

## in this issue:

- 2 Who's Who in Health Care  
Can You Name That Fruit  
or Vegetable?
- 3 Ease Your Back Pain  
Don't Be a Weekend Warrior  
Prevent Shingles  
Get Relief from Seasonal  
Allergies
- 4 3 Tips to Revitalize Your  
New Year's Resolution
- 5 A New Year, a New Start
- 6 Health Insurance Portability  
and Accountability Act  
A Reminder About Behavioral  
Health Providers
- 7 Attention Members  
Dependent Coverage Under  
the Affordable Care Act  
A Reminder About Medication  
and Supplies
- 8 Don't Be in the Dark About  
Skin Protection

### Did you know

there are thousands  
of apps that can give  
your workout  
a boost, and they  
won't cost you  
a cent?

Other apps, such  
as Fleetly and  
Runkeeper, let you  
track your exercise.

**7 Minute Workout**  
is a high-intensity,  
interval-based  
program.

**Simply Yoga**  
provides 20-, 40-, or  
60-minute yoga  
sessions.

## Get on Board the Mobile Health Unit



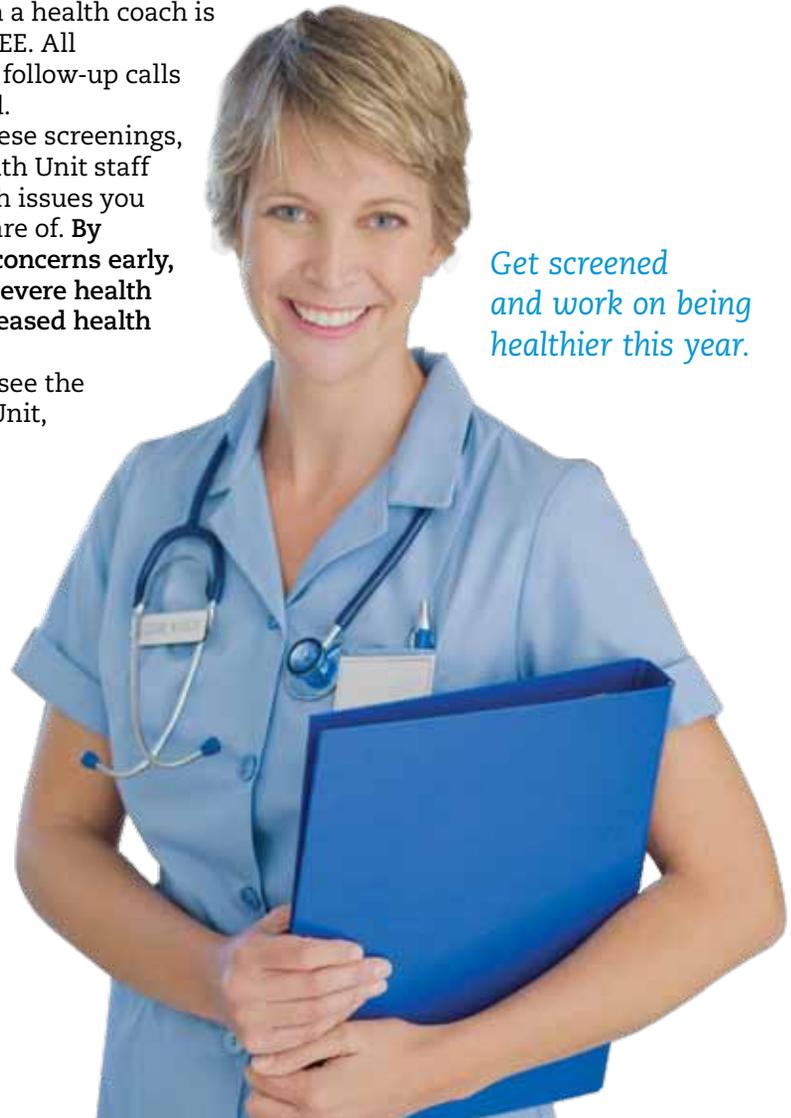
The UFCW and Tri-State Health and Welfare Funds offer FREE health screenings for participants and eligible dependents of Locals 1360, 152, and 27 on the Mobile Health Unit. The Mobile Health Unit has been servicing participants since 1998. Health educators and nurses have administered thousands of health screenings on the Mobile Health Unit during that time.

The FREE screenings include cholesterol, triglycerides, and glucose, as well as blood pressure, height, weight, and body mass index. Skin checks or bone density tests may be offered at no cost as well. After the screenings, a follow-up phone call from a health coach is available for FREE. All screenings and follow-up calls are confidential.

Because of these screenings, the Mobile Health Unit staff identifies health issues you may not be aware of. **By finding health concerns early, you can avoid severe health issues and increased health costs.**

So when you see the Mobile Health Unit, get on board!

*Get screened  
and work on being  
healthier this year.*





# ADMINISTRATIVE UPDATE

by Frank Vaccaro  
Contract Administrator

## Who's Who in Health Care

In the past, there were doctors and nurses. Today, there are a wide range of health care providers and services. Below is a summary of some of the different health care professionals you may come into contact with.

### Physicians

Medical doctors (M.D.'s) or doctors of osteopathic medicine (D.O.'s) still hold the highest level of education in the medical field.

There are a few different types of physicians. First, there are **generalists**. These doctors practice family medicine and focus on overall wellness and preventive medicine. They treat the whole body rather than zeroing in on a specific area.

There are also **specialists**. They are doctors who complete their medical training in one specialized field. They diagnose and treat illnesses or diseases in their area of expertise. Examples include cardiologists and gynecologists.

### Other Health Care Providers

**Nurse practitioners** (N.P.'s) are nurses with graduate training. Nurse practitioners can serve as primary care providers or specialists. They can do much of what doctors do, including diagnose illnesses and prescribe medication.

**Physician assistants** (P.A.'s) can provide a wide range of services under the supervision of an M.D. or D.O.

**Registered nurses** (R.N.'s) have graduated from a nursing program, passed a state board examination, and are licensed by the state in which they work. They generally manage the patient's care by carrying out the doctor's orders.

**Medical students** are physicians in training. They can take a medical history but need approval for any care from the supervising physician.

**Technicians** (such as radiology or laboratory technicians) perform tasks such as routine tests and drawing blood, depending on where their training lies. They are usually certified by the state in which they work.

## Can You Name That Fruit or Vegetable?

Take a look at these produce photos. They're not your run-of-the-mill fruits and veggies! See if you can guess what they are. Consider purchasing one. Eat it and reap its health benefits.



a.



b.



c.



d.

- ANSWER KEY:**
- a. Pummelo (or pomelo): A close relative of the orange and grapefruit, this large member of the citrus family is also chock-full of vitamin C. Eat it like a grapefruit.
  - b. Jicama: This root vegetable is both sodium-free and fat-free. Use it as a dipper instead of celery or carrots in one of your favorite dips.
  - c. Kohlrabi: Low in calories and high in fiber, this veggie can be eaten raw or cooked.
  - d. Guava: Potassium, folate, and vitamin A are all abundant in this fleshy fruit. Try it in a smoothie.

# Health Tips

## Ease Your **BACK PAIN**

**Back pain is a common complaint and one of the top reasons people go to the doctor or miss work.** Conservative treatment options, including physical therapy and anti-inflammatory drugs, are often successful in relieving pain from a herniated or “slipped” disk. Unless the pain is severe and unrelenting or you’re experiencing progressive weakness of your leg muscles, you should try conservative treatment options for two or three months before resorting to more invasive therapies. **Few people ever need surgery for back pain. However, if your pain persists, see your doctor.**

## **Sneezing? Itchy Eyes?** Get Relief from Seasonal Allergies

As spring approaches, the world seems to come to life. But so, too, may your allergies. Seasonal allergies, also called hay fever, can be especially irritating during the springtime months.

If you have seasonal allergies, it’s difficult to avoid pollens—the primary spring allergen—as well as outdoor molds, because they’re carried through the air. But you can help reduce the itchy eyes, runny nose, and sneezing they cause. Try these tips:

- Avoid outside activity when pollen counts are at their highest, usually early in the morning and on dry, windy days.
- Keep windows closed and use air conditioning, if needed, in your home and car.
- Shower before bed to wash off pollens in your hair and on your skin.
- **Talk with your doctor about how best to reduce symptoms.** Common treatments include antihistamines and nasal sprays, available both over the counter and by prescription.



## **Prevent Shingles**

**Almost one out of every three people will develop shingles during his or her lifetime.** Shingles is also known as herpes zoster. It causes a painful, blistering skin rash that can last for weeks.

As you age, your risk for shingles increases. About half of all shingles cases occur in people age 60 or older.

**Anyone age 60 or older should get vaccinated against this painful disease. Vaccination is the only way to reduce your risk of getting shingles.**



### **Protect Yourself**

Call the Fund office today at **800-228-7484** to see whether you are eligible for the shingles vaccine.



## **Don't Be a Weekend Warrior**

Pressed for time Monday through Friday? You may be tempted to pack a week’s worth of exercise into your weekend. But that’s not the best way to get fit or reap the benefits of exercise. Most important, doing this could result in injury.

Need another good reason to fit in fitness during the week? Just 20 to 30 minutes of exercise a day can reduce stress, increase confidence, improve sleep, and help prevent depression.

**Aim for at least two-and-a-half hours of moderate activity, like fast walking, dancing, or gardening, throughout the week.** Don’t have that much time? Cut it in half by choosing vigorous activities that really get your heart pumping, like jogging, jumping rope, swimming laps, or biking hills.

# 3 Tips to Revitalize Your New Year's Resolution

By Terry Mason, Health Coach

It's March and New Year's may feel like a long time ago. Are you keeping up with your resolution?

If you've been making New Year's resolutions for years and not getting results, here are three tips to help you get back on track (or stay on track) with your 2015 resolution:

**1 Affirmations don't work alone.** If you fantasize about what it will be like when you walk into that store and slip into that small-sized pair of jeans, you are actually more likely to fail. **Affirmations (positive thoughts about future outcomes) need working plans.** Next time you want to use affirmations, try this:

- Name what you want.
- See yourself overcome barriers to get there. This is the key step that everyone leaves out! **You have to figure out what kept you from achieving the goal the last time you set it.** Now dream about overcoming obstacles.
- Then see the successful outcome.

**2 Stop trying to go it alone.** Do you know that 45 percent of us make resolutions? The most common one is to lose weight. Yet more than half of us do not succeed. Why? We don't ask for help.

Americans are strong and independent. We usually see asking for help as a weakness. **But the most successful people in the nation say that the number one reason they were able to succeed was because they asked for help.**

Apply this knowledge to your resolution. Try this:

- Say your resolution out loud.
- Tell at least 10 other people about what you want to do.
- Look for people who have done it.
- Ask them how they did it. Use any ideas that sound good to you.
- Say thank you to everyone who helps you achieve your goal.

**If your resolution is health-related, one support person you'll want on your team is a Health Manifest coach.** We are FREE, knowledgeable, positive, and here to help you succeed. To reach a Health Manifest coach, call toll-free **866-242-7586**.



If you already gave up on your resolution, start again now. Don't be afraid to start over every day if you need to. Remember, you CAN conquer your resolution. Don't ever give up!

*Call the Health Manifest team if you need help.*

**3 It's about the journey.** Resolutions won't stick until you make them about the journey, not the end results. If you don't know why you are doing well, how can you continue to do well?

Do you remember the last thing you accomplished? If you can, you probably did this:

**You tracked it.**

You don't even need to use pen and paper to track your goals anymore. There's an app for that! No matter what you are trying to do, there are marvelous new apps out there that help you track what you are doing.

**You did not give up.**

You had days when you did well and days when you did less than your best. The point is you did not give up. **If you already gave up your New Year's resolution, rename it and start again.**

**You celebrated your victory.**

Whether you gave yourself a 21-gun salute, a parade, or a thumbs-up in the mirror, you celebrated. Celebration helps you do better every single day.

## A New Year, a New Start

A New Year's resolution seems like a great idea in January, but what about in February, March, and beyond? Here's how to stick with your plan.

**Your Resolution: Lose weight**

**Keep It Up:** Write down in a food diary what you eat, how much, where, when, with whom, and your mood at the time. In one large study, the more often overweight people wrote in a food diary, the more weight they lost.

**Your Resolution: Reduce stress**

**Keep It Up:** Recharge with seven to eight hours of sleep a night. **This improves mood and helps you think clearly and creatively.** Go to bed and get up at the same time every day, even on weekends.

**Your Resolution: Manage time**

**Keep It Up:** Make to-do lists and rank items in order of importance. Tackle high-priority items first. Write your goals on your calendar. Want to walk more? Need a mammogram? Schedule it! **Every time you make your resolutions important, you have a greater chance for success.**

# Health Insurance Portability and Accountability Act (HIPAA)

## Availability of Notice of Privacy Practices

A federal law, the Health Insurance Portability and Accountability Act of 1996 (HIPAA), requires that health plans protect the confidentiality of your private health information. A complete description of your rights under HIPAA can be found in the plan's "Notice of Privacy Practices," which was distributed to you upon enrollment and is available from the benefits manager.

This plan, and the plan sponsor, will not use or further disclose information that is protected by HIPAA (protected health information, or PHI) except as necessary for treatment, payment, health plan operations, and plan administration, or as permitted or

required by law. By law, the plan has required all its business associates to also observe HIPAA's privacy rules. In particular, the plan will not, without authorization, use or disclose PHI for employment-related decisions or in connection with any benefit or employee benefit plan of the plan sponsor.

### Your Rights

Under HIPAA, you have certain rights with respect to your PHI, including the right to see and copy the information, receive an accounting of certain circumstances, and amend the information. You also have the right to file a complaint

with the plan or with the secretary of the Department of Health and Human Services if you believe your rights under HIPAA have been violated.

Our Notice of Privacy Practices provides a complete description of your rights under HIPAA's privacy rules. If you have questions about the privacy of your health information, wish to file a complaint under HIPAA, or want a copy of the privacy notice, please call the Fund office at **800-228-7484**.



## A Reminder About Behavioral Health Providers

If you see a behavioral health provider who is not participating with the Fund network, this could result in increased out-of-pocket costs to you or no payment from the Fund. If covered, charges for non-participating providers will be paid according to the Fund's usual and customary fees under your specific benefit plan.

Please note that all levels of care are monitored for quality and necessity through current utilization review and individual case management. For any questions related to your specific benefits, please call the Fund office at **800-228-7484, prompt #5**.

Remember to call the Fund office directly for a list of participating in-network behavioral health providers through the Fund network.

## \* ATTENTION MEMBERS \*

If you do not qualify for health benefits coverage for this period, you and your family have options:

### For Pennsylvania residents:

Independence Blue Cross has 13 products on the Pennsylvania marketplace for you to review. You may be eligible for a subsidy to help pay for your monthly premiums.

Call **855-200-1303** to get information on:

- \* The plans
- \* Your subsidy
- \* How to enroll

### For New Jersey residents:

AmeriHealth New Jersey has 13 products on the New Jersey marketplace for you to review. You may be eligible for a subsidy to help pay for your monthly premiums.

Call **888-879-5456** to get information on:

- \* The plans
- \* Your subsidy
- \* How to enroll



## Dependent Coverage Under the Affordable Care Act

Health care reform, also known as the Affordable Care Act (ACA), has impacted your benefits. ACA requires the extension of coverage for dependents up to age 26, regardless of whether they have other insurance available to them.

Please note that the Fund will send an annual form requiring updates of insurance information for all

dependents. If the form is not returned to the Fund office, all claims will be held without processing.

**Remember**—If any dependent or member at a supplemental level of coverage has another insurance, that other insurance is primary (Medicare or Medicaid plans are exceptions, as is an endorsement, if it's on file).



## Reminder About Medication and Supplies

### Specialty self-injectable medications:

These medications are provided under the participant's coverage directly at the Fund office.

**All injectables require preauthorization and are subject to the applicable cost-sharing.**

### Diabetic supplies:

Diabetic supplies, including glucometers, test strips, lancets, needles, and pump supplies, are covered under your medical insurance plan. You can locate a durable medical equipment provider in your directory under ancillary provider. Insulin and oral diabetic medication continue to be covered under your prescription plan.

If you have any questions or need assistance, call the Care Management Department at **800-228-7484, prompt #5.**

# in touch

© 2015. Articles in this newsletter are written by medical professionals who strive to present reliable, up-to-date health information. Our articles are reviewed by medical professionals for accuracy and appropriateness. No publication, however, can replace the care and advice of medical professionals, and readers are cautioned to seek such help for personal problems. All models used for illustrative purposes only. (5531M)



**UFCW and Participating Employers  
Health and Welfare Fund**  
27 Roland Ave., Suite 100  
Mt. Laurel, NJ 08054-1056

PRSRT STD  
U.S. POSTAGE  
**PAID**  
PERMIT #864  
LONG PRAIRIE, MN



## Don't Be in the Dark About Skin Protection

Spring is coming and so are sunnier days. It's time for riding bikes, opening windows, and spending more time outside. As our days grow longer and warmer, the ultraviolet (UV) rays are getting stronger.

Skin cancer is a real danger to everyone. **Remember to wear sunscreen all year.** Use a broad-spectrum sunscreen with an SPF (UVA and UVB) of a least 15.

The sun's rays are strongest between 10 a.m. and 4 p.m. Try to schedule outdoor activities for other times of the day, even in the winter or when the sky is cloudy. You absorb UV radiation year-round and clouds offer little protection from damaging rays. Avoiding the sun at its strongest helps you stay away from sunburn that causes skin damage

and increases skin cancer risk.

Sunscreen and avoiding peak sun hours are two parts of a complete skin protection regimen, but they alone are not enough. Here are other tips:

- Avoid outdoor tanning and tanning booths.
- Be aware of sun-sensitizing medication.
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- Examine your skin from head to toe every month.
- See your physician every year for a professional skin exam.

**Skin cancer rates continue to rise, but most skin cancers are preventable. Take action now to protect yourself and your family.**

### Get your skin checked on the Mobile Health Unit!

Call the Fund office at 800-228-7484 to see when the van will be near you.



### Did you know

that one in five Americans will develop skin cancer at some point in his or her lifetime?

### Are We *in touch*?

If you are aware of any coworkers who are not receiving the *in touch* newsletter on a quarterly basis, please advise them to call the Health and Welfare Fund office at **800-228-7484, ext. 2504.**

The Fund distributes the *in touch* newsletter to present reliable, up-to-date health information, including updates about programs and benefits available to eligible participants. Call the Fund office to obtain the status of your eligibility and verify your current address.

Your ideas are important! Let us know if there is a particular topic that you would like included in your *in touch* newsletter.

Eligibility for specific benefits varies among our participants. Call the Health and Welfare Fund office to inquire about your eligibility for any of the benefits described in this newsletter. Call **800-228-7484, prompt #6.**