

BeWell News

Wellness Newsletter

Quarter 4 2014: HEART HEALTH

Introducing the Health Impact Program (HIP)

The BeWell Health Impact Program (HIP) is a wellness enhancement to the current State of Arizona Benefit Options Plan, effective October 1, 2014. HIP is designed to reward eligible employees who successfully complete the program—up to \$200. The goal is to achieve 500 points by September 30, 2015 through engaging in physical activity, health coaching, preventive screenings, health education classes and much more! You may participate in multiple programs or activities, but must select at least ONE activity in each category (*see points below*).

- ▶ Register today by visiting the [Mayo Clinic Healthy Living Portal](#). You can self-report your wellness activities on the portal.
- ▶ View the upcoming events on the [Benefit Options Wellness Page](#).
- ▶ To schedule a class or screening at your worksite, submit the Event Request Form.

For more information about the program, please refer to the HIP section of the Wellness Page, or contact wellness@azdoa.org.

Topics in this Issue:

- Introducing the Health Impact Program (HIP)
- Flu Shot Season is Here!
- Heart Health for the Holidays
- Tips to Reduce Stress for Heart Health
- Healthy Holiday Foods

	Wellness Activity	Point Values	Details
Activity/Exercise	Wellness approved walking program or on-site activity class series	Enrollment = 25 points Completion = 50 points	Request a wellness walking toolkit.
	Online Lifestyle Coaching	Enrollment = 25 points Completion = 50 points	Online health coaching sessions. Eligibility may apply. Provider: Medical Insurance.
	Fitness Class or Sports Team Participation	25 points	These events may be subject to verification. Please save a written proof or receipt of your participation.
	Gym Membership	25 points	
Race Participation	25 points		
Preventive Screenings	Mayo Clinic Online Health Assessment	100 points	15-minute online health questionnaire to assess health status accessible on Mayo Clinic portal.
	Well Man Annual Visit OR Well Woman Annual Visit	100 points	Schedule an appointment with your physician. Provider: Medical Insurance.
	Mini Health Screen	75 points	On-site screenings available upon request. Provider: Healthwaves. Visit the event schedule online.
	Skin Cancer Screen	75 points	
	Osteoporosis Screen	50 points	FREE flu shot available to all eligible State of Arizona employees. Provider: Wellness Vendor** or Medical Provider.
	Influenza vaccination	50 points	
	Mammography Screen	50 points	Provider: Wellness Vendor** or Medical Provider.
	Prostate Cancer Screen	50 points	Schedule an appointment with your Vision Provider.
Vision Exam	25 points	Schedule an appointment with your Dental Provider.	
Nutrition/Other	Dental Cleaning	25 points (50 points max)	Schedule an appointment with your Dental Provider.
	Telephonic Lifestyle Coaching	Enrollment = 50 points Completion = 75 points	Telephonic health coaching sessions available through Mayo clinic. Eligibility for coaching will be based on your Health Assessment results.
	eMindful	50 points (100 point max)	Online sessions to improve mindfulness, health and well-being at work. Provider: eMindful.
	Wellness Sponsored 1-hour Seminars	50 points (100 point max)	Lunch and learn sessions addressing topics from stress management to financial planning. Provider: Varies.
	On-site series courses	Enrollment = 50 points Completion = 75 points	Series topics to include: Weight, Nutrition, Stress, Cholesterol, Prehypertension, and/or Diabetes Management. Provider: Varies.
	Tobacco Free Program	Enrollment = 50 points Completion = 75 points	MedImpact, U of A, and ASHline provide a smoking cessation program available at no cost to eligible employees.
	Disease Management Program	Enrollment = 50 points Completion = 150 points	Program topics are available through your Medical Insurance Provider.
Pregnancy Program	Enrollment = 25 points Completion = 75 points	Healthy Pregnancy Program is available through your Medical Insurance Provider.	

*Point values and program menu are subject to change based on ADOA contracts and funding. You may participate in a single program/activity multiple times, but will only earn points once per HIP year.

** On-site screening available upon request. Visit the event schedule online.



Flu Shots are here!

Are you ready? Flu season is right around the corner. This fall the Healthwaves team will be administering FREE flu shots at your worksite (no appointment necessary). To view a list of scheduled events at your worksite, please visit the [Benefit Options Wellness page](#). Please note that the schedules will be updated on a regular basis through the end of the program.

Who is eligible:

- All Benefit Options Members (enrolled in the medical insurance plan) age 4 and older including; employees, retirees, spouses, and dependents
- Benefit eligible State employees (those who were offered medical benefits, even if they declined coverage)

Who is NOT eligible?

- Temporary and contracted employees (including clerical pool)
- Volunteers
- Dependents only enrolled in dental coverage

Where can I get my flu shot?

- On-site at your workplace. View the scheduled events online.
- Benefit Expo Clinics. More details to follow.
- Healthwaves Public Clinic. Visit their [website](#) to view their schedule.

What to bring:

- Your Benefit Options Insurance Card**
- A Photo ID
- The Employee Identification Number (EIN) of primary insured State employee
- Your Completed [Consent Form](#). You can find this form online.

** If you are a benefit eligible State employee (declined Benefit Options), please show your State ID badge in lieu of an insurance card.

If you would like to request a worksite flu clinic at your location, please contact Healthwaves at 480-968-1886 . For additional information, email your Wellness team at wellness@azdoa.gov.

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.

Optional tests are available for additional cost and include:

- Hemoglobin A1C (diabetes) \$35
- Complete Blood Count (CBC) \$22
- Thyroid Screen \$28
- Food allergy panel \$65 (non-fasting blood draw)
- Southwest inhalant allergy \$65 (non-fasting blood draw)

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

How to Schedule a Screening at your Worksite:

- Speak with your supervisor and gain approvals for a worksite wellness screening.
- Contact Benefit Options Wellness at wellness@azdoa.gov or 602-771-9355.
- Provide the Wellness staff 30 day notice and two date options for your desired screening.
- Your complete request will be submitted and the designated contact person will be notified of confirmation.
- Receive flyers for event promotion.
- Healthwaves will set up 30 minutes prior to the screening on the event day.

Scheduling subject to change and availability.

To view the list of [scheduled events](#), visit the **Wellness page**.

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. Bring your Employee Identification Number (EIN) and/or Insurance card. *PPO members who have not reached their deductible will pay coinsurance.*

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



Prostate On-Site Projects (POP) Screenings

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 to find a screening near you 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 ID Number (EIN).

POP participants will be entered into a drawing for prizes.

To view the list of scheduled events, visit the Wellness page.

Heart Health for the Holidays

Do you find yourself struggling with your healthy habits during the holidays? For many, the holidays are the most wonderful — and least heart-healthy — time of the year. Holidays can really take a toll on our stress levels and diets, even if we are healthy the rest of the year.

Studies have found that deadly heart attacks increase during the holiday season, especially around Christmas and New Year's Day. Although the direct link is still unclear, the holidays have served as an excuse to ditch our otherwise healthy lifestyle. We eat too much, drink more alcohol, and become physically inactive. As a result, we tend to gain more weight during the holiday season and consume more salt, which puts an extra burden on the heart. The average person gains 5 pounds over the holidays.

Here's what you can do to maintain your heart health this holiday season:

Avoid Overeating: Keep your portions small, and choose foods that you really want. Try to eat slowly and enjoy each mouthful.

Limit alcohol consumption: Drink in moderation, because too many drinks can raise blood pressure in the long term and trigger atrial fibrillation—an irregular heartbeat that can cause weakness, dizziness, and chest pain—in the short term.

Temperature: Use caution during outdoor activities on cold days. Cold weather can constrict blood vessels and trigger the release of hormones, which may increase the risk of heart attack.

Acid Reflux: Holiday sweets, alcohol, and big meals can trigger acid reflux, which can cause chest discomfort. But remember, early symptoms of a heart attack may be similar to symptoms of heartburn.

Get prompt treatment: If you don't feel good, schedule an appointment with your physician as soon as possible. Don't wait until after the holidays.

Turkey Tenderloin with Cranberry Shallot Sauce

Here's a quick and easy turkey recipe for anytime of the year. Serve with mashed sweet potatoes and sautéed brussel sprouts.



INGREDIENTS

- 2 turkey tenderloins (about 1 1/2 pounds total)
- 3/4 teaspoon salt, divided
- 1/4 teaspoon freshly ground pepper
- 4 teaspoons canola oil, divided
- 4 shallots, peeled and quartered
- 2 teaspoons chopped fresh thyme or 1/2 teaspoon dried
- 3/4 cup reduced-sodium chicken broth
- 1 1/2 cups fresh or frozen (not thawed) cranberries
- 1/4 cup dried cranberries
- 2 tablespoons light brown sugar, or to taste
- 1 tablespoon fruit-flavored vinegar, such as raspberry or pomegranate

PREPARATION

- Preheat to 450°F.
- Sprinkle turkey tenderloins with 1/4 teaspoon salt and pepper. Heat 2 teaspoons oil in a large skillet over medium heat. Add the turkey and cook, turning to brown all sides, about 5 minutes total. Transfer to a baking sheet. Roast until an instant-read thermometer registers 165°, 15 to 25 minutes (depending on the sizes).
- Meanwhile, add the remaining 2 teaspoons oil to the pan. Add shallots and cook, stirring occasionally, until browned, 3 minutes. Add thyme and cook until fragrant, about 10 seconds. Add broth and cook, scraping up any browned bits, for 1 minute. Stir in fresh and dried cranberries and cook until most of the fresh cranberries have broken down, 6 to 7 minutes. Stir brown sugar, vinegar and the remaining 1/2 teaspoon salt into the sauce; cook for 1 minute. Cover and remove from the heat.

Nutrition Facts

202 Calories; 5 g Fat; 0 g Sat; 2 g Mono; 45 mg Cholesterol; 14 g Carbohydrates; 29 g Protein; 1 g Fiber; 428 mg Sodium; 93 mg Potassium
Serving Size: 1 (83 g), 1 Carbohydrate Serving, Exchanges: 1 fruit, 4 lean meat

Source: *Eating Well*

Reduce Stress to Maintain Heart Health

The hustle and bustle of the holidays can increase our stress levels. Stay happy, relaxed and heart-healthy by following these suggestions.

Stay Active: Keep active by taking a brisk walk after dinner, or doing active chores around the house. Yoga is a great activity to reduce stress and engage in fitness. Remember even 10—15 minutes of exercise a day can help.

Don't over do it: Plan your days ahead of time so that you don't overwhelm yourself. Assess your priorities, and reschedule things if you are able to, so that you can reduce your stress.

Drink Wisely: Avoid sugary cocktails and choose red wine or club soda with your choice of liquor. Most importantly, drink in moderation.

Take time for yourself: Try to carve out 20 minutes everyday just for you. Taking time for yourself can help you minimize stress and increase positive feelings.

Plan the months ahead: Reduce stress in the New Year by planning out the months ahead. Start setting realistic goals and a timeframe for yourself.

Seasonal Heart-Healthy Holiday Foods

► **Sweet Potatoes:** High in fiber, Vitamin B-6, Potassium, & Beta Carotene.

► **Brussel Sprouts:** Low calorie, fiber-filled, high in Vitamin C and Folic Acid.

► **Apples:** Good source of Vitamin C and Fiber.

► **Nuts:** Packed with Protein, Healthy Fats, Fiber and Vitamin E.

► **Salmon:** Good source of Omega-3 Fatty Acids, which promotes heart health, healthy joints and cognitive functions.

Source: *American Heart Association*