



Men's and Women's Health

Although men of all ages should have routine checkups with their physicians, many men wait to seek routine care until they are in their 40s. While there may be many individual reasons for this, men are generally reluctant to see physicians routinely. However, many of the top ten causes of death and disability, such as, heart disease, cancer, stroke, COPD, and diabetes, can be prevented or delayed with early diagnosis and treatment. Likewise, many of the physical changes that occur as men age can also be addressed with early diagnosis and treatment. By establishing relationships with family physicians now, signs and symptoms of conditions can be managed as they occur.

In 1920, women outlived men by only one year. According to the World Health Organization (WHO), women currently outlive men by six to eight years, on average. Evidence indicates that this trend continues into old age. In fact, women represent the majority of persons 85 years of age and older.

A woman's body is just as intriguing as it is complex. A healthy woman is one who learns ways to prevent disease as well as care for a condition if one does arise. There are many different diseases and conditions affecting women that require the clinical care of a physician. Knowledge of a condition's symptoms, risk factors, prevention approaches, diagnostic tests/procedures, and available treatment options all help a woman make more informed healthcare choices.

One thing is sure, throughout their adult years, men's and women's medical needs continually change.

Whether you are a man or a woman, Benefit Options Wellness has free or low cost screenings offered at the workplace to provide a quick and convenient option to employees. Many of the services that are provided are listed in this newsletter such as, mini health screenings, prostate cancer screenings, breast cancer screenings, in addition to our health management courses. The health management courses are designed to assist employees make healthy life changes in regards to managing weight, cholesterol, and hypertension.

For a full schedule of events visit: www.benefitoptions.az.gov/wellness

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Fitness Programs: 6 Steps to Guide Your Selection

www.mayoclinic.com

Fitness programs abound, from yoga and Pilates to step aerobics and strength training — either at home or in a gym. So which type of fitness program is best for you? Use these six simple steps to find out.

Step 1: Assess your fitness level. You probably have some idea of how fit you are. But assessing and recording baseline fitness scores can help you set your fitness goals and measure your progress. To assess your aerobic and muscular fitness, flexibility and body composition, consider recording: your pulse rate before and immediately after a one-mile walk, how long it takes to walk one mile, how many push-ups can you do at a time, how far you can reach forward while seated on the floor with your legs in front of you, your waist circumference at the level of your navel, and your body mass index. You may also want to consult your doctor before beginning an exercise program, especially if you have been sedentary or you have any chronic medical conditions.

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Mobile On-Site Mammography (MOM)

“Early detection is the best defense we have at this time for catching breast cancer in its earliest stages,” says Catherine Midgette, Executive Vice President of MOM. “If we find the cancer in its earliest stages, the patient has a 97 percent survival rate.” 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.



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

Scheduled Screenings:

Jan 20 -- APSPC-Yuma
7125 E. Juan Sanchez Blvd.
7:30a-10:00a

Jan 27 -- ADOA, Phoenix
100 N. 15th Ave.
7:30a-4:30p

Feb 2 -- Supreme Court, Phoenix
1501 W. Washington
7:30a-5:00p

Feb 14 -- PSPRS, Phoenix
3010 E. Camelback Rd..
10:00a-2:00p

Check the wellness website at:
www.benefitoptions.az.gov/wellness
for additional dates to be added.

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:

Jan 5 -- ASRS, Phoenix
3300 N. Central Ave.
8:00am - 10:00am

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.

Quote of the Month

“In order to change we must be sick and tired of being sick and tired.”

-Anonymous

Fitness, continued

Step 2: Determine your fitness goals. Keeping your fitness level in mind, think about why you want to start a fitness program. Perhaps your doctor has suggested that you start a fitness program to lose weight or you want to rev up your current fitness program. Having clear goals can help you stay motivated.

Step 3: Consider your likes and dislikes. Next think about the types of physical activities you enjoy most. You are more likely to keep up with a fitness program you enjoy. If you love riding your bicycle, consider a cycling class. If you have a blast on the dance floor, an aerobics or zumba would be a good bet. If you prefer to exercise alone or you find health clubs intimidating, exercises you can do at home may be best.

Step 4: Think variety. Varying your activities can keep exercise boredom at bay. This also reduces the risk of injuring or overusing one specific muscle or joint. When you plan your fitness program, consider alternating among activities that emphasize different parts of your body; walking, swimming and strength training, for example.

Step 5: Do the math. Make sure your fitness choices are in line with your budget. If a gym membership or home exercise equipment is too pricey, consider cheaper options for getting in shape. You can base a fitness program around brisk daily walks and inexpensive hand-held weights or resistance bands.

Step 6: Go for it! You have thought through your likes and dislikes and the pros and cons of various types of fitness programs. Now it is time to get physical! Remember to start slowly and build up intensity gradually. Each workout puts you one step closer to reaching your fitness goals. If you get bored or lose interest in your fitness program, do not be afraid to try something new. Reassess your fitness level and set new fitness goals. The result? A future of improved fitness and better health.

Belly Fat in Men: Why Weight Loss Matters

Belly fat is nothing to joke about. Find out what causes belly fat, the health risks it poses for men and what you can do to lose the extra pounds. If you are carrying a few extra pounds, you are not alone. But this is one case where following the crowd is not a good idea. Carrying extra weight, especially belly fat, can be risky.

Why is belly fat a concern for men? People who gain belly fat are at greater risk of serious health problems, even death, than are people who accumulate fat in other areas and men are more likely than women to gain weight around the waist. Regardless of your overall weight, having a large amount of belly fat increases your risk of heart disease, high blood pressure, stroke, type 2 diabetes, insulin resistance, metabolic syndrome and sleep apnea.

How can you tell if you have too much belly fat?:

Your waist size is a good indicator of whether you have too much belly fat. Although measurements that compare your hip and waist circumference (waist-to-hip ratio) or compare your height and weight (body mass index) are more precise, your waist size alone can give you a good estimate. For most men, the risk factors for heart disease and other diseases increase with a waist size greater than 40 inches.

Does age play a role in gaining belly fat?

As you age, you lose muscle, especially if you are not physically active. Muscle loss can slow the rate at which your body burns calories. In turn, if you do not limit your calories or increase your physical activity, you may gain weight.

Is belly fat inherited?

Your genes can affect your chances of being overweight or obese, as well as where you carry extra fat on your body. For most men, however, the problem likely has more to do with lifestyle than inherited traits.

Can you really get a beer belly from drinking?

Drinking excess alcohol can cause you to gain belly fat, the "beer belly." Drinking too much alcohol of any kind can increase belly fat. If you drink alcohol, do so only in moderation. The less you drink, the fewer calories you will consume and the less likely you will be to gain belly fat.

How do you get rid of belly fat?

Whether you are trying to lose belly fat or trim fat from another part of your body, weight-loss basics remain the same:

- **Reduce calories.** Slim down your portion sizes. Replace your usual fare with healthy foods that contain fewer calories. At restaurants, share with your buddies — or eat half your meal and take the rest home for another day.
- **Increase physical activity.** For most healthy adults, the Department of Health and Human Services recommends 150 minutes a week of moderate aerobic activity or 75 minutes of vigorous aerobic activity, in addition to strength training. You may need to do more to lose weight and keep it off. If you can not set aside time for longer workouts, try shorter spurts of activity throughout the day. Start with a walk after dinner or a game of catch with your kids.

Can you reduce belly fat with sit-ups?

Sit-ups help make your abdominal muscles stronger, but spot exercises alone will not specifically reduce belly fat. The best way to shrink your waist size is to lower your total body fat through healthy eating and regular physical activity. Remember, you can lose belly fat it just takes patience and effort. In fact, shedding even a few extra pounds can help you feel better and lower your risk of health problems.

Source: www.mayoclinic.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 is now offering FREE Prostate Cancer Screenings for benefits 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:

- Jan 12 -- State Courts**
1501 W. Washington, Phoenix
10:00am - 2:00pm
- Jan 17 -- San Luis Prison**
Prison, Yuma
11:00am - 4:00pm
- Jan 18 & 19 -- City of Yuma**
One City Plaza, Yuma
8:00am - 4:00pm, 8:00am-12:00pm
- Jan 25 -- Maricopa County**
5th & Jefferson, Phoenix
8:00am - 1:00pm
- Jan 26 -- Maricopa County**
2801 W. Durango, Phoenix
8:00am - 1:00pm



Kronos Weight Management Series

Benefit Options Wellness contracts with Kronos Optimal health to provide a 12-week Weight Management series for people who want to develop healthier habits and manage their weight. The program does not rely on fad diets or lose-weight-quick methods; it is grounded in practical and medically safe guidelines, which allows for healthy weight loss. Kronos Weight Management participants lose, on average, up to 2 pounds a week. The cost is \$50, paid by check to ADOA-HITF on the first class. Employees must attend 10 of 12 classes or will be responsible for the remaining \$200 course fees.

Upcoming Weight Management Courses:

- Jan 3 to Mar 20 -- Secretary of State, Phoenix**
1700 W. Washington
Tues. from 2:00pm - 3:00pm
7th Floor Exec Tower, Conf. Room
- Jan 10 to Mar 27 -- ADOA, Phoenix**
100 N. 15th Ave.
Tues. from 11:00am - 12:00pm
BSD Training Room
- Jan 11 to Mar 28 -- DES, Peoria**
8990 W. Peoria
Wed. from 12:00pm - 1:00pm
- Feb 1 to Apr 28 -- DHS, Phoenix**
150 N. 18th Ave.
Wed. from 12:00pm - 1:00pm
Conference Room 415

Hypertension Management 5-Week Course

- Jan 19 to Feb 16 -- ADOA, Phoenix**
100 N. 15th Ave.
Thurs. from 11:00am - 12:00pm
BSD Training Room

The cost of the Hypertension course is \$10, paid via check on the first day of class. Employees must attend 4 out of 5 classes or will be responsible for the remaining \$145.

For additional classes and dates visit the Wellness Event Schedule at

www.benefitoptions.az.gov/wellness

Healthy Recipe Vegetarian Chili



Ingredients (serves 4):

- 1T olive oil
- 1 small yellow onion, chopped
- 12 oz extra firm tofu, cut into small pieces
- 2 cans (14oz each) diced tomatoes with no added salt
- 1 can kidney beans with no salt added, rinsed and drained
- 1 can black beans with no salt added, rinsed and drained
- 3T chili powder
- 1T oregano
- 1T chopped fresh cilantro

Directions:

1. In a soup pot, heat the olive oil over medium heat. Add the onions and sauté until soft and translucent, about 6 minutes.
2. Add the tofu, tomatoes, beans, chili powder and oregano. Bring to a boil
3. Reduce heat and simmer for at least 30 minutes.
4. Remove from the heat and stir in cilantro.
5. Ladle into individual bowls and serve immediately

Firm tofu stands in for meat and is much lower in fat and cholesterol than hamburger. It also picks up the chili flavors nicely.

Serve this hearty vegetarian chili with corn bread and for dessert, sliced pears sprinkled with cinnamon and nutmeg.

Nutrition Information

Servings per Recipe: 4
Serving Size: about 1 cup

Calories:	301
Protein:	18g
Carbohydrates	46g
Total Fat	5g
Cholesterol	0g

Exchanges: 2 starch, 3 vegetable,
1 meat/meat substitute, 1 fat

For more vegetarian friendly recipes visit
www.allrecipes.com

5 Habits Every Dentist Wishes to Help Ensure You and Your Teeth Have a Healthy, Long- Lasting Relationship

1. **Keep your teeth and gums clean.** At least twice a day, brush gently with special attention to the gum line. Floss at least once a day. Replace your toothbrush every 3 to 4 months, or sooner if the bristles are frayed.
2. **Make regular trips to the dentist.** Regular check-ups will help identify dental problems early on, when they can be more easily treated.
3. **Put out that cigarette.** Smokers are four times as likely as nonsmokers to develop periodontal disease. Using any form of tobacco, including pipes, cigars, and smokeless tobacco, increases the risk of oral and throat cancers, and oral fungal infection, such as candidiasis. Also, most smokeless tobaccos contain sugar furthering your risk of oral health complications such as cavities.
4. **Eat healthy.** Avoid snacking on sugary and starchy foods, especially between meals. Eating plenty of fruits and vegetables will help to stimulate the flow of saliva, which re-mineralizes tooth surfaces and neutralizes bad bacteria that can cause cavities.
5. **Limit your alcohol intake.** Heavy drinking dramatically increases the likelihood of developing oral and throat cancers.

Source: Delta Dental www.azoralhealthexpert.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.