



DID YOU KNOW...

- THAT YOUR ELIGIBLE DEPENDENTS, AS DEFINED IN THE PLAN, ARE COVERED UNDER YOUR HEALTH INSURANCE UNTIL THE AGE OF 23 REGARDLESS OF THEIR HIGHER EDUCATION STATUS?
- THAT ONE-ON-ONE SESSIONS WITH A WACHOVIA REPRESENTATIVE WILL BE TAKING PLACE AT THE PLAN OFFICE ON JULY 21, 2009? CALL THE OFFICE AND SCHEDULE YOUR APPOINTMENT TODAY!

INSIDE THIS ISSUE:

Blood Pressure....and you! 1

H1N1 Confirmed Cases to Rise in Fall 2

Real Secrets to Success! 2

Complimentary Wellness Discount Program 3

Here's What's Cooking 3

OTC...Does Your Physician Know? 4

LIVE WELL

Better Health, Greater Opportunity

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

BLOOD PRESSURE...and you!

Blood pressure is the force at which blood presses against your artery walls. It is recorded as two numbers, your systolic pressure over diastolic pressure. Systolic is the blood pressure when the

either of these categories, you should talk with your physician. Generally, there are no symptoms of hypertension, so you may not realize that you have it! This is why it is so important to have your blood pressure

immediately if you experience any of these symptoms, as you could be suffering from a hypertensive crisis that may lead to a heart attack or stroke. If you do have hypertension, speak with your physician about

Blood Pressure Screening Results			
Systolic	Diastolic	Classification	Recommended Follow-up
<120	<80	Normal	Recheck every 2 years
120-130	80-90	Pre-hypertension	Lifestyle changes, 1 year re-check
140-159	90-99	Hypertension, Stage 1	Follow-up with PCP re-check every 2 months
>160	>100	Hypertension, Stage 2	Follow-up with PCP within 1 month
>180	>110	Severe Hypertension	Follow-up with PCP immediately

*Chart provided by Highmark Blue Cross Blue Shield

heart is contracting and diastolic pressure is when your heart is in a state of relaxation. A blood pressure that is consistently above 120/80 is considered "pre" hypertension (high blood pressure). Blood pressure higher than 140/90 is considered to be "high blood pressure." If you fit into

checked regularly. If your blood pressure is extremely high, you may want to look out for severe headaches, fatigue or confusion, vision problems, chest pain, difficulty breathing, irregular heartbeat, blood in the urine or a pounding in your chest, neck or ears. You should contact your physician

ways to lower it, including quitting smoking, if you are overweight or obese-losing weight, eating a healthier diet, reducing sodium intake, getting regular exercise and limiting alcohol intake.

*Adapted from www.webmd.com

H1N1 Confirmed Cases To Rise in Fall



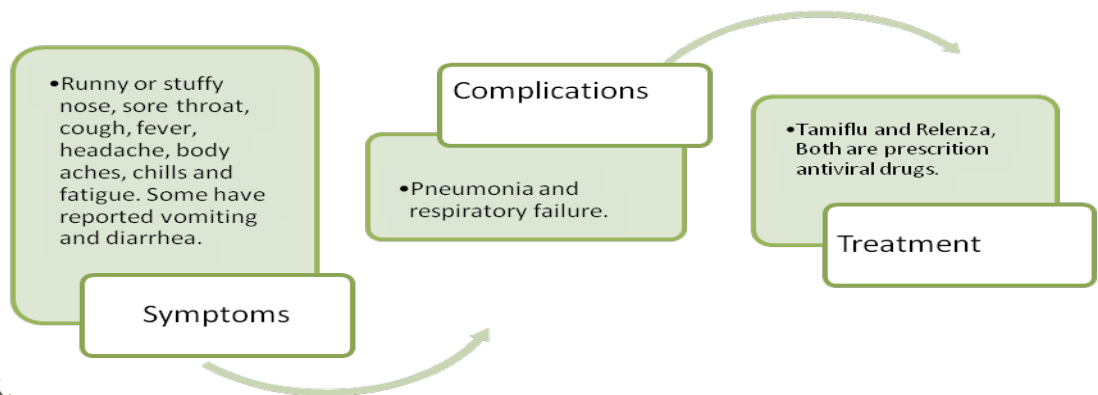
As the number of confirmed cases of H1N1 flu continue to rise in the US and throughout the world, we have got to start taking preventive measures. It has been reported that the numbers we are seeing of confirmed cases are nothing compared to what we may see come fall. Dr. Christian E. Sandrock, MD, MPH stated that, "it takes a while for the virus to mutate and spread, but once it's up and going we'll see a surge in numbers and deaths." According to the Centers for Disease Control and Prevention (CDC), as of June 5, 2009 there have been 13,217 confirmed cases in the United States. Of those, Pennsylvania has confirmed 299 cases of H1N1 flu. You can protect yourself by following the Prevention Methods below.

Prevention Methods



- Avoid close contact with sick people.
- Wash hands frequently with soap and water.
- Avoid touching your mouth, nose and eyes.
- Cough and sneeze into a tissue, then throw it in the garbage. If a tissue is not available, cough/sneeze into your hand or elbow and immediately wash with soap and water. Hand sanitizer can also be used.

You should also familiarize yourself with the symptoms, complications and treatment methods so you can know what to expect. You can get up-to-date information on the CDC's web site at www.cdc.gov.



It is best to wash your hands with soap and water for 20 seconds.

If water is not available, use an alcohol-based hand sanitizer.

Real Secrets to Success



We want to know what you are doing to live a healthier life. Have you quit smoking, lost weight, lowered your cholesterol, managed your diabetes or found a way to de-stress your life? If so let us know! By sharing your

story, you could have a life changing impact on a fellow iron worker or a member of their family. Was there something that happened in your life that made you want to make the change? What keeps you motivated? Do you

have a support system? What we are looking for are your secrets to success. Email your story to Jamey@ironben.com or mail it to the Plan Office, and your Wellness Program may be featured in an upcoming issue of LIVE WELL!

Complimentary Wellness Discount Program

As a Highmark Blue Cross Blue Shield member, you are entitled to the Complimentary Wellness Discount Program! The discount program enables you to receive savings on health-related products and services nationwide. For example, Keystone Health Club and Café in East Pittsburgh gives you a 100% discount on your initiation fee just for being a Highmark member! You can

find practitioners in your area by logging on to www.highmarkbcbs.com, select the *Choose Providers* tab, next select the *Member Discounts* link and then click on the *Wellness Discount Program* or call 1-877-243-3013 Monday–Friday between 8:00am and 5:00pm. All you have to do to receive the discount is show your Highmark ID card. This program is separate from your health benefit plan and

you are fully responsible for paying directly at the time of service. See below for examples of additional discounts!



Additional Discounts!

Fitness Center Memberships

- Webbs World of Fitness in Pittsburgh offers 100% off your initiation fee!
- New Life Lady Fitness in Swissvale offers you 50% off your initiation fee!
- McMurray Athletic Club (formerly Contours Express of McMurray), offers a 67% discount on your initiation fee!
- BODY MATRIX GYM in Clearfield offers you a 10% discount rate off your initiation fee!
- Blanks Howard Virges Fitness Studio in Erie offers 100% off your initiation fee and 30% off your membership rate!

Plus MANY more!

Other Discounts Include:

- Massage Therapy
- Spas
- Acupuncture
- Nutritional Counseling
- Vitamins
- Magazine Subscriptions including Men’s Health, Women’s Health, Diabetic Cooking, Arthritis Today, Prevention, Sports Weekly, Newsweek and many more!

Remember this is not part of your health plan and you are fully responsible for paying directly at the time of service or purchase.

Here’s What’s Cooking...

Are you hosting a summer get together this year? Here is a great salsa recipe that your guests will love!

Black Bean and Pineapple Salsa

What you will need:

- 1 can of black beans

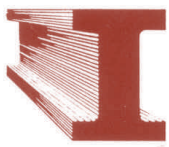
- (drained and rinsed)
- 1 can of pineapple chunks (juice reserved)
- 1 red bell pepper chopped
- 1 onion diced
- 1/4 cup cilantro
- 1jalapeno diced (optional)

Mix all ingredients together, and stir in reserved pineapple juice. Serve with your favorite chips or crackers!

If you have a favorite recipe you would like to share, email it to Jamey@ironben.com or



mail it in to the Plan office.



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 August!

LIVE WELL

Better Health, Greater Opportunity

OTC...Does Your Physician Know?

Are the over the counter (OTC) medications you are taking canceling out your prescription medications? Did you know that drug-drug interactions occur when two or more drugs react with each other? Per the FDA, this interaction may;

- Make one drug less effective,
- Cause unexpected side effects, or
- Increase the action of a particular drug.

Different OTC drugs can contain the same active ingredient, so if you are taking more than one OTC drug, be sure to make a note of the active ingredients to avoid taking too much of a particular ingredient.

Before taking any drug, you should ask your physician or pharmacist the following questions,

- Can I take it with any other drugs?
- Should I avoid certain foods, bev-

erages or other products while taking the drug?

- What are possible drug interactions I should know about?
- How will the drug work in my body?

Bottom line, if you see more than one physician, take several medications or have a health condition, both you and your physician(s) should be aware of **all** the medications you are taking.