

BeWell News



For the fourth quarter of 2012, Benefit Options Wellness is focused on diabetes. As one of this quarter's highlighted features, Wellness offers mini health screenings to help in monitoring blood glucose and hemoglobin A1C levels. Also available are health management courses, mammography screenings and prostate cancer screenings. Visit the wellness website at www.benefitoptions.az.gov/wellness to find classes and screenings near you.

Metabolic Syndrome

Metabolic syndrome, also known as "Syndrome X," is the name for a group of five closely related conditions that can increase a person's risk of heart disease, stroke and is often thought of as a precursor for diabetes. According to the American Heart Association, 47 million Americans have it; that is nearly one out of every 6 people. The syndrome runs in families and is more common among African-Americans, Hispanics, Asians, and Native Americans.

What is it and how is it treated?

Metabolic syndrome is not a disease in itself. Instead, it is a group of risk factors including high blood pressure, elevated blood sugar, unhealthy cholesterol levels, and abdominal fat. Obviously, having any one of these risk factors is not good. However, when they are combined, they set the stage for very serious health problems. These risk factors double your risk of blood vessel and heart disease, which can lead to heart attacks and strokes in addition to increasing your risk of diabetes by five times!

According to the National Cholesterol Education Program and the American Heart Association, a person has metabolic syndrome if they have three or more of the following conditions: obesity, elevated blood pressure, elevated triglycerides, low HDL (or "good" cholesterol), and high fasting blood sugar (see chart on page 3). The more conditions that you have, the greater the risk to your health.

The best way to treat metabolic syndrome is through lifestyle changes. Losing as little as 7-10% of your body weight can drastically decrease your chances of developing health issues associated with metabolic syndrome. To achieve this weight loss, increase your activity level to at least 30 minutes a day and eat a healthy diet that is high in fruits, vegetables, lean proteins and whole grains.

Metabolic Syndrome, pg. 3



Mayo Clinic Health Assessment- Sept 3 through Dec 10

Why should I take the Health Assessment?

Why not? It is free and by simply taking the assessment you are automatically entered to win an Apple iPad! More importantly, the Mayo Clinic Health Assessment is a great way to get a snapshot of your overall health. If you have participated in one of our work-site health screenings or have recent results from your doctor, the Health Assessment is a way to monitor your results. After your results are entered, the website will automatically provide you with detailed recommendations to improve or maintain your health.

At Benefit Options Wellness, we are committed to helping employees improve their health and quality of life to live a better tomorrow. The Mayo Clinic Health Assessment is a confidential online questionnaire on the Embody Health portal www.bewellstaywell.az.gov. The Health Assessment gathers information to help employees prioritize health risks and provides programs to motivate employees into adopting healthy lifestyle habits.

Health Assessment, Page 4

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.**



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

Scheduled Screenings:

Dec 6 -- ADOT-MVD
1840 S. Mesa Dr.
7:00a-11:00a

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



Mountain Bike Basics

Saturdays, November 3, 10, and 17 from 12pm until 4pm, Park Ranger Randy Victory of Dead Horse Ranch State Park in Cottonwood will offer guided mountain bike rides. Cost is \$5.00 per rider. Regular

entrance fees to the park will apply. Annual passes will also be honored.

These will be beginner trail rides on the dirt with a little instruction on the pavement. Victory, a certified cycling instructor will touch on everything from basic riding techniques to trail etiquette. Although the rides are oriented towards beginners, everyone is welcome to attend (minimum age is 14).

Riders are **required** to wear a helmet and complete an acknowledgement of risk form (parents must sign for riders under 18 years old). Riders should also bring water and make sure their bike is in good working order. Riding gloves and puncture protection such as Slime or Tuffy liners are strongly recommended.

The rides will start at the Raptor Trailhead at the top of Roadrunner Road, ask for directions at the ranger station.

For more information, call Ranger Randy at 928-301-1190. You can also email rvictory@azstateparks.gov with questions.

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; 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:

Nov 6 -- DES - Yuma
1185 S. Redondo Center Dr.
8:00a - 10:00a

Nov 13 -- DPS - Tucson
6401 S. Tucson Blvd.
8:00a - 10:30a

Nov 14 -- DPS- Phoenix
2102 W. Encanto Blvd.
8:00a-10:30a

The results of your health screening can be used when filling out your Mayo Clinic Health Assessment. This is a great and convenient way to monitor your health!

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.

Metabolic Syndrome, continued

Know Your Numbers:

According to the American Heart Association and the National Heart, Lung, and Blood Institute, there are five risk factors that make up metabolic syndrome. A combination of three or more of the below risk factors could indicate Metabolic Syndrome:

Large Waist Size	<i>For men:</i> 40 inches or larger, <i>For women:</i> 35 inches or larger
Cholesterol: High Triglycerides	150 mg/dL or higher <i>or</i> Using a cholesterol medicine
Cholesterol: Low Good Cholesterol (HDL)	<i>For men:</i> Less than 40 mg/dL, <i>For women:</i> Less than 50 mg/dL <i>or</i> Using a cholesterol medicine
High Blood Pressure	Having blood pressure of 135/85 mm Hg or greater <i>or</i> Using a high blood pressure medicine
Blood Sugar: High Fasting Glucose Level	100 mg/dL or higher

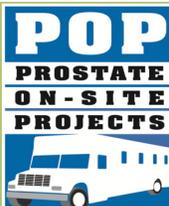
If you have just been diagnosed with metabolic syndrome, you might be anxious. But think of it as a wake-up call. It is time to get serious about improving your health. Making simple changes to your lifestyle now can prevent serious illness in the future.

Not sure how to add physical activity into your already busy schedule? Here are some tips to help you get started:

- Take the stairs instead of the elevator
- Take a brisk 10 minute walk in the morning, at lunch, and after dinner
- Park your car at the far end of the parking lot when running errands
- Play outside with your children- go hiking, play tag, or ride bikes
- Rake your leaves instead of using a leaf blower

Trying to eat healthier? Recent studies have shown that adding nuts to your diet and using olive or canola oil when cooking can aid in reducing your risk of metabolic syndrome. You should also aim for 3 to 5 servings of fruits and vegetables daily. Some ways to achieve that are by adding berries or bananas to your breakfast cereal, have a side salad rather than chips with your lunch, try baby carrots, celery, or grape tomatoes as an afternoon snack.

Resources: www.mayoclinic.com, www.webmd.com,
www.intelihealth.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:

Nov 1 -- Deer Valley USD*
20402 N. 15th Ave.
7:00am – 1:00pm

Nov 27 -- City of Tempe*
City Hall
31 E. 5th St.
7:30am – 1:00pm

Nov 28 -- City of Tempe*
Apache Substation
1855 E. Apache Blvd
7:30am - 1:00pm

Nov 29 -- City of Tempe*
Tempe Library
3500 S. Rural Rd.
7:30am - 1:00pm

***Non-State Sites, state employees are encouraged to attend.**

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

Health Assessment, Continued

What else does the Health Assessment Offer?

You have entered your results and you are ready to make positive changes to improve your health, the Mayo Clinic Health Assessment provides you with programs like:

- Health Coaching
- My Fitness Solution
- My Weight Solution
- My Stress Solution
- My Smoke-Free Future
- Healthy Pregnancy Program

By taking the 15 minute Health Assessment, not only are you entered to win an Apple iPad, but depending on the results of your Health Assessment, you may qualify for free telephonic Health Coaching from a Mayo Clinic Specialist. For instance, if your Health Assessment shows that you have high blood pressure and high cholesterol you have the option to utilize the free Health Coaching.

How does the health coaching work?

When you answer all of the Health Assessment questions, you will be provided with the health coaching offer form. Once you have completed the form and consented to follow up, you will receive a 5 minute phone call within the next few days to schedule your first coaching call.

With the support of your coach, you will choose which health goals are most important and which action steps make sense for your life. This call takes about 30 minutes. Together with your coach, you will craft an immediate action plan that is personal and realistic. You will gain the confidence you need to stay energized. Your coach will schedule follow-up calls at your convenience to check on your progress and find solutions to help you stick with your plan.

Give me a reason why...

In 15 minutes you get an opportunity to improve your health, use a free wellness tool that offers many great programs and recommendations to improve your health, and be entered to win an Apple iPad!

Find your healthy state of mind by plugging into your BeWell Benefit!

Health Assessment Dates:

Sept 3 to Dec 10, 2012

Website:

www.bewellstaywell.az.gov

A special thanks to the Arizona State Credit Union for donating iPads to reward employees for investing in their health.

Kronos Health Management Series

Benefit Options Wellness contracts with Kronos Optimal Health to provide Health Management Courses to help you manage your cholesterol, hypertension, weight, or nutrition. Here is what is starting in the next two months...

5-Week Fitness Management Course:

Nov 29 to Dec 20 -- DOE
1535 W. Jefferson
Thursdays from 12:00pm to 1:00pm

Cost: \$10, paid at first class by cash, money order, or check. Checks payable to ADOA-HITF.

Register: www.registerformyevent.com/SADOA

1-Hour Wellness Seminars:

Nov 8 -- Holiday Survival
ADOA
100 N. 15th Ave, Suite 103
Thursday from 11:00am to 12:00pm

Cost: FREE

Register: Email wellness@azdoa.gov

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

Congratulations to the first two iPad recipients!

James Borders of AHCCCS

Judy Rascon of DOC



The iPads were donated by the Arizona State Credit Union and delivered to James and Judy by our Prize Patrol. With 4 more iPads left to give away, maybe you'll be next!

Take your Health Assessment today at

www.bewellstaywell.az.gov

Healthy Recipe

Minestrone with Endive and Pepperoni



Ingredients (serves 6, 1 1/2 cups each):

- 1 T extra-virgin olive oil
- 1/2 cup chopped, fresh or frozen (thawed) bell peppers
- 5 cups reduced-sodium beef broth
- 1 1/2 t dried oregano
- 1t dried thyme
- 2/3 cup whole-wheat elbow noodles or other small pasta
- 1lb mixed soup vegetables (potatoes, carrots, celery, onion)
- 1 cup frozen baby lima beans, thawed
- 1 15-ounce can diced tomatoes with garlic and onion
- 1/2 cup diced pepperoni or turkey pepperoni
- 3 cups coarsely chopped curly endive, tough stems removed
- Pepper to taste
- Freshly grated parmesan cheese for garnish

Directions:

1. Heat oil in a large saucepan or dutch oven over medium-high heat. Add bell peppers and cook, stirring for 3 minutes. Add broth, oregano and thyme; bring to a rolling boil over high heat. Add pasta and cook for 3 minutes less than the package directions.
2. Add mixed soup vegetables and lima beans. Bring to a boil over medium-high heat; boil until the vegetables are almost tender, about 3 minutes. Stir in tomatoes, pepperoni and endive; return to a boil. Adjust the heat and simmer until the endive is just tender, about 5 minutes. Season with pepper and garnish with parmesan.

Nutrition Information

Servings per Recipe: 6

Calories:	213
Protein:	9g
Carbohydrates	28g
Total Fat	7g
Cholesterol	14mg
Sodium	352mg
Fiber	5g

Exchanges: 1 1/2 starch, 1 vegetable,
1/2 lean meat, 1/2 fat

For more healthy recipes visit: www.eatingwell.com

The Science of Smiling

Believe it or not, a smile does a lot more than tell someone about your mood. Simply lifting the corners of your mouth can make strangers happier, improve your own mood and may even extend your lifespan if you do it often enough. After studying the effects of smiling, scientists have some not-so-surprising conclusions.

A big genuine smile may mean a longer life. According to a study conducted at Wayne State University in 2010, players in an old baseball almanac who wore big grins lived more than seven years longer than the players who did not smile.

Smiles are contagious. Not only do we feel like smiling when we see others with happy expressions, it is also pretty difficult to frown when you are looking at someone who is joyful.

Smiles send subliminal messages. Want your audience to feel a little goodwill toward your admittedly dull presentation? Sneak in a slide of a smiling face. Even when test subjects were shown an image of a smiling face for just four milliseconds, they perceived boring material as more interesting.

Even a fake smile can make you happier. In a bad mood? Make yourself smile. Even though it may not be one of those eye-crinkling, tooth-bearing, blinding grins, it will probably improve your spirits. It may even eventually lead to the real deal.

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.