



## July-Aug 2012 Topics in this Issue:

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For the third quarter of 2012 Benefit Options Wellness is focused on hypertension and cholesterol. As part of your benefits, Wellness offers mini health screenings to help in monitoring your blood pressure and cholesterol levels. Also available are Cholesterol, Hypertension, Weight, and Nutrition health management courses. Visit the wellness website at [www.benefitoptions.az.gov/wellness](http://www.benefitoptions.az.gov/wellness) to find classes and screenings near you.

## High Blood Pressure Dangers: Hypertension's Effects on Your Body

High blood pressure (hypertension) can quietly damage your body for years before symptoms develop. Left uncontrolled, you may wind up with damage, not just to your heart, but to your kidneys, eyes, and brain. Fortunately, with treatment and lifestyle changes, you can control your high blood pressure to reduce your risk of life-threatening complications.

### Damage to your heart and arteries

Your heart pumps blood through your entire body but when you have high blood pressure, your heart is forced to work harder to deliver important nutrients and oxygen through your arteries to other vital organs. If the heart itself can not get enough oxygen, chest pain can occur. A heart attack may result if the flow of blood through the artery is blocked. Another risk of hypertension is that the heart muscle works more forcefully; with an increased workload, the heart begins to enlarge. The enlargement commonly occurs on the left side of the heart because this area is responsible for pumping blood into the arteries. This condition, over time, causes the heart to stiffen and pump blood inefficiently.

Hypertension can also damage the cells of your arteries' inner lining. This damage makes walls thick and stiff, a disease called arteriosclerosis, or hardening of the arteries. As people age, arteries naturally become less flexible however, if you have high blood pressure it speeds along this "hardening" process significantly increasing the risk of heart attack or stroke.

### Damage to Your Brain

Just like your heart, your brain depends on a nourishing blood supply to work properly and survive. But high blood pressure can cause several problems, including: **Transient ischemic attack (TIA)** which is sometimes referred to as a 'mini-stroke'. A TIA is often a warning that you are at risk of a full-blown stroke.

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## Cholesterol Eating Tips

Cholesterol is necessary to help you live. Most of it is produced in the liver. While you should limit the amount of cholesterol rich foods, it is saturated fat that is a greater food villain for heart disease. Here is how to limit dietary cholesterol:

**Monitor your Meats:** To reduce both cholesterol and saturated fat in your diet, eat no more than three 3-ounce servings of meat each week. And when you do, choose leaner cuts such as tenderloin, flank, top round, eye of round and top sirloin. Although chicken and turkey have less saturated fat than red meats, such as steak and hamburger, do not assume they are cholesterol-free. All meats have cholesterol. Particularly organ meats of any type from any animal should be avoided by those with high cholesterol.

**Beware of Some Sea Life:** Fish is generally a heart-healthier alternative to meats, because it tends to be lower in overall fat and higher in heart-healthy monounsaturated and polyunsaturated fats. But some shellfish, such as shrimp, though low in saturated fat, are high in cholesterol and should be eaten sparingly by those with high cholesterol.

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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.**



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

### Scheduled Screenings:

- July 17-19 -- ADOT, Phoenix  
206 S. 17th Ave.  
7:00a-5:00p
- July 17 -- DOE, Phoenix  
1535 W. Jefferson  
7:00a-1:00p
- July 24 -- State Engineers Office, Phoenix  
205 S. 17th Ave.  
1:00p-5:00p
- July 24 -- MVD, Phoenix  
1801 W. Jefferson  
7:00a- 11:00a
- July 25 -- DES, Phoenix  
4000 N. Central  
7:00a- 3:00p
- July 25-- Supreme Court, Phoenix  
1501 W. Washington  
7:00a- 12:00p
- July 26 -- Corporate Commission, Phoenix  
1200 W. Washington  
7:00a-4:00p
- July 31 -- MVD, Glendale  
16380 N. 59th Ave.  
7:00a-12:00p
- July 31 -- DOE, Phoenix  
2005 N. Central  
2:00p-4:00p

For additional dates visit: [www.benefitoptions.az.gov/wellness](http://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.*

### Schedule of Worksite Screenings:

- July 25 -- DOC, Florence  
ASPC- 4374 E. Butte Ave.  
7:00a - 5:00p

**More dates to be added**

For questions about these screenings, please contact Benefit Options Wellness at [wellness@azdoa.gov](mailto: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.

## Hypertension, continued

### Damage to Your Brain (continued)

**Stroke:** A stroke occurs when part of your brain is deprived of oxygen and nutrients causing brain cells to die. Uncontrolled hypertension can lead to stroke by damaging and weakening your brain's blood vessels, causing them to narrow, rupture or leak.

**Dementia:** Dementia is a brain disease resulting in problems with thinking, speaking, reasoning, memory, vision and movement. Vascular dementia can result from narrowing and blockage of the arteries that supply blood to the brain. It can also result from strokes.

### Eat 5, Move 10, Sleep 8

The good news is that you can prevent and reverse the effects of hypertension and heart disease. By simply going from a sedentary lifestyle to being active as little as one hour a week can significantly reduce the negative effects of hypertension. Health Professionals at Mayo Clinic have developed the Mayo Clinic Healthy Heart Plan. One of the key messages in the plan is that even little steps may make a big difference. The first steps for getting started are called "Eat 5, Move 10, Sleep 8" and are meant to be tried for two weeks before you move on to a more established healthy heart plan.

- **Eat 5:** Eat five servings of fruit and vegetables a day to boost your heart health. Make a conscious effort to include fruits and vegetables in your daily meals. Do not worry so much about foods you "shouldn't" eat, just work on getting five or more servings of fruits and vegetables a day.
- **Move 10:** Add at least 10 minutes of moderately intense physical activity to what you do every day. Just 60-90 minutes a week of physical activity can reduce your heart disease risk by up to half. Some suggestions to get your 10 minutes in are taking the stairs, taking a walk at lunch, choosing a further parking spot, walking to a co-workers desk rather than emailing. Just get moving! As you become more active, you can try to increase your total amount of activity a day.
- **Sleep 8:** Getting quality sleep is good for your heart, but can be quite challenging to make time for it. Start with a goal of two weeks. For those two weeks try to get eight hours of good, quality sleep each night.

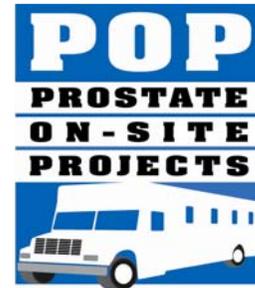
If you are successful for two weeks and would like to add more changes, consider trying other reputable diet and exercise plans offered by the American Heart Association. The point is to get started with something and keep at it!

For more information on high blood pressure, lifestyle changes, stress management, or smoking cessation visit:

[www.mayoclinic.com](http://www.mayoclinic.com), [www.intelihealth.com](http://www.intelihealth.com), [www.webmd.com](http://www.webmd.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. Maintain your health, 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:

**July 12 -- State Land Dept.**  
**1616 W. Adams**  
**7:30am – 11:30am**

**July 18 -- Attorney General**  
**1275 W. Washington**  
**7:30am – 11:30am**

**July 24 -- Water Resources**  
**3550 N. Central**  
**7:30am - 11:30am**

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

## Cholesterol, Continued

**Make that Omelet from Whites:** Eggs are nutritious food. If you eat a lot of eggs, take out some of the yolks - the part that has the cholesterol. Egg whites are cholesterol-free and still pack plenty of nutritional bite.

**Choose healthier fats:** Saturated fat and trans fat raise your total cholesterol and LDL cholesterol. Get no more than 10 percent of your daily calories from saturated fat. Monounsaturated fat - found in olive, peanut and canola oils - is a healthier option. Almonds and walnuts are other sources of healthy fat.

**Select whole grains:** Various nutrients found in whole grains promote heart health. Choose whole-grain breads, whole-wheat pasta, whole-wheat flour, and brown rice. Oatmeal and oat bran are other good choices.

**Stock up on fruits and vegetables:** Fruits and vegetables are rich in dietary fiber, which can help lower cholesterol. Snack on seasonal fruits. Experiment with vegetable-based casseroles, soups, and stir-fries.

For additional information on monitoring your cholesterol visit: [www.intelihealth.com](http://www.intelihealth.com), [www.webmd.com](http://www.webmd.com), [www.mayoclinic.com](http://www.mayoclinic.com)

## 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.

**To register for a Health Management Course go to:**

[www.kronosevents.com/SADOA](http://www.kronosevents.com/SADOA)

**See a list of upcoming classes below and to the right:**

### 5-Week Cholesterol Management Courses:

**July 31 to Aug 26 --** Game and Fish, Phoenix  
5000 W. Carefree Hwy  
Tuesdays. from 10am to 11am

**Aug 1 to Aug 29 --** State Library, Phoenix  
1700 W. Washington, Suite 200  
Wednesdays. from 12pm to 1pm

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

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## Kronos, continued

### 5-Week Hypertension Management Courses:

**Aug 1 to Aug 29 --** Dept. of Revenue, Phoenix  
1600 W. Monroe  
Wednesdays. from 12pm to 1pm

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

### 12-Week Weight Management Courses:

**July 3 to Sept 18 --** AHCCCS, Phoenix  
701 E. Jefferson  
Tuesdays. from 11:30am to 12:30pm

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

### 4-Week Nutrition Management Courses:

**July 12 to Aug 2 --** DES, Tucson  
1011 N. Craycroft, #404  
Thursdays from 12pm to 1pm

**July 17 to Aug 7 --** Attorney General, Phoenix  
15 S. 15th Ave.  
Tuesdays from 12pm to 1pm

**July 18 to Aug 8 --** ADOT, Phoenix  
206 S. 17th Ave.  
Wednesdays from 12pm to 1pm

**July 24 to Aug 14 --** Industrial Comm, Phoenix  
800 W. Washington  
Tuesdays. from 11:30am to 12:30pm

**July 24 to Aug 14 --** DOI, Phoenix  
2910 N. 44th St., #210  
Tuesdays from 12pm to 1pm

**July 26 to Aug 16 --** DEQ, Phoenix  
1110 W. Washington  
Thursdays from 12pm to 1pm

**July 26 to Aug 16 --** ADOA, Phoenix  
100 N. 15th Ave.  
Thursdays from 12pm to 1pm

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

**For more information visit the Wellness website at**  
[www.benefitoptions.az.gov/wellness](http://www.benefitoptions.az.gov/wellness)

## Healthy Recipe

### Shrimp Marinated in Lime Juice and Dijon Mustard



#### Ingredients (serves 8):

- 1 medium red onion, chopped
- 1/2 cup fresh lime juice, plus lime zest as garnish
- 2 tablespoons capers
- 2 tablespoons Dijon mustard
- 1/2 teaspoon hot sauce
- 1 cup water
- 1/2 cup rice vinegar
- 3 whole cloves
- 1 bay leaf
- 1 pound uncooked shrimp, peeled and deveined

#### Directions:

1. In a shallow baking dish, combine the onion, lime juice, capers, mustard and hot sauce. Set aside.
2. In a large saucepan, add the water, vinegar, cloves and bay leaf. Bring to a boil and add the shrimp.
3. Cook for 1 minute, stirring constantly. Drain and transfer the shrimp to the shallow dish containing the onion mixture, making sure to discard the cloves and bay leaf.
4. Stir to combine. Cover and refrigerate until well chilled, about 1 hour.
5. To serve, divide the shrimp mixture among individual small bowls and garnish each with lime zest. Serve cold.

Serve with a side of steamed vegetables or atop a lettuce salad.

For more heart healthy recipes visit:

[www.mayoclinic.com](http://www.mayoclinic.com)

#### Nutrition Information

Servings per Recipe: 8

Calories:	69
Protein:	12g
Carbohydrates	3g
Total Fat	1g
Cholesterol	86mg
Sodium	200mg
Fiber	0g

#### **Hit the Road with Tooth-Friendly Munchies**

While it may be tempting to reach for soda and candy when you are in relaxation mode, summer vacation is no time to take a break from good oral health. Whether you are taking a road trip or traipsing around a theme park, try a few of our picks for the best teeth-friendly summer snacks.

#### **Instead of a bag of gummies:**

Choose: Low-fat string cheese. They may not be as sweet as gummy bears, but the calcium filled sticks will give you a similar chewy texture while helping to replace minerals your teeth have lost.

#### **Instead of a candy bar:**

Choose: Apple slices with peanut butter and a few dark chocolate chips. This make-ahead snack will satisfy your sweet tooth while making your mouth healthier. The chewiness of the apples stimulates bacterial reducing saliva flow, and tannins in the chocolate prevent bacteria from latching on to teeth.

#### **Instead of store-bought trail mix:**

Choose: Your own custom mix. Premade trail mix often contains sticky dried fruits that cling to your teeth. Instead of loading up on store-bought stuff, make your own blend. It can include nuts, dark chocolate chips, non-sugary cereal pieces and mini pretzels.

#### **Instead of soda:**

Choose: Plain or flavored water or certain sugar-free beverages. Soda and sports drinks' high sugar content and harsh acids do a number on tooth enamel. Even diet soda and sports drinks are not immune since they still contain the acidic ingredients. So take a close look at sugar free beverages to choose one that is easier on your enamel.

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.