



## DID YOU KNOW...

*Eating brightly colored bell peppers can reduce the risk of prostate cancer and age-related macular degeneration?*

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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.*

## healthways fitness your way

**Healthways™ Fitness Your Way** offers an unlimited fitness membership that can be used at nearly 8,000 fitness locations nationwide. With a Fitness Your Way membership, you can visit any participating fitness location as often as you like. You and your eligible dependents, over age 18, are able to participate. **Here is the deal:** each member pays a \$25.00 one time enrollment fee and \$25.00 per month. This fee grants you access to many participating fitness clubs nationwide. You do not have to choose just one fitness club, and you can go as often as you like! There is a 3 month commitment, but your membership can be cancelled any time after the initial 3 months. Your membership can be used the same day



you enroll. If you enroll online, you can print a temporary member card upon completion of the enrollment process. If you enroll by phone, you will need to log on to [Fitnessyourway.healthways.com](http://Fitnessyourway.healthways.com) to access a printable temporary enrollment card.

## How to Enroll

Follow these quick steps to enjoy your membership today:

- Log on to [www.highmarkbcbs.com](http://www.highmarkbcbs.com) (if you are a first time user, click **Register Now** and follow the instructions.)

- Click on the **Your Coverage** tab.
- Choose **Member Discounts** on the left side of the screen.
- Click on **Healthy Choices**.
- Click on **Healthways™ Fitness Your Way** on the bottom right.

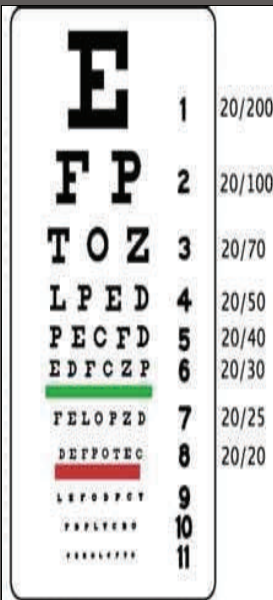
Once there, you can enter your zip code to see the participating facilities in your area, read frequently asked questions and enroll. You can also enroll by calling **(888) 242-2060**, Monday through Friday, 8am—9pm.

# 7 Surefire Ways to Sabotage Your Eyes

*This full article can be viewed in VSP's May issue.*

*You can learn more about eye health by visiting [www.vsp.com](http://www.vsp.com).*

*If you cannot remember when you last had an eye exam, it is time to make an appointment!*



## What you are doing...

## Why it is hurting you...

**Sleeping in contacts**

Less oxygen flows to the cornea when contacts sit on the eyes overnight. Over time, this can cause infection, red eyes, excess tearing and other corneal damage.

**Ditching sunglasses**

Damage from UV rays can lead to blindness, inflammation of the cornea and conjunctiva, permanent damage and a possible risk of melanoma.

**Sleeping in your makeup**

Residual eye makeup is a prime target for bacterial growth and can lead to infection, brittle lashes and irritated and dry skin around the eye.

**Re-using contact lens solution**

Contact solution loses its disinfectant quality when you reuse it. Contaminants can stick to your contact case, polluting clean solution and posing a threat of infection.

**Smoking**

Smoking increases your risk of heart disease, cataracts, age-related macular degeneration (AMD) and cancer.

**Eating junk**

Consistent poor food choices amplify the likelihood of developing conditions like diabetes, high blood pressure, glaucoma, AMD, high intraocular pressure and blindness.

**Losing sleep and stressing**

Lack of sleep and high stress can cause dry eyes, under eye bags, hypertension, blood shot eyes, high blood pressure, blurry vision, eyelid twitching and eye strain.

# Value Bank Reimbursement Reminder

To be reimbursed from your Value Bank for prescription drug co-payments, they must have been incurred under the Iron Workers Welfare Plan of Western Pennsylvania. Some pharmacies have their own programs and offer discounted co-payments. You cannot be reimbursed from your Value Bank if your pharmacy processes your prescription through their program. Additionally, please remember that non covered charges

through the medical insurance are not reimbursable expenses. The Value Bank's main purpose is to keep you covered with medical insurance. To be reimbursed, you must maintain 3 months of premium banked at the coverage level and tier in which you are enrolled. You can print Value Bank Reimbursement Request forms from our website, [www.ironben.com](http://www.ironben.com). The forms and instructions are under the **Welfare** tab.

## Wellness Fairs

The Plan Office will be hosting four Wellness Fairs this year! The locations will be in Canonsburg, Cranberry Township, Erie and Clearfield. The fairs will take place during open enrollment for 2013. The Plan Office staff will be on hand to help answer any of your open enrollment questions. You can also expect to see vendors such as United Concordia, Highmark, Lytle EAP

Partners and VSP. This year, we will also be offering health screenings through Life Line Screenings. These screenings will be free to you and your eligible spouse and must be scheduled through the Plan Office. There are limited appointments available. Be sure to watch your mail for additional information on the 2012 Wellness Fairs.

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

Spice up your corn this summer!

### Roasted Corn with Basil-Shallot Vinaigrette

What you will need:

- 3 cups fresh corn kernels
- 2 tablespoons extra-virgin olive oil
- 1/4 cup chopped fresh basil

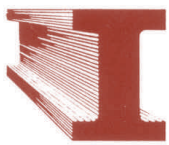
- 1 tablespoon minced shallot
- 1 tablespoon red-wine vinegar
- 1/4 teaspoon salt
- freshly ground pepper, to taste

Preheat your oven to 450°F. Toss corn and oil to coat and spread out on a large baking sheet. Bake,

stirring once, until some kernels begin to brown, about 20 minutes. Combine basil, shallot, vinegar, salt and pepper in a medium bowl. Add the corn and toss to coat. You can serve this dish warm or cold. You can cover and refrigerate up to 1 day. There are 165 calories in 1/2 cup.



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



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Look for your next  
issue in September!

# LIVE WELL

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## Be Serious About Sunscreen

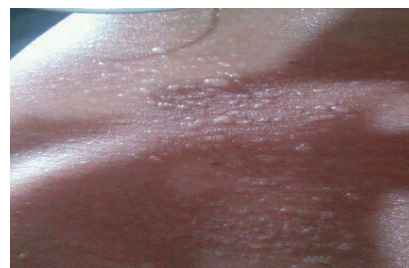
Studies have shown that excessive exposure to the sun can cause cancer. Additionally, harmful rays from the sun, sun lamps and tanning beds may also cause eye problems, weaken your immune system and give you skin spots and wrinkles or leathery skin. No matter what your skin color, everyone is a potential victim of sunburn and other detrimental effects of excessive exposure to UV radiation. Although all people need to take precautions to protect their

skin, people who need to be especially careful in the sun are those who have:

- **Pale skin**
- **Blonde, red or light brown hair**
- **Been treated for skin cancer**
- **A family member who has had skin cancer**

This information has been taken from Lytle's article on  
S u n      S a f e t y .

Visit [www.lytleap.com](http://www.lytleap.com) for more information.



*This is a picture of a 34 year old male who typically wears sunscreen. One afternoon he forgot to put it on. As you can see, it did not take long for sun blisters to appear.*