

BeWell News



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As we enter the first quarter of 2014, Benefit Options Wellness takes a look at Men's and Women's Health. Wellness offers mini health screenings to help monitor your blood pressure, cholesterol, and blood glucose levels to assess your risk for diseases such as diabetes and heart disease. Also available periodically are cholesterol, hypertension, weight, and stress management classes. To find classes and screenings near you, visit Wellness at www.benefitoptions.az.gov/wellness.

Rethink Your Resolutions this Year

Have you ever made a resolution at the turn of a new year, with the best of intentions to create a lasting change? Have you ever found that not long after January, you are already out of sync with your new healthy behaviors, disappointed, and stuck with the same desire to change as the year before? If you've ever felt this way, you are not alone. Each year 45 percent of Americans resolve to make a change in the form of a New Year's Resolution. Of that 45%, only about one in twelve actually achieve the outcome that they desire. Perhaps the way we go about creating healthy behavior changes— and the resolutions themselves— need a closer look.

Change the Way You View Change

The best place to start looking at change is in terms of the overall goal you would like to accomplish. Maybe this year is the year that you achieve the personal health goal you have long struggled with. However, the overall goal cannot usually be achieved in a short amount of time, nor can you retrain your mind and body with new behaviors with little time commitment. Instead, take your large goal and break it down into several smaller goals that can be achieved in a much smaller time frame.

For example, if you want to lose weight and have a specific number of pounds in mind, focus on shorter weight loss milestones instead of a number that may seem daunting or overwhelming. With each milestone that you achieve, you gain momentum, confidence, and work in the healthiest way to achieve the larger goal. Likewise, if tobacco cessation is your resolution this year, and the cold turkey method hasn't been realistic in the past, aim for a reduction in use, systematically stepping down until you are tobacco free. Not only does this method allow your body and mind time to adjust to your new patterns, but research shows that you are more inclined to stick with the new healthier behavior over time, and can finally achieve the outcome you have been working toward.

Resolutions, Pg. 2

Your 2014 Total Health Checklist

With a new calendar year just around the corner, it's a great time to get a head start on your personal health checklist for the next twelve months. Taking advantage of your preventive health benefits, and helping your family members do the same, will not only help you achieve greater health this year, but also prevent against illness and disease in the future.

Research has consistently shown that individuals who take advantage of yearly health screenings, preventive care medical and dental visits, and who have a sound understanding of their family medical history are less sick than those who do not. Furthermore, family history, lifestyle behaviors, and other factors can change from one year to the next, affecting an individual's health risk profile. If you have good results from a Well Woman or Well Man visit on any given year, it is just as important to keep seeking your preventive health screenings and exams annually to ensure continued health.

Harvard Health Publications, from the Harvard School of Medicine, recently also reported that regular doctor visits also help create good relationships between healthcare providers and patients. Seeing a health care provider consistently can help a patient address new concerns, learn new information, and stay current on research and

Total Health Checklist, Pg. 4

Resolutions, Continued

Focus on the Positive

The next step to achieving lasting change this year is by looking at the actual change itself in a more positive light. Again, when looking at the tobacco example, instead of focusing on what you stand to *lose* from your cessation process, remind yourself of all that you have to *gain*. Write down why you want to make the changes you do, how this change will positively affect your life, and the impact that this healthy change will have on those you care about.



Keep the positive list with you during the first several weeks of your behavior change process as a reminder of why you have resolved to create a healthier lifestyle. When temptation arises, or you feel that you are falling into old habits, read your list and focus on your goals.

Don't Expect Perfection

The number one reason people report for losing sight of New Year's Resolutions is that they feel as if they failed. Before you begin your journey toward improved health, remember that perfection is not a part of a healthy lifestyle.

Instead, use the smaller goals you have set to achieve your overall larger goal as motivation to do your best each day, knowing that there will be challenges along the way. For instance, if you go out to lunch and make a less than ideal choice, do not think that you have "blown it" for the entire day. The all-or-nothing mentality is never a successful one when it comes to improving your health. Instead, remember later that day that you enjoyed yourself during lunch, and must fuel your body healthily for dinner. Change your focus to treating your body well over the long haul instead of feeling guilty over specific food choices.

Ask Yourself if You are Ready

Finally, make sure that you are really ready to make a change. Ask yourself why you are attempting the change you seek. Is it for someone else's benefit? Or because you feel guilty or pressured into making change? Or is it because you want to do something healthy for you? While each individual's reason may be different, in the end it must be a personal decision.

Visit benefitoptions.az.gov/wellness to learn more about healthy lifestyle tips, and how you can receive support.

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.

Schedule of Worksite Screenings:

**Feb 06 -- Dept. of Health Services
1740 W. Adams, Phoenix
7:30a-11:30a**

Dates and schedule subject to change.

Not able to find a screening in your area? All state agencies are welcome to schedule with Healthwaves. Please allow 30 day notice for scheduling.

To schedule, or for questions about these or other events, please contact Benefit Options Wellness at wellness@azdoa.gov or 602-771-9355.

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. **PPO members who have not reached their deductible will pay coinsurance.**



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

Scheduled Screenings:

- Jan 06 — Department of Administration
100 N. 15th Ave., Phoenix
7:30a-5:30p
- Feb 26 — AHCCCS
701 E. Jefferson, Phoenix
6:30a-10:30a

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

Financial Fitness

It is not uncommon to think of fitness and health in general as a physical characteristic. However, being financially healthy can contribute just as much to other important health factors, such as stress, sleep, and even diet.

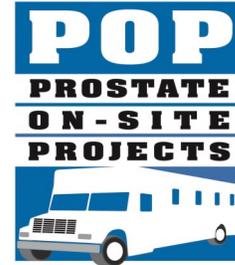
Have you ever been in a stressful financial situation? Did you feel that your overall health was impacted? If the answer to these questions is yes, then learning a few basic tools for financial fitness may help make 2014 your healthiest year to date.

1. Know what you spend. If you consistently find yourself with a low bank account and wonder how it happened, spend one week (or more) tracking *where* you spend your money. You may find that some of the items you are routinely purchasing are not a necessity, and that can lead to a big savings. One common example is a \$4 coffee drink you may purchase each weekday. Over the course of a year, that equals about \$1040!

Financial Fitness, Pg. 4

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:

- Jan 15 — AZ State Courts
1501 W. Washington, Phoenix
8:00a-12:00p
- Feb 12 — City of Goodyear
190 N. Litchfield, Goodyear
12:00p-4:00p
- Feb 20 — University of Arizona
Corner of Cherry Ave., and
University Mall, Tucson
7:00a-1:00p

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

Financial Fitness, Continued

2. Stick to a budget. Once you know what you spend, you can create for yourself and your family a reasonable budget. Determine an amount that is 15-20% lower than your current average spending, in order for your goals to be reasonable. Just like with other goals you may have, if you cut too drastically you will not be successful. Pinpoint your “trouble areas” in terms of excessive spending and reduce those costs first.

3. Open a savings account that pays interest. Not only will you create for yourself an emergency fund, but your money will earn money too. The average US savings account pays about .5% interest, but if you shop around you may be able to find a *high-yield savings account*, with up to 3% interest.

4. Eliminate late fees. Did you know that up to 30% of your credit score is determined by on time payments of various expenses. Not only do you incur the late fee amount, but over 60 day late payments can be extremely costly in the long run. Protect yourself by setting up auto pay schedules when possible.



5. Know your credit score. You may ask, what is a credit score?

Your credit score is a calculation assigned by credit reporting companies based on information available on your credit report. Like a test score, a higher number is an indicator of better credit. Essentially a good credit score is an indication that you have a high probability of repaying loans on time. Without good credit, you may not be able to finance major life purchases, such as a car or a home, or open a line of credit. A low credit score is considered less than 600, while a positive credit score begins at about 750.

6. Protect yourself with insurance. The right insurance greatly depends on your stage in life, family, and other details. If you are renting your home, renter's insurance is a smart option. It typically costs about \$150 a year, paid monthly, and protects against theft, fire, and other unforeseen disasters. If you have a family and own your home, you need life, health, and homeowner's insurance to protect against many of life's hazards. While the cost upfront may seem high, you run a risk of paying out of pocket if something happens to you, your family, or your home.

Remember, your finances do affect your overall health and well-being. For resources available to manage stress associated with financial health, email wellness@azdoa.gov.

Total Health Checklist, Continued

health trends as they relate to the individual. Finally, any abnormalities or health concerns that may not present themselves without periodic exams and discussions are more likely to be discovered.

Harvard Health Publications suggests the following ideas to get the most out of your annual checkup:

- Bring written lists of your health concerns or questions and your current medications. Make sure to include any over-the-counter medications that you are taking on a regular basis.
- Mention any changes in the health of your family.
- Bring up concerns early in the visit, so there is time to address them.
- Tell your doctor if a medication is not working for you.

So for the upcoming calendar year, make sure you know which appointments you need to schedule and take action. Below is a suggested list for both men and women in order to take preventive health measures. Please review your complete benefit elections and coverage for more information regarding co-payments, network providers, and deductibles.

For Men

- Well-Man Care, once per plan year
- Routine Physical, once per plan year
- Hearing Exam, once per plan year
- Dental Cleaning and Exam, twice per plan year
- Prostate Health Screening, once per plan year (beginning at age 40)

For Women

- Well-Woman Care, once per plan year
- Routine Physical, once per plan year
- Hearing Exam, once per plan year
- Dental Cleaning and Exam, twice per plan year
- Mammography Exam, once per plan year (beginning at age 40)

For complete Benefit Options information, please visit benefitoptions.az.gov or call 602-542-5008. For claim and other information, contact your network provider, found on your Benefit Options insurance card. Remember to always consult with your primary care physician for questions or concerns related to your personal health.

Healthy Recipe Vegetable Lo Mein



Ingredients (serves 4):

- 8 Oz. dried Chinese egg noodles
- 1 tsp. toasted sesame oil
- 1 T. vegetable oil
- 2 cloves garlic, minced
- 4 C. mixed fresh mushrooms, sliced
- Pinch of cayenne powder
- 1 6-Oz. bag fresh spinach
- 8 Oz. (optional) chicken breast meat, sliced thinly*
- 2 T. Light soy sauce
- Pinch salt and pepper
- 2 scallions, finely chopped
- 1/2 T. each, white and black sesame seeds

Directions:

1. Fill a medium saucepan with water. Bring to a boil, and cook the egg noodles until al dente, about 3 minutes. If using chicken, slice and sauté in a medium pan until cooked, then set aside.
2. Drain noodles, then coat with the toasted sesame oil to prevent them from sticking together, and set aside.
3. Heat a wok over high heat and add the vegetable oil. When the wok is smoking, add the garlic and stir-fry until fragrant.
4. Add the mushrooms, and cook until starting to brown, 1 to 2 minutes. Season the mushrooms with salt and pepper to taste.
5. Stir-fry for 1 minute more, then add the spinach and stir-fry for another minute until wilted.
6. Toss in the cooked egg noodles, and chicken, season with the light soy sauce and salt.
7. Garnish with sliced scallions and toasted black and white sesame seeds, and serve immediately.

Nutrition Information

Servings size: 1/4 of recipe

Calories:	245 (295*)
Protein:	6 (12*)g
Carbohydrates	39 g
Total Fat	7 g
Cholesterol	0 mg
Sodium	90 mg
Fiber	7 g

Q & A: What Your Dentist is Really Thinking

Have you ever wondered what your dentist is really thinking during your twice annual visits? Learn the facts from a professional Delta Dental dentist and check out the following Q & A with Dr. Kevin Noridge:

What is the best advice you give your patients?

I inform them that oral wellness directly relates to whole-body wellness, so it is extremely important to keep your mouth healthy.

What is the best dental advice you have received personally?

Floss properly daily, brush with fluoride toothpaste, eat a healthy diet, reduce sugar intake when it's possible, and learn to manage stress.

Can you ingest too much fluoride by brushing?

No. You would need to consume an entire tube of toothpaste in order to be concerned about fluoride toxicity levels. All standard toothpastes are monitored by the FDA and are safe.

Do you really brush *and* floss as much as is recommended?

Absolutely! I actually brush and floss twice daily, even when traveling or on camping trips!

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.