health status report.

### 5. IMPROVE YOUR HEALTH

Learn how to reduce stress, eat sensibly, manage your weight, quit tobacco or get more active with personalized online digital health assistance.

### 6. RESEARCH HEALTH TOPICS

Get more information on a specific health topic or emerging trends with news articles, a health library, condition guides and so much more!

### 7. STORE YOUR PERSONAL HEALTH RECORD

Keep health related information including providers' names and numbers, office visits, lab results and medication information in one location you can access from anywhere.

### 8. RATE YOUR PHYSICIAN AND VIEW RATINGS

Share your provider and staff experience and read reviews.

### 9. VIEW THE PREVENTIVE SCHEDULE

The online preventive schedule is a handy reference where you can stay up to date on required shots, recommended exams and routine screenings.

### 10. GET WELLNESS DISCOUNTS

Take advantage of real savings on quality health related products and services nationwide through the online Blue365® discount program. Choose from health and alternative medicine services, health magazines, vitamins, massages, diet programs, fitness gear, personal trainers, yoga and tai chi classes, travel and leisure experiences and more!

*Start off  
2014 the  
healthy way!*

*Plan your  
meals*

*Eat healthy*

*Fit exercise  
into your  
daily  
routine*

*Schedule  
your routine  
health  
exams,  
including  
dental and  
vision*

## VEGETABLE IQ

### Test your knowledge of vegetables with these questions!

1. Which of the following vegetables do you think are more nutritious when they are cooked?

*Red peppers*

*Spinach*

*Broccoli*

*Mushrooms*

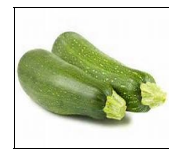
#### True or False:

2. Vegetables last longer when you let them breathe.

3. Asparagus will stay fresh longer if you put it in a glass of water.

4. The peel of zucchini has no nutritional value.

5. Green peas are rich in health benefiting phyto-nutrients, minerals, vitamins and anti-oxidants.



#### Answers

1. Spinach—Cooking it allows it to absorb more calcium, iron and magnesium.  
Mushrooms—Heat brings out more potassium, which helps build muscle and protect your heart.
2. True—When you buy your vegetables, either take them out of the plastic bag or cut holes in the bag to let the vegetable breathe.
3. True— To extend the freshness of asparagus, treat the stalks like flowers and put them in a glass of water in the refrigerator.
4. False—The peel of zucchini is a good source of dietary fiber that helps reduce constipation and offers some protection against colon cancers.
5. True—Green peas are one of the most nutritious leguminous vegetables.

## Flu Shots

It's not too late to get your flu shot. Although the flu season commonly peaks in January and February, seasonal flu activity can begin as early as October and continue through May.

Flu shots are covered under your insurance when they are received at a participating professional provider's office, at participating pharmacies (in Western and Central Pennsylvania only) when administered by a pharmacist and at urgent care facilities.

Flu shots are not covered if they are administered by the department of health, if administered at a health fair or at non participating locations.

## Blues on Call

Don't forget you have access to a specially trained registered nurse 24 hours a day, 7 days a week. Blues on Call is a toll free health care information and support service program that allows you to connect to a Health Coach free of charge.

You can use the Health Coaches through Blues on Call for questions about your medical condition(s) and treatment options, ways to manage your illness or for general health questions. They can also answer questions on any health care topic. This is a free service, take advantage of it! The number for Blues on Call is 888-258-3428.

# It Pays To Get Healthy

**At the December Union Meeting, a name was pulled, and a Welfare Plan Participant won \$7,500!**

**The lucky winner could be you in 2014!**

**Again this year, the Board of Trustees has approved a giveaway of \$7,500 to a participant who takes the steps towards living a healthier life.**

**When you and/or your eligible spouse complete any or all of the following, your name will be put into the drawing for a chance to win:**

• **Complete a Highmark Community Program**

• **Have a prostate exam**

• **Have a colorectal cancer screening**

• **Have a gynecological exam**

• **Have a mammogram**

**You can go to [www.ironben.com](http://www.ironben.com) under the Welfare tab for more information. Or call the Plan Office at 412-227-6740.**

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

This recipe can be found at [allrecipes.com](http://allrecipes.com).

### *Suki's Spinach and Feta Pasta*

What you need:

- 1, 8 oz package of pasta
- 2 tbsp of olive oil
- 1/2 cup of chopped onion
- 1 clove of garlic, minced

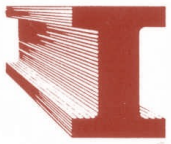
- 3 cups of chopped tomatoes
- 1 cup of sliced mushrooms
- 2 cups of spinach leaves, packed
- salt and pepper to taste
- pinch of red pepper flakes
- 8 oz of feta cheese, crumbled

First, bring a large pot of lightly

salted water to a boil. Cook pasta until al dente, drain. Next, heat olive oil in a large skillet over medium heat; add onion and garlic, and cook until golden brown. Mix in tomatoes, mushrooms and spinach. Season with salt, pepper and red pepper flakes. Cook 2 minutes more, until tomatoes



are heated through and spinach is wilted. Reduce heat and stir in pasta and feta cheese. Cook until heated through.



## 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](mailto:ironben@ironben.com)  
Website: [www.ironben.com](http://www.ironben.com)



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## Baby BluePrints

Are you expecting a baby? If so, how does having free access to a nurse Health Coach sound? Highmark offers a free program to participants who are expecting a child. Having a baby can be an overwhelming experience filled with questions and confusion. This is why Highmark offers a free program to participants

who are expecting a baby. Baby BluePrints gives you access to in-depth educational information on all aspects of pregnancy through multiple online offerings. It also gives you access to individualized support throughout your pregnancy from a nurse Health Coach. You can enroll anytime during your pregnancy, but

the earlier the better to take advantage of all Baby BluePrints has to offer.

To take advantage of this free program, call toll free at 1-866-918-5267.

