

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.

Living with Diabetes: What Does "Healthy Eating" Really Mean?

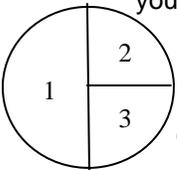
It is not easy to hear you have diabetes. For millions of Americans diagnosed with Type 2 diabetes, learning about their disease is the first step toward feeling better and living a longer, healthier life. Making "healthy eating" choices is one of the most important habits a diabetic do to manage their condition.

What does "Healthy Eating" Really Mean?

In the past, diets for people with diabetes were very restrictive. Thanks to research, things are different and we know there is not a 'one-size fits all' diabetes diet. While you may need to make some changes in what you eat and how much you eat, you have flexibility in decided what is on the menu. The American Diabetes Association recommends starting with the "Plate Method." You do not need any special tools and do not need to do any counting. You just need to focus on filling your plate with more non-starchy vegetables; such as green beans, broccoli, carrots, salad greens, or squash. Second on the plate should be lean proteins; such as grilled fish, skinless chicken or turkey, egg whites, and cottage cheese.

5 Steps to Create Your Plate

Using your dinner plate, put a line down the middle of the plate. Then on one side, cut it again so you will have three sections on your plate.



1. Fill the largest section with non-starchy vegetables such as: spinach, carrots, lettuce greens, broccoli, cauliflower, tomatoes, salsa, cucumber, beets, peppers, or mushrooms.
2. Now in one of the small sections, put starchy foods such as: whole grain bread, rice, pasta, tortillas, potatoes, corn, pinto beans, oatmeal, or pretzels.

Healthy Eating, 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:

Sept 27 -- ADHS, Phoenix
150 N. 18th Ave.
7:00a-5:00p

Sept 28 -- ADHS, Phoenix
150 N. 18th Ave.
7:00a-5:00p

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

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.

See scheduled work site screenings at the top of the next column.

Schedule of Worksite Screenings:

Sept 4 -- ADOT, Phoenix
206 S. 17th Ave. Room 145
7:30a - 11:00a

Sept 6 -- AHCCCS, Phoenix
701 E. Jefferson, Gold Room
7:00a - 10:00a

Oct 20 -- Open Enrollment Expo, Phoenix*
Phoenix Convention Center
100 N. 3rd St.
9:00a-3:00p

Oct 22 -- Open Enrollment Expo, Phoenix*
State Capitol Lawn
1700 W. Washington St.
9:00a-3:00p

Oct 23 -- Open Enrollment Expo, Flagstaff*
Radisson Woodlands Hotel
1175 W. Route 66
9:00a - 3:00p

Oct 24 -- Open Enrollment Expo, Phoenix*
Phoenix Convention Center
100 N. 3rd St.
9:00a - 3:00p

Oct 25 -- Open Enrollment Expo, Glendale*
Renaissance Hotel
9495 W. Coyotes Blvd
9:00a - 3:00p

Oct 27 -- Open Enrollment Expo, Tucson*
Marriott Tucson University Park
880 E. 2nd St.
9:00a - 3:00p

***Free Hemoglobin A1C testing at these screenings.**

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.

Healthy Eating, continued

Create Your Plate (continued)

3. In the other small section, put your meat or meat substitutes such as: chicken or turkey without the skin, grilled or baked fish, shrimp, crab, lean cuts of beef and pork (sirloin or pork loin), tofu, eggs, low-fat cheese.
4. Add an 8 ounce glass of non-fat or low-fat milk. If you do not drink milk, you can add another small serving of carbohydrates such as a 6 ounce container of light yogurt. For dessert enjoy a piece of fruit or a 1/2 cup fruit salad.

When choosing your fruits and vegetables, the best option is fresh produce. However, sometimes canned or frozen vegetables are easier and more convenient to prepare. If using canned or frozen vegetables, look for ones that say 'low sodium' or 'no salt added' on the label. As a general rule, canned and frozen vegetables in sauces are higher in both fat and sodium. To aid in cutting back on the sodium in canned vegetables, drain the liquid they are stored in and rinse them with water then cook them in fresh water.

A benefit of utilizing the plate method is it can help in weight loss. Not only does losing weight make you feel better, it also improves your blood glucose, blood pressure and cholesterol levels. You do not have to lose a lot of weight to start seeing results, losing just 10-15 pounds can make a difference.

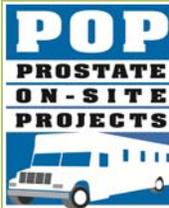
The Low Down

Being diagnosed with diabetes is a big deal. The reactions you may have are shock, anger, stress, or guilt. It is normal to feel this way. The good news is that you can reverse the effects of Type 2 diabetes by managing your blood sugar, following the plate method and eating a balanced diet, and by increasing your activity level.

Being active is another part of living healthy and managing diabetes. Any type of physical activity you do helps lower your blood glucose level. Other positive benefits of increasing your activity level include: having more energy, relieving stress, keeping your joints flexible, lowering your risk for heart disease and stroke, and you feel great. When choosing an activity, choose something you enjoy. Examples of different types of physical activity include:

- Aerobic activity- such as walking, biking, or swimming.
- Being active throughout the day- for instance taking the stairs instead of the elevator, parking further away from the building, or walking to a coworkers office rather than emailing.
- Strength training- which includes lifting weights, using resistance bands or doing body weight exercises.
- Flexibility exercises like stretching and yoga.

For more information on managing your diabetes visit www.diabetes.org.



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:

**Sept 27 -- DOC-Perryville
2014 N. Citrus
7:00am – 11:00am**

**Oct 3 -- Dept. of Education
1535 W. Jefferson
7:30am – 11:30am**

**Oct 10 -- Dept. of Revenue
1600 W. Monroe
7:30am - 12:00pm**

**Oct 25 -- Dept. of Transportation, Flagstaff
1801 S. Milton
12:00pm - 5:00pm**

**Oct 26 -- Dept. of Transportation, Flagstaff
1801 S. Milton
8:00am - 11:00am**

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 a free 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 receive your personalized results you will be provided with a link to the offer form for online registration. Once you have completed the online form, 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 challenges 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

The Benefit Options Expos can be your one-stop shop for your wellness needs in 2012! We will be offering a free health screening, including a free hemoglobin A1C screen, and flu shots. The Benefit Options booth will have computer access to take your Health Assessment. See the list of Open Enrollment Health Screenings on page 2.

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.

5-Week Hypertension Management Courses:

Oct 2 to Oct 30 -- ASU, Tempe*
SRC, 2nd Floor Classroom
Tuesdays from 12pm to 1pm
***ASU Employees Only**

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

5-Week Fitness Management Courses:

Oct 1 to Oct 29 -- Supreme Court
1501 W. Washington
Mondays from 12:30pm to 1:30pm

Oct 4 to Oct 25 -- DES, Tucson
1493 W. Commerce Ct.
Thursdays from 12:00pm to 1:00pm

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.

4-Week Nutrition Management Courses:

Oct 11 to Nov 1 -- 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.

1-Hour Wellness Seminars:

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

To register for a Health Management Course go to:

www.kronosevents.com/SADOA

Healthy Recipe Black Bean Quesadilla



Ingredients (serves 4):

- 1 15-ounce can black beans, rinsed
- 1/2 cup shredded cheese, preferably pepper jack
- 1/2 cup prepared fresh salsa, divided
- 4 8-inch whole-wheat tortillas
- 2 teaspoons canola oil, divided
- 1 ripe avocado, diced

Directions:

1. Combine beans, cheese, and 1/4 cup salsa in a medium bowl.
2. Place tortillas on work surface and spread 1/2 cup filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten.
3. Heat 1 teaspoon oil in a large nonstick skillet over medium heat.
4. Add 2 quesadillas and cook, turning once, until golden on both sides, 2-4 minutes. Repeat with remaining teaspoon of oil and quesadillas.
5. Serve the quesadillas with avocado and the remaining salsa.

Serve with a side of steamed vegetables or Spanish rice.

For more heart healthy recipes visit:
www.eatingwell.com

Nutrition Information

Servings per Recipe: 4

Calories:	377
Protein:	13g
Carbohydrates	46g
Total Fat	16g
Cholesterol	13mg
Sodium	679mg
Fiber	0g

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

Morning Coffee Habit Takes a Toll on Your Smile and Your Health

The dark side of your daily grind. It is the one vice you thought you could enjoy without harmful side effects. But now your morning brew has officially been added to the list of habits that are detrimental to the health of your smile.

Coffee is one of the most popular beverages in the world, more than 50 percent of Americans drink a cup daily. Other foods and drinks such as fruits, wine, chocolate and soft drinks, can all cause discoloration of tooth enamel. Enjoying a hot cup of coffee, however, goes one step further, as extreme temperature changes in your mouth can cause teeth to expand and contract. This phenomenon can allow stains to penetrate deep into the micro-cracks of your tooth enamel.

Additionally, caffeine is a diuretic, which means it causes the body to lose water. So when you enjoy coffee or any kind of caffeinated beverage, it slows the production of saliva and causes dry mouth, which can potentially lead to bad breath and even tooth decay.

If you can not bear the thought of parting with your morning brew, consider these tips to make sure your teeth stay in tip-top shape.

1. **Drink a glass of water with your coffee.** Not only does it help neutralize and rinse away the acid left behind from the coffee, it also helps replenish fluids.
2. **Chew gum after you drink coffee.** Chewing gum will help keep your saliva production up and prevent dry mouth.
3. **Switch to decaf.** Each cup of regular coffee has on average of 110 milligrams of caffeine. Decaf has the same great taste with only 2-12 milligrams of caffeine.

For more information on oral health visit: 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

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.