## Mar - Apr 2013
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During the first quarter of 2013, Benefit Options Wellness has been focusing on nutrition and fitness. Beginning second quarter, we will be focusing on Healthcare Consumerism which will educate employees how to be more proactive about their healthcare. Continue to visit the wellness website at www.benefitoptions.az.gov/wellness to find classes and screenings near you.

## Good Nutrition on a Budget

In a tough economy, many Americans reduce the amount of money they spend on food. But at what cost to their health?

Research has determined a strong correlation between obesity, unhealthy eating habits and lower economic status. As the price of food rises, many people may sacrifice nutrition for dollars. It is a myth that eating healthy costs more, or that it is necessary to shop at high-priced health food stores for the best items. Learning to become a savvy shopper allows even the most budget-conscious individuals to make healthy choices.

In order to get the most nutrient-bang for your buck, shop the perimeter of the grocery store, where the fresh produce, whole grains and low-fat dairy are located. As often as possible, avoid the inner aisles, this area is packed with high-fat and high-calorie snacks. While saving money, it is possible to gain more sustenance and nutrition. For example, a bag of potato chips might cost a dollar, choosing a medium size apple or snack-size bag of unsalted nuts can be purchased for about the same price or possibly a few cents cheaper.

Feeding a family on a tight budget is a challenge but here are some steps many people use to stretch food dollars while taking good care of their families:

**Make a food budget.** Start by looking at your weekly or monthly expenses. By doing this you are able to see how much you currently spend on food at the grocery store or going out to eat. Before heading to the store, plan your families meals and snacks for the week. Not only does this keep you on track at the store, but it makes you less likely to spend money on items that you do not need. Another way to save a few more dollars is to check the weekly grocery ads for specials or additional coupons.

*Budget, pg. 3*

## Manage Your Own Healthcare through Health Plan Websites

Maximize your Benefit Options Medical plan by utilizing the available health plan websites. On these websites, you can review your personal profile, view the status of medical claims, obtain general medical information, and find providers in your network. In addition, see what your network offers for 'extra benefits.'

**Aetna:** Aetna's Express Lane offers quick links to the EPO Plan, PPO Plan, HSA, Aetna Extras, and a Toolkit. On this site, Aetna members can create a user name and password and have access to: Aetna Navigator where you can verify your benefits and eligibility in addition to having access to detailed claims status and claim Explanation of Benefits (EOB) statements. Also available is the option to print a temporary card or order a replacement ID card, contact Aetna Member Services and Aetna's 24/7/365 NurseLine information. Aetna mobile will help you when you are on the go by simply typing aetna.com into your smart phone to access doctors, Aetna Navigator, and much more. There is even an iPhone application available for downloading. All of the above, and more, can be found by visiting www.aetnastateaz.com.

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Benefit Options Choice Value Health

***benefitoptions.az.gov/wellness***
100 N 15th Ave, Suite 103 Phoenix, AZ 85007
**Email:** wellness@azdoa.gov **Phone:** 602-771-9355

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## Mobile On-Site Mammography (MOM)

Mobile On-Site Mammography (MOM) travels to perform mammography screenings at worksites across Arizona. MOM will directly bill insurance. Benefit Options health plan members do not have to pay a copay at these events. **PPO members who have not reached their deductible will pay coinsurance.**

MOM
Mobile On-site Mammography

**Call MOM at 480-967-3767 to schedule your appointment**

**Scheduled Screenings:**

**Mar 5 -- ADOT**
**1601 W. Jefferson, Phoenix**
**8:00a-5:00p**

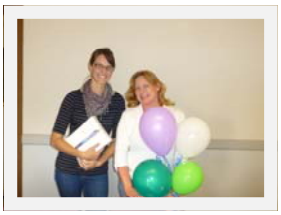
**Mar 12 -- ADOT**
**1221 S. 2nd Ave, Tucson**
**11:00a-5:00p**

**Mar 14 -- State of AZ, Tucson Complex**
**400 W. Congress, Tucson**
**7:30a-4:30p**

For additional dates visit: **www.benefitoptions.az.gov/wellness**

## Congratulations iPad recipients!

**James Borders of AHCCCS**
**Judy Rascon of DOC**
**Aleks Woodroffe of Dept. of Agriculture**
**Terri Dillard of DOC**
**Frederick Martin, Retiree**
**Elisa Molina of DES**



**The iPads were donated by the Arizona State Credit Union for participants in the Health Assessment which ended December 10, 2012!**

# Mini Health Screenings

**All State employees and Benefit Options members are eligible to participate in mini health screenings.**

The basic screenings are **FREE** and optional screenings are priced as indicated:

- Height & weight; BMI;s blood pressure; and percent of body fat (body composition).
- Cholesterol and blood sugar (fasting and non-fasting available)
- Facial skin analysis with Visiderm machine
- Free osteoporosis screen for women 40 and older. $30 for women under age 40.
- $5 PSA screen (blood draw) for men 40 and older. $42 for men under age 40.

*You will need your Employee Identification Number (EIN) and/or Insurance card for these events. No appointments necessary.*

## Schedule of Worksite Screenings:

**Mar 6 -- ADOT-Yuma**
**2243 E. Gila Ridge Rd.**
**6:30a - 9:30a**

**Apr 2 -- Game & Fish, Phoenix**
**5000 W. Carefree Hwy**
**8:00a - 10:00a**

**Apr 4 -- ASU, Phoenix***
**UCENT 822A**
**8:00a-12:00p**
***ASU Employees Only**

**Apr 9 -- ASU, Tempe***
**MU 085-Union Stage Lower Level**
**7:30a-1:30p**
***ASU Employees Only**

For questions about these screenings, please contact Benefit Options Wellness at wellness@azdoa.gov or 602-771-9355. If you would like to have a Mini Health Screening at your agency please let us know and we will do our best to accommodate you and your employees.



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# Budget, continued

**Make a shopping list and be a smart shopper.** Your shopping list should include the items for your weekly meals and how much of each item you need. Again, by checking the weekly ads, you can save time and money at the store by planning ahead.

**Prepare food at home.** Not everyone has the time or likes to cook, but it is often the best way to stretch your food dollars. Cooking at home helps you ensure that your family gets the nutrition they need without unwanted extras, such as too much fat, sugar, or salt. Some helpful tips to make food preparation easier when you are busy are; keep it simple and stick to the basics, cook on the weekends when you have extra time and make several meals and freeze them for a quick reheating later in the week, involve other family members - children love to help with food preparation by mixing or pouring ingredients.

## Healthy Foods Under One Dollar:

Many healthy foods can be found for under $1. Here are some suggested items to grab instead of discounted high-fat or high-calorie foods:

- Apples. These are inexpensive to buy, come in several varieties and are packed with filling fiber.
- Bananas. When buying a bunch, purchase a couple ripe to eat soon, and then buy the rest of the bunch green. This way fewer bananas go to waste.
- Broccoli. One of the cheaper fresh vegetables, broccoli can be eaten raw, added to salads, steamed for a side dish or used in stir-fry.
- Beans. Whether you choose black, pinto, garbanzo, or kidney beans they are packed with fiber and are great sprinkled on salads, added to soups, or even eaten as a side dish. While a can costs less than $1, purchasing a bag of dry beans is the cheapest route.
- Kale. One of the cheapest greens to be found in the produce section; it is high in beta carotene, vitamins C and K, and contains seven percent of calcium per serving.
- Oats. Typically a low-cost item, oats are high in fiber and proven to help reduce cholesterol. Beyond breakfast, eat as a snack, add in batters for cookies or as a coating for chicken or eggplant.
- Potatoes. An in expensive baked potato with the skin is a low-calorie, good source of vitamin C, potassium, and fiber. Sweet potatoes and yams are also good choices.
- Spinach. Skip the pre-washed and bagged options. Save money by grabbing a fresh bundle in the produce section or as an alternative, frozen. Spinach is a very healthy vegetable that is great on sandwiches, pizza, omelets, salads or blended into smoothies.
- Wild rice. Buy it in bulk or a box. It has a nutty flavor and is more nutritious than white rice.

Planning ahead not only helps you make better decisions and save more money at the store, it also reduces your stress and increases your likelihood of making healthy choice. Keep in mind that spending 15 minutes planning your meals can save you hours of wasted time and money down the road.

Resources: www.nutrition.gov, www.nlm.nih.gov, www.guidanceresources.com.

# Prostate On Site Projects (POP) Screenings

**Take a Stand Against Cancer…**
**It could be the most important 15 minutes you spend**

The State of Arizona offers FREE Prostate Cancer Screenings for benefit eligible, male employees 40 years and older. The POP mobile medical unit takes convenient, 15 minute appointments at your workplace. Man up; schedule your appointment NOW!

**Appointments required.**
**Call Today 480-964-3013**

**What you Need:**

- **UnitedHealthcare** and **BCBSAZ/AmeriBen** members please bring your Benefit Options insurance cards to your appointment.
- **Aetna** and **CIGNA** members and **non-Benefit Options members** please bring your State ID badge and Employee Identification Number (EIN) to your appointment
- **Retired Benefit Options members** please bring your Benefit Options card and your Employee Identification Number (EIN)

**Scheduled Screenings:**

**Mar 4 -- ADOT**
**16380 N. 59th Ave, Glendale**
**8:00am – 12:00pm**

**Mar 11 -- ADOT**
**206 S. 17th Ave, Phoenix**
**7:00am - 1:00pm**

**Mar 13 -- ADOT**
**206 S. 17th Ave, Phoenix**
**1:00pm - 5:00pm**

**Apr 24 -- DHS**
**150 N. 18th Ave, Phoenix**
**7:00am - 5:00pm**

For additional dates visit: **www.benefitoptions.az.gov/wellness**



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## Health Plan Websites, continued

### BCBS of AZ/Ameriben:

BCBS of Arizona's website is a place where Plan members can: Lookup provider's to find out if the doctor, hospital, retail clinic, or urgent care provider is contracted with BCBS of AZ. Once members create a user name and password you will have access to : **HealthGrades** which performs research on over 5000 hospitals national wide. You will also find award winning facilities and ratings on medical procedures and diagnoses. **Hospital Compare**, with this tool members can find information on how well hospitals care for patients with certain medical conditions or surgical procedures. On this site you can find claims details, explanation of benefits, and more. Visit www.myameriben.com to get started.

### Cigna:

Employees enrolled on the Cigna plan have access to their personal profile which verifies coverage, copays, deductibles, and gives you the ability to view the status of claims. Other features on Cigna's website: cost calculator for common medical conditions and services, hospital rankings by cost, number of procedures performed, average length of stay, and more. Cigna's interactive library helps employees gather information on various health related topics and also offers the feature to assess treatments. Employees also have the option for health coaching based on a quick online health assessment and the website also offers the option for employees to monitor their health records. These health records help keep track of medical conditions, allergies, surgeries, immunizations, and emergency contacts. To check out all Cigna has to offer visit www.mycigna.com.

### UnitedHealthcare (UHC):

Members of UHC can access benefit information, learn about available tools, resources and programs, view open enrollment materials and more. Once you become a member you can access the myuhc.com website to look up coverage, view claims, find a doctor or pharmacy in your area, tools and resources which include myHealthcare Cost Estimator, and a Personal Health Record. Another benefit of the website is the ability to connect with a nurse through live, one-to-one online Nurse Chats. Smart phone users can download the Health4Me application to find everything you need from physicians to plan details. To access UnitedHealthcare's website visit www.myuhc.com and register to see what other helpful tools and programs are offered.

Utilizing your health plan website can save you time and money. Each vendor has their own individualized 'extras' which offer discounts from gym memberships to discounts at various retail providers. Check out your plan's website today and start saving!

For more benefits information visit:
www.benefitoptions.az.gov

## Diet and Exercise as Stress-Reducers

Stress can take a tremendous physical toll on the body. It causes fatigue, tension, nervousness and loss of appetite. But you can control the effects of stress on your body through simple changes in your diet, exercise regimen and general outlook on your daily activities.

**Diet:** Stress affects people's diets in different ways. Some people experience a loss in appetite. Others overindulge in unhealthy foods, caffeine or tobacco as a defense against stress. Obviously either of these reactions can be a detriment to your health, so take steps to avoid exaggerating the effects of stress with your diet:

- Avoid foods that are high in fat or contain large amounts of sugar or salt. Inappropriate diet can lead to high blood pressure and increase tension.
- Avoid cigarettes and other tobacco products. Smoking is one of the most preventable causes of illness and death, and its impact on the body can only worsen stress levels.
- Eat sensible meals on a regular schedule, especially breakfast. Maintaining a well-balanced, nutritious daily diet increases your energy level and ability to deal with potentially stressful situations.

**Exercise:** Proper exercise not only helps you maintain your general physical well being, it also provides a much-needed break from the stressors in your life. Use these tips to fight stress by introducing regular exercise into your routine:

- When you begin to feel stressed, take a break and go for a walk. Even just stepping away from your desk for a few minutes can be helpful.
- Schedule time each day for workouts, and place as much priority on them as you would your other commitments. Your workout routine must become a set part of your day; otherwise it will be too tempting to avoid exercise.
- If possible, walk or ride a bike to work. If you must drive or take public transportation, use the stairs whenever possible to get that extra bit of exercise.
- Plan fun, physically challenging activities with your friends. This will help you set exercise goals and give you something to look forward to.

**Positive outlook:** Keep a positive outlook at all times. Studies show that people who are optimistic are more mentally and physically healthy than those that take a negative approach. When you see difficult situations as things that can be managed instead of insurmountable obstacles, you are more likely to solve the problems quickly and avoid stress. Stress is a normal part of life. The most important thing you can do is acknowledge its place in your life and refuse to let it beat you.

For more information about the effects of exercise and diet on stress visit: www.guidanceresources.com, www.myplate.gov, www.mayoclinic.com and www.webmd.com.



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# Healthy Recipe
## Garlic Salmon

Ingredients (Makes 4-6 servings):

1 1/2 pounds salmon filet
3 cloves garlic, minced
1 sprig fresh dill, chopped
5 slices of lemon
5 sprigs fresh dill weed
2 green onions, chopped
Salt and pepper to taste

Directions:

1. Preheat oven to 450 degrees. Spray two large pieces of aluminum foil with cooking spray.
2. Place salmon fillet on top of one piece of foil. Sprinkle salmon with salt, pepper, garlic, and chopped dill.
3. Arrange lemon slices on top of fillet and place a sprig of dill on top of each lemon slice. Sprinkle fillet with chopped green onions.
4. Cover salmon with second piece of foil and pinch foil together to tightly seal. Place on a baking sheet and bake for 20 to 25 minutes, until salmon flakes easily.

**Nutrition Information**
Servings per Recipe: 4-6

| | |
|---|---|
| Calories: | 169 |
| Protein: | 24g |
| Carbohydrates | 2g |
| Total Fat | 7g |
| Cholesterol | 50mg |
| Sodium | 48mg |
| Fiber | 1g |

You can pair this meal with grilled or steamed vegetables, or vegetable salad with a low-fat dressing.

For more healthy recipes visit: www.allrecipes.com

## Good Oral Health: Heredity or Habit?

The idea that cavities and dental decay are caused by "soft teeth" or bad genes is a made-up myth that just won't seem to die. Truth is, tooth decay is 100 percent preventable for everyone! What are passed from parents to children are the habits that fend off decay and keep smiles healthy and bright.

Get your family into the habit of good oral health. Set a good example by brushing and flossing everyday, and teaching children to do the same. Parents should wipe a baby's gums after feeding, and begin brushing teeth as soon as they erupt. Once a child knows how to spit, they should begin learning to brush their own teeth. Around age six, most kids get the hang of it, but parents should reinforce the importance of good brushing by spot-checking regularly.

All toothbrushes need to be replaced every three months, but children's brushes often wear out even earlier. Teach your children to notice frayed bristles, and remind you when they need a new toothbrush. Pointing out the importance of dental care will help reinforce the importance of good oral - and overall - health.

If your kids zone out at the mention of healthy habits, do not panic! There are still ways to pique their interest. The Smile Squad website (**www.smilesquadhq.com**) offers online games and animated adventures designed to teach good oral health habits to children in a fun, engaging way. You might just learn a thing or two yourself!

**For more information on oral health visit: www.azoralhealthexpert.com**

**The Wellness website has the complete list of screenings, classes and other programs available for request and scheduling at State worksites.**

Wellness events are requested and coordinated by State employees at worksites. If you are interested in hosting a program at your worksite, visit the Wellness website at: www.benefitoptions.az.gov/wellness to view what is available and learn what Wellness has to offer.

Event request forms must be completed and submitted online to wellness@azdoa.gov

Complete the brief form, including contact information, location and preferred event and click submit! A Wellness team member will reply to your request and begin scheduling your event.

**Log on Today!**
**Take advantage of the many available programs and services to keep employees healthy.**

Persons with a disability may request accommodations by contacting the ADOA Benefits Office. If you need this issue in an alternate format, please call 602-771-9355.



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