

# BeWell News



With the transition from third to fourth quarter of 2013, Benefit Options Wellness is focused on diabetes. Wellness offers mini health screenings to help monitor your blood pressure, cholesterol, and blood glucose levels to assess your risk for diseases such as diabetes. Also available periodically are cholesterol, hypertension, weight, and stress management classes, in addition to flu shots to keep you healthy during flu season. To find classes, flu clinics, and screenings near you, visit Wellness at [www.benefitoptions.az.gov/wellness](http://www.benefitoptions.az.gov/wellness).

## Take the Mayo Clinic Health Assessment for Your Health!

Benefit Options Wellness contracts with Mayo Clinic to provide the Embody Health Web Portal at [www.bewellstaywell.az.gov](http://www.bewellstaywell.az.gov), featuring the Mayo Clinic Health Assessment. This program aims to help employees and their dependents increase their health knowledge and engage in lifestyle changes to improve their health and overall quality of life. The interactive platform allows participants to use the information in a way that is manageable and convenient for a fast paced, busy lifestyle.

Mayo Clinic's web portal provides employees and their families with reliable and confidential resources that cater to the specific needs of each individual. Programs include: My Weight Solution, Symptom Checker, Healthy Recipes, and Health Coaching, all from expert health professionals at Mayo Clinic. Additionally, employees can utilize the portal to find information on all State of Arizona and Benefit Options Wellness health resources. It truly is your one stop for everything Wellness has to offer.

Beginning September 3, take the Mayo Clinic Health Assessment and enter to win one of six iPads donated by the Arizona State Credit Union. If you recently participated in a Mini Health Screening, enter your data for the most accurate results, although this is not required for assessment completion. Use the health assessment to identify personal health strengths as well as areas to improve, then take part in one or more of the programs recommended to you. By participating, you may also be eligible for free health coaching by a Mayo Clinic professional. Take a moment to register and log on, then explore all of the tools and resources on the EmbodyHealth Portal. Sync Up to Wellness this fall and end this year as your healthiest you!

For more information or help getting started, please email [wellness@azdoa.gov](mailto:wellness@azdoa.gov), or call (602) 771-9355.

## Sept-Oct 2013 Topics in this Issue:

- Mayo Clinic Health Assessment
- Diabetes: Separating Fact from Fiction
- Mobile On-Site Mammography (MOM)
- Mini Health Screenings
- Prostate On Site Projects (POP) Screenings
- Flu Vaccine Clinics
- Healthy Recipe
- Conquer Dental Anxiety

## Diabetes: Separating Fact from Fiction

Diabetes is a term that almost all of us recognize. However, it is a complex and often misunderstood disease that impacts more than 25 million adults and children in the United States (CDC, Division of Diabetes Translation, 2012). Diabetes can lead to serious complications when not managed correctly, and there is no cure. However, people who adopt healthy lifestyle behaviors, educate themselves on diabetes management, and work with their healthcare providers can manage the disease and lower their risk of worsening symptoms and/or co-morbidities (additional illnesses associated with diabetes).

### What is Diabetes

Diabetes includes a group of conditions marked by high levels of blood glucose resulting from defects in insulin production, insulin function, or both. Type 1 diabetes is characterized by the body's inability to create the necessary hormone, insulin. Type 2 diabetes is characterized by insulin resistance in the bodies' cells, progressively worsening until the pancreas loses its ability to create the hormone altogether. Gestational diabetes is a third variation, diagnosed usually around the 24th week of pregnancy. While this form may only last during pregnancy, it is important to manage in order to prevent complications.

*Diabetes, Page 2*

## Diabetes, Continued

### Myths of the Disease

While a diabetes diagnosis is not to be taken lightly, there are several misconceptions surrounding life with diabetes. Learning facts from both your doctor and a Certified Diabetes Educator are two ways to help make living with diabetes as manageable as possible. Below also are some common myths associated with the disease, along with facts about diabetes self care.

#### **Myth: People with diabetes can't eat sugar.**

**Fact:** If you are managing your blood sugar levels, some sugar can be a part of a healthy diet. Diet recommendations for those with diabetes are very similar to all adults. Limit high saturated fat foods, excess sugar, trans fats, and salt. A diabetic diet should be rich in whole grains, fresh produce, fiber, and lean produce. Work with a dietitian to find the right meal plan for you and your needs.

#### **Myth: Eating too much sugar causes diabetes.**

**Fact:** Diabetes is not caused by eating sugar, and in fact the sugar in food is not the same as "blood sugar" found within the body. Instead, the various types of diabetes are caused by insulin defects that may be outside a person's control. Nonetheless, lifestyle factors such as poor diet do contribute to diabetes onset, especially type 2 diabetes.

#### **Myth: I don't have a family history, so I won't get diabetes.**

**Fact:** Many people who are diagnosed with diabetes do not have a family history. Likewise, there are plenty who do have diabetes in their family, and yet will never be diagnosed. Having a family history however, does raise your risk. Type 1 diabetes is not preventable, but you can make lifestyle choices to significantly reduce your risk of type 2 diabetes. Research indicates that reducing your body weight (if you are overweight) by 10% can cut your diabetes risk in half. Include physical activity and a diet low in added sugar, sodium, and saturated fats to reduce your risk of a diabetes diagnosis later in life.

#### **Myth: I can't exercise because I have diabetes.**

**Fact:** Most people with diabetes *should* exercise, and it is often part of a diabetes treatment program. Through exercise, your body better utilizes insulin, weight is better regulated, and the risk of other health implications are reduced. Remember to always speak with your doctor prior to beginning any kind of exercise program.

For more information on diabetes management, talk to your doctor, and visit The American Diabetes Association website for information, tips on healthy living, and guidance on how to live well while living with diabetes. Visit [www.diabetes.org](http://www.diabetes.org) today for more information.

## 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 listed:

- Height & weight; BMI; blood pressure; and percent of body fat (body composition)
  - Cholesterol and blood sugar (fasting and non-fasting available)
  - Facial skin analysis
- 
- 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 appointment necessary.*

### Schedule of Worksite Screenings:

Sept 12 --	Department of Education 3300 N. Central Ave., Phoenix 11:30a-1:30p
Sept 12 --	DEMA, Phoenix 5636 E. McDowell Rd. 8:00a-10:00a
Sept 26 --	AZ State Hospital 501 N. 24th St., Phoenix 8:00a-10:00a

### Additional dates to be added.

For questions about these or other screenings, please contact Benefit Options Wellness at [wellness@azdoa.gov](mailto:wellness@azdoa.gov) or 602-771-9355.

If you would like to host a Mini Health Screening at your agency please let us know and we will do our best to accommodate you and your employees.

## 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 EPO 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:

- Oct 01— Department of Health Services  
150 N. 18th Ave., Phoenix  
7:00a-6:00p
- Oct 16— AZ State Hospital  
2500 E. Van Buren St., Phoenix  
6:30a-11:30a
- Oct 21— Department of Revenue  
1600 W. Monroe, Phoenix  
7:00a-5:00p

For additional dates and locations near you visit:  
[www.benefitoptions.az.gov/wellness](http://www.benefitoptions.az.gov/wellness)

## Diabetes and Stress: A Link?

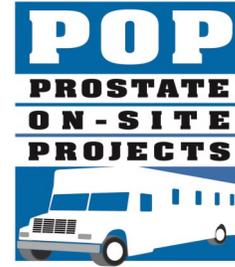
Stress has been shown to worsen symptoms in a variety of disease states, both chronic and acute. Stress is identified as a physical or psychological response to a stressor, as well as a reaction to a specific stressful circumstance. It commonly results in increased heart rate, blood pressure, weakened immune function, and can also increase the release of stress related hormones in the body. Moreover, increased stress levels over time commonly affect a person's ability to maintain adequate self-care, leading to dietary deficiencies, insufficient physical activity, and chronic sleep deprivation.

Recent evidence suggests that stressful experiences—especially over time—may have a substantial effect on diabetes, in terms of both onset and the exacerbation of symptoms. Stressors, no matter the source, can be the catalyst for a diabetes diagnosis in individuals who are at high risk. In those who already suffer from diabetes, stress can create higher levels of glucose in the blood and make managing the condition more difficult.

Diabetes and Stress, Page 4

## 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. Maintain your health, schedule your appointment NOW!

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

### What you Need:

- **United Healthcare** 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:

- Sept 10 — Department of Health Services  
1740 W. Adams, Phoenix  
7:30a-11:30a
- Sept 24 — Yuma County  
Main Library 2951 S. 21st Dr., Yuma  
9:00a-1:00p
- Oct 31 — ADOT, Flagstaff  
1801 S. Milton, Flagstaff  
12:00p-5:00p

For additional dates and locations near you visit:  
[www.benefitoptions.az.gov/wellness](http://www.benefitoptions.az.gov/wellness)

## Diabetes and Stress, Continued

Stress is an inevitable part of life, however it does not have to worsen diabetes. For those dealing with the daily management of a specific diabetes type, there are healthy coping mechanisms which will reduce negative symptoms, help make blood sugar management easier, and also improve quality of life. Consider adopting one or more of the following techniques in order to better manage your condition:

1. If you are newly diagnosed, consider a support group to help you manage the stress of your new lifestyle.
2. Make a priority to spend sixty minutes per day on you. Whatever type of self-care you choose, be sure that it is an activity that is simply for you, and one that you enjoy.
3. Get physically active. If hitting the gym isn't within your comfort zone, start a walking group, or see *Improve Your Health by Increasing Your Activity at Work* for simple ideas to increase total activity.
4. Aim for more when it comes to diet. Increase your consumption of produce and whole grains, instead of focusing on the foods that you should avoid.

For more help with stress management, visit the CDC website, <http://www.cdc.gov/features/handlingstress>.

## Stay Healthy this Flu Season

State of Arizona employees and Benefits Options members (retirees, spouses, and dependents aged 4 and older) have three options to receive a free flu vaccine through Benefits Options Wellness this flu season.

Through worksite flu vaccine clinics, Benefit Expo Clinics, or by visiting any Healthwaves public flu clinic between September 1 and December 31, 2013, eligible members and their dependents can help prevent the flu this season by receiving an annual flu vaccine. Flu vaccines are an effective way to help reduce your risk of contracting the virus, and also help keep your family and those around you flu free.

Please visit the Benefits Options Wellness website at [benefitoptions.az.gov/wellness](http://benefitoptions.az.gov/wellness), and click on the Flu Shots tab for a listing of flu vaccine clinics statewide.

In addition, you may also visit the Healthwaves Corporate Wellness website for a listing of public flu clinics at [www.healthwaves.com](http://www.healthwaves.com).

Help fight the flu virus this season!



## Improve Your Health By Increasing Your Activity at Work

When you think of potential work risk, does lack of physical activity cross your mind? According to recent research, more than forty percent of employees in a national survey reported that their weight has increased since beginning a full time office job. Within that group, fifty-nine percent said they've had a ten pound increase on the scale, while another thirty percent reported a twenty pound increase. This can be attributed almost entirely to a significant increase in time spent sitting. Modern technology has added to our inactivity, as we rely even more on email correspondence instead of personal interaction.

But there is good news. Small changes to your workday routine can lead to significant improvements in your overall health. Short bouts of activity throughout the workday can impact the number on the scale— and impact health as much as getting to the gym for 30 minutes a day, as long as you increase your heart rate consistently throughout the day. Even two minute activities repeated over the course of the day are shown to improve heart health, lower the risk of chronic disease, and help maintain a healthy weight.

It's not too late to increase activity at work! Look below for a list of simple ways to get moving without compromising your responsibilities at work, and in the meantime enjoy more energy, better focus, and increased physical health:

Time	Instead Of	Try This
9:15 AM	Sitting all day at your desk	Take periodic two minute activity breaks throughout the day
11:30 AM	Calling your co-worker to ask a question	Walk to his/her desk, and stand while you talk
1:00 PM	Hitting the drive thru to grab a quick lunch, and eat back at your desk	Walk to a nearby spot, or if you bring a lunch, use the extra 10 minutes at the end to walk around your office building
3:30 PM	Taking the elevator to another floor	Make it a rule to always take the stairs whenever time allows
5:15 PM	Driving home after work	Take public transit if it's available— you will have to walk to and from the stop, and you can stand while you ride

## Healthy Recipe Stuffed Zucchini Boats



### Ingredients (serves 4):

- 4 medium zucchini
- 2 T. olive oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1/2 C. grated Swiss cheese
- 2 T. all-purpose flour
- 2 T. fresh parsley
- 1 egg, beaten
- 1/4 tsp. both salt and pepper
- 4 T. grated Parmesan

### Directions:

1. Preheat oven to 375 degrees. Cut the zucchini lengthwise, scoop out centers, and finely chop the meat taken from the center.
2. In a large skillet, heat oil and sauté the zucchini, onion, and garlic for 3-5 minutes, until onion is tender.
3. In a large bowl, combine Swiss cheese, flour, parsley, egg, salt, and pepper. Stir in the vegetable mixture.
4. Fill zucchini shells, sprinkle top with Parmesan cheese. Bake 30-35 minutes, until filling is firm and golden brown.

Tip: Use less cheese by combining Parmesan with whole wheat bread crumbs and sprinkling on top. Not only does this reduce fat and sodium, but it adds a crispy top to this baked dish.

Serve with a colorful side salad for a light and satisfying summer meal!

For more heart healthy recipes visit:  
[Everydaydiabetesrecipes.com](http://Everydaydiabetesrecipes.com)

### Nutrition Information

Servings size: 1 zucchini

Calories:	200
Protein:	9 g
Carbohydrates	13 g
Total Fat	12 g
Cholesterol	61 mg
Sodium	245 mg
Fiber	3 g

## Conquer Your Dental Anxiety

Proper dental hygiene is an important part of not only total health, but also disease management. The best way to maintain good dental health is through consistent dental hygiene at home and dental visits every six months. But up to fifteen percent of all Americans avoid the dentist because of dental anxiety and fear. What's more, over thirty percent of individuals currently holding dental insurance noted fear of the dentist as their top reason for not going.

If you fall into this percentage of Americans, there is hope. Commonly, the fear and anxiety associated with dental care comes from the feeling of unknown danger that may lie ahead. Additionally, there may be a perceived loss of control, previous unpleasant experience, or anxiety associated with the potential cost of treatment. Whatever your specific reasons, realize that your dentist is a trained and licensed medical professional— and that he has likely seen these fears before.

So, how can you overcome anxiety toward your next dental visit? Below are a few ideas to ease your fears:

- Let your doctor know ahead of time of your fears
- Listen to relaxing music as you sit in the waiting room
- Meet for a consultation with your dentist before treatment
- Ask your dentist about a payment plan to fit your budget
- If your fear is overwhelming, speak with a mental health professional about your anxiety

For more information on oral health visit: [www.deltadentalaz.com](http://www.deltadentalaz.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](http://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](mailto: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.