

BeWell News



For the third quarter of 2013, Benefit Options Wellness is focused on mental health. As part of your benefits, Wellness offers mini health screenings to help monitor your blood pressure and cholesterol levels, which may be influenced strongly by chronic stress. Also available are Cholesterol, Hypertension, Weight, and Stress health management courses periodically throughout the year. To find classes and screenings near you, visit the Wellness website at www.benefitoptions.az.gov/wellness.

Mental Health in The Workplace

In today's workforce, Americans spend on average over 55% of their waking hours at work or in work related activities each week. 70% of employees report that work is a significant source of stress in their lives, and that this stress has accounted for tension, reduced productivity, and increased absenteeism in at least one instance over the past year. Furthermore, more than 3 in 5 employees report that stress outside of the workplace affects the key functions of their jobs, and that cumulative stress has had a negative impact on quality of life at least once over the same 12 months. However, work does not have to be a source of chronic stress or decreased mental health. Learn first what mental health includes, and how it affects each of us. Then, find helpful tips and resources from Benefit Options Wellness to improve mental health and, in turn, quality of life.

Mental Health is Not the Same as Mental Illness

Mental health is more than the absence of mental disorder. It is a state of well-being in which an individual has adequate self-awareness, can cope with the normal stresses of life, and is capable of being productive within his/her own environment. According to the Centers for Disease Control (CDC), 17% of American adults are considered to be in a state of optimal mental health. This means that the remaining 83% of us could benefit from improvements in stress levels, anxiety, depression, and overall mental well-being. The term mental health may appear to be reserved for those with mental illness or who experience distress. However, mental health is relevant to everyone. Mounting evidence shows that positive mental health is associated with improved physical health outcomes, and conversely negative mental health can contribute to physical illness, disease, and chronic pain over time. More specifically, stress is now known to be linked to heart disease, hypertension, diabetes, stroke, and many cancers. Learn more about the specifics of mental health, and how to make positive mental health decisions to improve quality- and quantity- of life.

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Eat Well, It's Brain Food

It is well accepted that there are numerous links between food and physical health. As research continues to evolve, there is mounting evidence that the nutrition in your total diet can contribute to mental health as well, impacting memory, cognition, depression, and stress. Although nutrition alone cannot cure depression or eliminate memory loss, a diet rich in brain-boosting foods can provide a valuable compliment to traditional medical interventions and treatments. Below are several foods that aid in mental health and well-being:

Salmon— Fatty fish such as salmon is rich in omega-3 fatty acids, which help keep memory and cognitive ability strong as we age. Recent research supports this by finding that people who consume two servings of omega-3 rich foods a week experienced significantly less cognitive decline over time. Other foods containing omega-3s include flaxseed and walnuts.

Leafy Greens- Just as greens are good for your body, they prove to be beneficial for the mind as well. Greens such as kale and spinach are shown to boost memory and slow cognitive declines that come with age.

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July-Aug 2013 Topics in this Issue:

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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 16— Dept. of Economic Security
4000 N. Central Ave., Phoenix
7:00a-4:00p
- July 23— Dept. of Education
1535 W. Jefferson St., Phoenix
7:00a-4:00p
- July 23,24,25— ADOT
206 S. 17th Ave., Phoenix
7:00a-4:00p
- July 24— AZ Supreme Court
1501 W. Washington Ave., Phoenix
7:00a-4:00p
- July 25— Motor Vehicle Department
4123 E. Valley Auto Dr., Mesa
7:00a-12:00p
- July 31— Dept. of Education
1535 W. Jefferson St., Phoenix
7:00a-11:00a
- July 31— MVD, Administration Building
1801 W. Jefferson St., Phoenix
7:00a-1:00p
- July 31— State Engineer's Office
205 S. 17th Ave., Phoenix
2:30p-4:30p

For additional dates and locations near you 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 appointment necessary.

Scheduled Screenings:

- July 10 -- AZ Game and Fish, Pine Top
2878 E. White Mountain Blvd
6:30a - 8:45a
- Aug 21-- Office of the Attorney General
15 S. 15th Ave., Phoenix
9:00a-11:00a
- Sept 12 -- Dept. of Education
3300 N. Central Ave., Phoenix
16th Floor, Room 102
11:30a-1:30p

More dates to be added

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.

Mental Health, continued

Indicators of Mental Health

Researchers suggest that there are three domains of mental health: emotional well-being, psychological well-being, and social well-being. When these domains fall into balance, this is described as “optimal mental health”.

- Emotional Well-Being– Includes perceived life satisfaction, happiness, and peacefulness
- Psychological Well-Being– Includes self-acceptance, optimism, purpose, and positive relationships
- Social Well-Being– Includes social acceptance, belief in society as a whole, and sense of community

But how can optimal balance be achieved? Usually, one or more domains fall short, resulting in increased stress, anxiety, depression or sadness, and other mental health consequences. Learning about these specific indicators can help you become more in tune with your own level of balance, and improve upon your personal mental health.

Improving Mental Health at Work

While serious mental health issues should be addressed with your doctor, there are many ways in which you can improve all three domains of your personal mental health, thus improving quality of work and life. Use the list below to determine which tips are best suited for you:

To Improve Emotional Well-Being

1. Engage in creative and meaningful work or hobbies.
2. Appeal to your senses through music, beautiful scenery, or a massage.
3. Make leisure time a priority at least once a week.

To Improve Psychological Well-Being

1. Limit unhealthy mental habits, like excessive worry and self doubt. Instead remind yourself of the things you do well.
2. Learn a new skill or activity that is appealing to you. This can even be a new skill in your current role at work.
3. Get a pet, or foster a pet if you are not ready for a long term commitment.

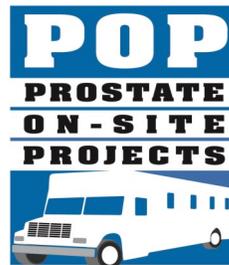
To Improve Social Well-Being

1. Do something that positively impacts others. Volunteer, participate with a non-profit, or donate used items to organizations that help members of your community.
2. Get away from your computer screen at the office and make a point to communicate in person.
3. Surround yourself with others who exhibit positivity and excitement for life. It will become your mentality too.

While some of these tips and ideas may seem small, they all create a cumulative effect and lead to increased mental health in the workplace and in life. For more information on the mental health resources available to State of Arizona employees, please visit www.guidanceresources.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:

- **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:

July 24 — Attorney General’s Office
1275 W. Washington Ave., Phoenix
7:30a-12:00p

Aug 29 — AZ Game and Fish
5000 W. Carefree Hwy, Phoenix
8:00a-11:00a

Sep 13 — City of Prescott
201 S. Montezuma Avenue, Prescott
8:00a-2:00p

For additional dates and locations near you visit:
www.benefitoptions.az.gov/wellness

Eat Well, Continued

Oatmeal– It is fairly well known that oatmeal is a good breakfast choice for sustained energy during the morning hours. But oatmeal and other high fiber carbohydrates also have the ability to stabilize mood through slow, even nutrient absorption into the blood stream and to the brain. Other good sources include brown rice, sweet potatoes, and 100% whole grain breads.

Dark Chocolate– Aside from being fun to eat, dark chocolate has been found to reduce stress hormones in people with high anxiety levels. Be sure to choose varieties that contain 70% cocoa or higher, and aim for one ounce per day to limit extra calories.

Walnuts– Another great source of omega-3 fats, walnuts have been seen to help reduce stress and create a calming effect in the body. Try them fresh from the package or bake for about 10 minutes in a 350 degree oven for an even deeper flavor.

For additional information on healthy eating and nutrition visit www.eatright.org or www.myplate.gov.

Heart-Healthy HDL Cholesterol: Good for Body and Mind

High-density lipoprotein (HDL) cholesterol has long been known as the healthy cholesterol for your heart and other body systems. It has been found to reduce the risk of heart disease, ease inflammation, and even help prevent blood clots from forming. However, new research has found that HDL cholesterol might be good for the brain too.

A small but growing number of studies have shown that high levels of HDL may decrease the risk of stroke and dementia. Still more research has shown that people with high HDL levels were more likely to recover fully from a mild to moderate stroke than those with HDL levels below the recommended range.

When it comes to dementia, current research has identified a link between low HDL levels and dementia, by hindering the development of a certain type of plaque in the brain that many experts believe is a primary cause of Alzheimer's.

While further research is needed, the physical and potential mental benefit to having high HDL lend great support to overall good health. Keep HDL levels high by exercising at least 30 minutes most days, eating a diet high in fruits and vegetables while low in saturated fats, and avoiding excess alcohol consumption.

Learn more about heart healthy lifestyle choices by visiting the American Heart Association at www.heart.org.

Create a Stress Free Work Zone

In most circumstances, you can't control the amount of time spent at work, your location, or your surroundings while in the office. But with over half of each week spent in the workplace or in work related activities, you can make changes that will help create a more calming environment. Whether you travel to work each day, telecommute from home, or are somewhere in between, here are several ideas that will help you enjoy a stress free work zone.

Add personal touches. Adding items with personal meaning, such as family pictures, artwork, special books, or office items with your own personal style (like a decorative lamp) help define the space as your own. When you are comfortable in your work space, your stress level will naturally be lower.

Keep your space clean and organized. While this may come naturally for some, it is more difficult to focus on tasks at hand with a desk full of clutter. Look at different kinds of organization systems— whether a filing cabinet, hanging folders, or other means— and decide which works best for you. This also applies to e-clutter. Manage email and computer folders with the same level of organization to ensure your computer is organized as well.

Add some green to your desk or cubicle. Not only do plants add beauty to the workplace, integrating them into your space has been proven to reduce stress, decrease absenteeism, and even lower blood pressure. If your office is hot or humid in the summer months, adding some greenery will also serve to lower room temperature and drop humidity levels.

Incorporate your preferred relaxation exercises into your workday. As long as you don't distract others, play soft music, stretch periodically throughout the day, or use your break time to go for a ten minute walk. If you are particularly stressed about a project or situation, make sure to use your own stress reduction techniques when you are feeling tense. Typically ten minutes is all you need to feel meaningful stress relief.



Healthy Recipe

Sun Dried Tomato, Spinach, and Herb Pizza



Ingredients (serves 4):

- 1 12-inch pizza crust, purchased or homemade
- 4 garlic cloves, chopped or minced
- 1/2 cup fat-free ricotta cheese
- 1/2 cup dry sun-dried tomatoes, soaked to rehydrate, drained and chopped
- 2 teaspoons dried basil
- 3/4 cup raw spinach leaves
- 1 teaspoon thyme

Directions:

1. Preheat oven to 425 F. Lightly coat a 12-inch baking pan or pizza stone with cooking spray.
2. Roll out dough into a 12-inch round. Add garlic, cheese, and tomatoes on top of pizza crust.
3. Sprinkle basil, spinach, and thyme evenly over pizza.
4. Bake on the bottom rack of the oven until pizza crust turns brown and toppings are hot, about 20 minutes.
5. Remove from oven and cut into 8 even slices. Serve immediately.

Tip: Use dry-packed sun dried tomatoes instead of the oil-packed varieties to save on calories and added fat.

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

For more heart healthy recipes visit:

www.mayoclinic.com

Nutrition Information

Servings size: 2 slices

Calories:	179
Protein:	8 g
Carbohydrates	32 g
Total Fat	2 g
Cholesterol	8 mg
Sodium	276 mg
Fiber	2 g

Stress May Increase Teeth Grinding

Stress for many people can translate into teeth grinding, or bruxism, during sleep. Not only is the presence of stress a trigger for some people to grind teeth, but evidence shows that how one copes with stress may also be an indicator of whether a person will grind their teeth. While teeth grinding can happen during the day as well, nighttime bruxism is often a bigger problem as it is harder to control.

While stress levels have been determined as a link in the incidence of teeth grinding, the coping strategies for stress have also been found to increase the intensity of bruxism in a recent study by the National Institute of Health. Those who used "negative" coping tactics, such as ignoring stress levels for example, were more likely to be heavy grinders than those who used more positive strategies, such as exercise or meditation.

Teeth grinding can lead to a variety of mouth and jaw problems, including permanent erosion of teeth, jaw pain, headaches, ear pain, and insomnia. If you suspect you may be grinding your teeth, seek professional help from your dentist. There are many methods of treatment, including stress reduction techniques, mouth guards, and physical therapy stretching exercises. Stress affects the body from head to toe, and our teeth are no exception. Make sure to see your dentist regularly to prevent permanent damage and keep mouths healthy.

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.