



DID YOU KNOW...

Caffeine can actually help reduce the effects of dry eye syndrome? Caffeine can increase your eye's level of tear production.

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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.

Health and Wellness Fairs 2012

Get ready for this year's Health and Wellness Fairs! This year, the Plan Office will be hosting 4 fairs in 4 different locations to better serve all participants! Make sure you mark your calendar, because you will not want to miss out! Each event will be held from 10am—2pm. Dates and locations are on the back side of this newsletter.

As an added bonus, we have teamed up with Life Line Screening to offer **FREE** screenings for you and your eligible spouse at a value of \$170.00 per person! Life Line Screening will be conducting screenings from 9am—4pm. See



page 2 for complete details and registration information.

At the fairs, you will have the chance to visit the Plan Office table and make your Open Enrollment elections for 2013. You can also learn about our Wellness Incentive Program.

VSP and United Concordia will be on hand for you to learn about their programs and answer any questions you may have.

Again this year, Highmark will have their mobile unit in the parking lot where you can learn to navigate their website, play Wii and more!

You can relax and enjoy a much needed massage, have your posture checked and your blood pressure checked.

Representatives from the MAP will have a table where you can learn about all that they offer, including counseling, the Home Safe Program where they will reimburse you for your cab fee if you have had too much to drink and so much more!



Mobile Med will be on hand to update your drug cards, as well.

Each event will have its own uniqueness with providers specific to each location! You will have the chance to enter in a raffle to win some great giveaways at each location! So, mark your calendar, and we will see you soon!

Watch your mail for more information about the 2012 Health and Wellness Fairs!

Strokes are one of the leading causes of death and disability in the United States.

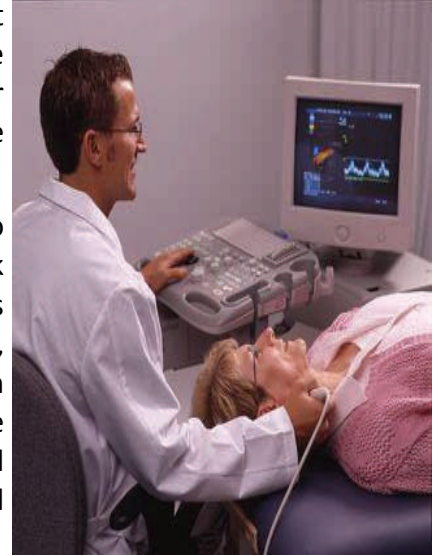
Most stroke victims have no apparent symptoms.

These screenings could save your life!

FREE SCREENINGS

Life Line Screening will be performing screenings at the upcoming Health and Wellness fairs. The screenings below will be offered to you and your eligible spouse at no charge! These screenings are valued at \$170.00 per person.

Life Line Screening will use ultrasound technology to perform vascular screenings to determine your risk of stroke, heart disease, aneurysm and other serious vascular conditions. In addition to the screenings, you will also have a Health Assessment. The Health Assessment will evaluate your risk for future disease through a simple finger stick blood sample and clinical measurements, including blood pressure and Body Mass Index.



Here is the deal:

There are 40 available screenings at each of the Health and Wellness Fairs. To register for a screening, you must call the Plan Office at 412-227-6740 or 800-927-3199 and specify which location you would like to have your screening take place. There are limited screenings available. The screenings are scheduled on a first come, first serve basis. The RSVP dates for each location vary. So, be sure to check the locations and cut off dates carefully in the upcoming mailing.

Once you have successfully registered for a screening with the Plan Office, you will receive a confirmation packet. Please be sure to read the packet thoroughly, as there will be pertinent information enclosed regarding your screenings.

Carotid Artery Ultrasound—an ultrasound scan of the carotid arteries that screens for buildup of fatty plaque, a leading cause of strokes.

Abdominal Aortic Aneurysm Ultrasound—an ultrasound scan that screens for the existence of aneurysm (enlarged) in the abdominal aorta that could lead to a ruptured aorta.

Peripheral Arterial Disease (PAD) Ultrasound—an ultrasound that screens for plaque build up in the lower extremities. It is 4-5 times more likely you will die from heart disease if you have PAD.

Atrial Fibrillation—A quick and easy test using EKG electrodes placed on the arms and legs to identify the presence or absence of an irregular heartbeat. Atrial Fibrillation increases the risk of stroke by 5 times.

Highmark Caring Place

The Highmark Caring Place is dedicated to children, adolescents and their families who have lost a loved one. It is a safe place with safe people where children and their families can:

- **know they are not alone in their grief**
- **share their feelings, memories and experiences, in an atmosphere of non judgemental acceptance**
- **see that what they are going through is normal**
- **know that hope and healing are possible**

The children and their parents who attend Caring Place sessions receive support and encouragement from other members of their groups—other children and adults who have

experienced the same types of losses. At the Caring Place, friendships are made, and even in the difficult time of grief, laughter is shared.



The Highmark Caring Place is a **free** service. They offer free parking and light meals during sessions.

For more information on the Caring Place, visit www.highmarkcaringplace.com, or call one of their locations below.

You can also visit their display table at the upcoming Health and Wellness Fairs!

The Caring Place Locations

Pittsburgh

620 Stanwix Street
Pittsburgh, PA 15222
(888) 224-4673

Erie

Bayview Office Park, Bldg. 2
510 Cranberry Street
Erie, PA 16507
(866) 212-4673

Central PA

3 Walnut Street, Suite 200
Lemoyne, PA 17043
(866) 613-4673

Warrendale

200 Warrendale Village Drive
Warrendale, PA 15086
(888) 734-4073

Here's What's Cooking...

NO-BAKE PROTEIN BARS

What you will need:

- 2 cups quick cook oats
- 1/2 cup natural peanut butter
- 4 scoops vanilla protein powder

- 1 tbsp ground flaxseed
- 1/2 cup water

(Optional ingredients: 1 tsp cocoa powder, dried fruit, raw maple syrup or honey to be drizzled on top of pressed dough when putting in freezer.)

Begin by lining a loaf dish with parchment paper. Using clean hands, knead all

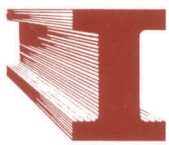
ingredients in a large prep bowl. Next, spread the dough into the dish, pressing down to flatten. Use a spatula to smooth out the surface. Freeze for 30 minutes, then cut into 6 large bars. Serve and refrigerate the rest.

Each bar has:

22 grams of protein, 5 grams of dietary fiber, 310 calories and



This recipe can be found in the August 2012 volume of Oxygen Magazine.



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Mark Your Calendar!

In the coming months, the Plan Office will be hosting 4 Health and Wellness Fairs. Be sure to mark your calendar, and come to one in your area! More details inside!

October 27, 2012

Hilton Garden Inn, Pittsburgh/Southpointe
1000 Corporate Drive
Canonsburg, PA 15317

November 3, 2012

Bayfront Convention Center
1 Sassafras Pier
Erie, PA 16507

November 10, 2012

Regional Learning Alliance
850 Cranberry Woods Drive
Cranberry Township, PA 16066

November 17, 2012

Clearfield County Career and Technology Center
1620 River Road
Clearfield, PA 16830