



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...

USING THE LEFT SIDE OF YOUR BRAIN CAN MAKE YOU HAPPIER?

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Winter Workouts

Being active is an important part of healthy living. Sure, it is easier to stay active in the spring and summer when the sun is out and the air is warm. Staying motivated in the colder months can be hard. Keep your goals in mind and use them as motivation to keep moving! Do you want to lower your blood pressure or cholesterol, or is your goal to lose weight? You have to have a plan and stick with it.



Try the following to get your workouts in even in the colder weather.

- **While watching your favorite program on TV, use the commercial breaks to sneak in some exercises!**
- **Wake up and stretch! Get your blood flowing early, and you will see your energy levels soar!**
- **Try something new. Need an idea? Try spinning, weight training or yoga.**
- **Keep a journal. Log your workouts. This will keep you accountable.**
- **Buy yourself new gear!**
- **Go swimming! Swimming is a great workout, and there are plenty of indoor pools!**
- **Keep your weights in a place that you can get to easily.**
- **Sign up for a class. You will be more likely to stick with it, because you will not want to throw your money away.**
- **Switch up your music playlist.**
- **Join a league. Check your local municipalities for basketball or volleyball pick up games.**

Don't forget to reward yourself from time to time too. Be proud of your accomplishments, and don't let the cold weather hold you back from accomplishing your health goals.

*Get the most
out of
your doctor
visits by
being
prepared.*

Personal Health Partners

Personal Health Partners lends a hand with the many aspects of family health care. You and your family members have access to a Personal Health Partners specialist who can answer questions regarding specific treatment options, secure appointments with specialists and help answer questions related to insurance matters. Our case managers are experienced in coordinating with health insurance representatives, social workers, claim representatives, pharmaceutical companies, doctor's offices and nurses. The service is free to you and your family members including parents and parents-in-law. Personal Health Partners is offered through the Member Assistance Program (MAP). Call 888-877-8997 or visit their website, www.lytleap.com. You can use the password *ironworkers*.

Be An Educated Patient

You have an upcoming doctor visit, are you prepared? Showing up prepared will help you get the most out of your visit. First thing's first, take a notebook and pen with you. It can be hard to remember everything the doctors and nurses tell you, so write it down. Have a list of questions ready. This list will be beneficial to you during your visit.



1. **If you are seeing a new physician, are they open to communication?**
2. **Does the physician agree to answering questions regarding your health? If there is a lack of communication, this may not be the physician for you.**
3. **Will you be the physician for my appointments?**
4. **What is the procedure if assistance is needed after hours?**
5. **What do you think is causing my problem?**
6. **Could there be another condition that is causing this problem?**
7. **Will I require any type of testing?**
8. **Will this be covered under my insurance?**
9. **Is this test needed, and are there alternative tests (blood work)?**
10. **Will the test hurt?**
11. **How safe are the tests, and what are the benefits and risks?**
12. **How exact are the tests for this condition?**
13. **What is the preparation, and are there alternatives?**
14. **If medications are prescribed, can I take a generic form?**
15. **Can I take this with vitamins and over the counter medications?**
16. **What are the side effects and possible cost?**
17. **If the medications are too expensive, does the physician have samples?**
18. **What is the treatment plan for this diagnosis, and will it be long term?**

Be An Educated Patient *(continued)*

19. What are the pros and cons of the treatment chosen?
20. Will there be side effects of the treatment?
21. How often is this treatment, and what is the recent research on this type of treatment?
22. If the symptoms get worse, when should I contact the physician?
23. If surgery is required, what are the risks and what are the alternatives?
24. Will you follow my case in the hospital?
25. Has the surgeon performed this surgery before, and if yes how often?
26. What is the percentage of hospital acquired infections?
27. After surgery, what should I expect concerning pain?

It never hurts to be prepared, especially when it comes to your health! You can find this list and more information by visiting www.lytleap.com.

Get Creative!

Creativity isn't just for the kids! Using the left side of your brain can actually make you happier, less anxious and more resilient. By working your brain in different ways, you can disrupt negative thought patterns and develop new paths to stress relief!

If you are looking for ways to spark innovation into your every day life, try any of the following:

Make a new dish

Make art

Color

Build something

Write a poem or a song



Think outside the box, and try something new! Doing so will ignite a spark and help you relieve stress!

Here's What's Cooking...

Greek Zoodle Salad

You may be wondering what a zoodle is. Zoodles are zucchini noodles. This recipe is a great alternative to a high carb pasta salad!

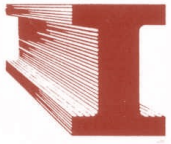


What you will need:

- 2 zucchinis
- 1/4 of a cucumber, chopped
- 10 cherry tomatoes, halved
- 10 pitted Kalamata olives, halved
- 1/4 cup of thinly sliced red onion
- 2 ounces of crumbled feta cheese
- 2 tbsp of extra virgin olive oil
- 2 tbsp of fresh lemon juice
- 2 tsp of dried oregano
- salt and ground black pepper to taste

First, cut the zucchini into noodle-shaped strands using a spiraling tool. Place "zoodles" in a large bowl and top with cucumber, tomatoes, olives, red onion and feta cheese. Next, whisk olive oil, lemon juice, oregano, salt and pepper together in a bowl until dressing is smooth. Lastly, pour over "zoodle" mixture and toss to coat. Marinate salad in refrigerator for 10 to 15 minutes.

This recipe can be found at Allrecipes.com



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CONGRATULATIONS!



Once again, we have a new winner of the \$7,500 drawing!

The 2016 Wellness winner goes to John Denzer! John's name was pulled at the December Union meeting, and he received a check for \$7,500! Your name could be pulled this December if you, and/or your eligible spouse, complete any of the

wellness incentives! Now, more than ever, it is so easy to be entered! Simply complete any of the incentives listed, and Highmark will report back to the Plan Office when they are completed. You will then receive \$50 in your Value Bank, and you will be entered into the drawing!
Easy enough right?

Wellness Incentives include member and/or eligible spouse completing any of the following:

- **Colorectal cancer screening**
- **Prostate exam**
- **Mammogram**
- **Gynecological exam**

Could you be a winner this year?