



## DID YOU KNOW...

• R E G U L A R EXERCISE CAN ALLEVIATE MANY OF THE RISK FACTORS ASSOCIATED WITH HEART ATTACK, CONTROLLING WEIGHT, BLOOD PRESSURE AND CHOLESTEROL?

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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.

## Personal Health Record

Highmark is offering an updated Personal Health Record (PHR), which is now powered by WebMD®. The PHR enables you to be a more active partner in your health care. It is an interactive, secure web-based tool for collecting, tracking and sharing important information about your own health. The PHR is a place where you can store, manage and find your information in one location, and it gives you the opportunity to



access your information anytime, anywhere. You have the option to allow family members, health care providers or Health Coaches access to your PHR, which can help to:  
♦ *Coordinate care received from multiple health providers or in an emergency.*  
♦ *Avoid errors and duplicate services.*

To begin, log on to [highmarkbcbs.com](http://highmarkbcbs.com). Select the "Your Health" tab, then click the "Personal Health Record" link.

### The Personal Health Record makes it easy for you to:

- ♦ Track medications, immunizations, tests and screenings, medical conditions, office visits, treatment history and other aspects of your health
- ♦ Use health trackers to record and view progress of important health measures, such as glucose, blood pressure, cholesterol and weight
- ♦ Create a calendar of scheduled appointments
- ♦ Prepare for care appointments and print portions of your individual record to share with providers
- ♦ View a list of recommended health care screenings and immunizations based upon your gender and age
- ♦ Use the interactive "Symptom Checker" to help determine if immediate medical care is needed
- ♦ Access your information from WebMD®, even if your coverage changes

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*Cigarette smoking doubles the threat of having a heart attack.*



*For help on becoming more involved and active in your health, call Blues on Call 1-888-BLUE-428.*

## **Food Safety Myths Exposed**

*You can find these myths and facts and more information regarding food safety at [foodsafety.gov](http://foodsafety.gov).*

**MYTH:** It is ok to thaw meat on the counter. Since it starts out frozen, bacteria isn't really a problem.

**FACT:** Actually, bacteria grow surprisingly rapidly at room temperatures, so the counter is never a place you should thaw foods. Instead, thaw foods in the refrigerator.

**MYTH:** I do not need to wash fruits or vegetables if I am going to peel them.

**FACT:** Because it is easy to transfer bacteria from the peel or rind you are cutting to the inside of your fruits and veggies, it is important to wash all produce, even if you plan to peel it.

**MYTH:** Once food has been cooked, all the bacteria has been killed, so I do not need to worry once it is “done.”

**FACT:** Actually, the possibility of bacteria growth increases after cooking, because the drop in temperature allows bacteria to thrive. This is why keeping cooked food warmed to the right temperature is critical for food safety.

**MYTH:** If I really want my produce to be safe, I should wash fruits and vegetables with soap or detergent before I use them.

**FACT:** In fact, it is best not to use soaps or detergents on produce, since these products can linger on foods and are not safe for consumption. Using clean running water is actually the best way to remove bacteria and wash produce safely.

**MYTH:** Marinades are acidic, which kills bacteria. So it is ok to marinate foods on the counter.

**FACT:** Even in the presence of acidic marinade, bacteria can grow very rapidly at room temperatures. To marinate foods safely, it is important to marinate them in the refrigerator.

## Value Bank Reimbursement Requests and Insurance Fraud

The Plan Office is receiving a large amount of Value Bank Reimbursement Requests. Please keep in mind that eligible claims submitted within the proper timeframe will be reimbursed to you within **30 days** of submission of the proper documentation to the Plan Office.

Additionally, please keep in mind that all claims are verified. Plan Counsel has advised the Plan Office that fraud against an employee benefit plan is a federal crime, punishable by a fine or imprisonment up to 10 years, or both. Further, if the Plan becomes aware of any misrepresentations by members regarding any of their benefits, it will take all necessary legal action, including terminating eligibility for the Welfare Plan.

### VALUE BASED BENEFITS

Highmark Blue Cross Blue Shield and the Iron Workers Welfare Plan of Western PA want to make it as easy as possible for you to stay healthy and control your medical costs.

When you receive office visits and certain prescription drugs for any of the chronic conditions listed, your PPO Blue with Value Based benefits includes *waived* co-payments for these services.

*Additional information can be obtained from the Plan Office.*

◆Diabetes

◆High Cholesterol

◆COPD

◆High Blood Pressure

◆Asthma

◆Coronary Artery Disease

◆Depression

◆Congestive Heart Failure

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

This homemade pizza has 14 grams of protein and 4 grams of fiber per serving!

#### Smoky Corn & Black

##### Bean Pizza

- 1 plum tomato, diced
- 1 cup canned black beans, rinsed
- 1 cup fresh corn kernels, (about 2 ears) or 1 cup canned or frozen corn
- 2 tablespoons cornmeal
- 1 pound prepared whole wheat pizza dough

- 1/3 cup barbecue sauce
- 1 cup shredded mozzarella, preferably smoked mozzarella

- Preheat grill to medium.
- Combine tomato, beans and corn in a medium bowl.
- Sprinkle cornmeal onto a large baking sheet. Stretch the dough into about a 12-inch circle, and lay it on top of the cornmeal, coating the entire underside of the dough.
- Transfer the crust from the baking sheet to the grill.

- Close the lid, and cook until the crust is puffed and lightly browned on the bottom, 4 to 5 minutes.
- Using a large spatula, flip the crust.
- Spread barbecue sauce on it, and quickly sprinkle with the tomato mixture and cheese.
- Close the lid; grill until the cheese is melted and the bottom of the crust is browned, 4 to 5 minutes.

Makes 6 servings.



You can find this recipe at [www.eatwell.com](http://www.eatwell.com).



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Look for your next  
issue in June!

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## BULLIES AND YOUR CHILD

If you suspect your child is being bullied or your child is bullying others, there are things you can do as a parent to discourage bullying and help your child deal with the situation.

Here are some simple things you can do to teach your child that bullying is wrong:

- **Tell them bullying is wrong and that this behavior will have consequences or punishment.**
- **Arrange for the bully and victim to talk to each other in the presence of parents or teachers.**
- **Support and help the victim of the bullying to understand that there is no blame placed on them.**
- **Teach your child to avoid conflicts with the bully.**
- **Help your child find someone at school or at day care that they can talk with or seek out if the problem with the bully continues.**
- **Try to speak with the parents of the bully as a concerned parent without attacking them. They are probably aware of the behavior and are more likely to want to help than you may think.**

This full article and more information regarding bullying can be found under the "Work/Life" section of [www.lytlecap.com](http://www.lytlecap.com).