

# BeWell News

Wellness Newsletter

Quarter 2 2015: BACK AND MUSCULAR HEALTH

## REGISTER FOR THE HEALTH IMPACT PROGRAM (HIP) TO WIN A FREE IPAD!



Benefit Options Wellness is offering the opportunity to win one of six free Apple iPads, donated by Arizona State Credit Union. Benefits eligible employees who register for the Health Impact Program (HIP) by creating an account on the [Mayo Clinic Healthy Living portal](#) from October 1, 2014 to September 30, 2015 will be entered into a monthly iPad drawing.

Visit [www.bewellstaywell.az.gov](http://www.bewellstaywell.az.gov) to get started today!

Earn 500 points towards HIP from October 1, 2014 to September 30, 2015 to receive up to \$200. For complete HIP information, visit [www.benefitoptions.az.gov/wellness](http://www.benefitoptions.az.gov/wellness).

### TOPICS IN THIS ISSUE:

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- Good for Your Bones Foods
- Healthy Recipe: Fennel and Chicken Flatbread

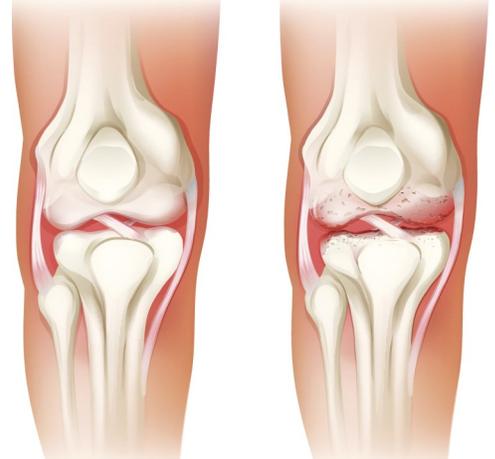
Please direct any questions to [wellness@azdoa.gov](mailto:wellness@azdoa.gov), or call Benefit Options Wellness at 602-771-9355.

## KEEP YOUR BONES HEALTHY

Bones support us and allow us to move. They play many roles in our bodies which provide structure, protect organs, and anchor muscles. Bones also store minerals such as calcium and phosphorous and release them into the body when we need them for other uses. Healthy bones are essential because they can protect our brain, heart, and other organs from injury.

It is never too late to take care of your bones, you can take steps during adulthood to protect bone health, too. Follow these tips to keep your bones healthy and strong:

- **Include plenty of calcium in your diet.** For adults ages 19 to 50 and men ages 51 to 70, the recommended dietary allowance (RDA) is 1,000 milligrams (mg) of calcium a day. The recommendation increases to 1,200 mg a day for women after age 50 and for men after age 70.
- **Pay attention to vitamin D.** Your body needs vitamin D to absorb calcium.
- **Include physical activity in your daily routine.** Weight-bearing exercises, such as walking, jogging, tennis and climbing stairs, can help you build strong bones and prevent bone loss.
- **Avoid substance abuse.** Don't smoke and avoid drinking more than two alcoholic drinks a day.



Source: Mayo Clinic

# HEALTHY MUSCLES MATTER

Did you know you have more than 600 muscles in your body? Healthy muscles help you move, keep your body strong, pump blood through your body, and even help you breathe. In addition, strong muscles keep your joints in good shape and help maintain your balance. Keeping your muscles healthy will help you have more fun and enjoy everyday life. Healthy muscles will help you look your best and feel full of energy. Start good habits now and you'll have a better chance of keeping your muscles healthy for the rest of your life.



Here are tips to keep your muscles healthy:

- **Physical activity.** Get 60 minutes of physical activity every day. Break it up into at least 10-minute increments to count toward your 60 minutes of physical activity per day.
- **Eat a healthy diet.** Eating a balanced diet will help manage your weight and provide a variety of nutrients for your muscles and overall health. A balanced diet :
  - ▶ Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat dairy products like milk, cheese, and yogurt.
  - ▶ Includes protein from lean meats, poultry, seafood, beans, eggs, and nuts.
  - ▶ Is low in solid fats, saturated fats, cholesterol, salt (sodium), added sugars, refined grains and trans fats.
- **Warm up and cool down.** You are less likely to strain a muscle with warm-up exercises, which make the muscles warmer and more flexible and cool-down exercises, which loosen muscles that have tightened during exercise.
- **Remember to drink lots of water while you're playing or exercising, especially in warm weather.** If your body's water level gets too low (dehydration), you could get dizzy or even pass out. Dehydration can cause many medical problems.
- **Don't try to "play through the pain."** If something starts to hurt, STOP exercising or playing.
- **If you have been inactive, "start low and go slow"** by gradually increasing how often and how long activities are done. Increase physical activity gradually over time.
- **Be careful when you lift heavy objects.** Keep your back straight and bend your knees to lift the object. This will protect the muscles in your back and put most of the weight on the strong muscles in your legs.

Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases

## JOINT HEALTH

A joint is the connection between two bones. Many joints have cartilage on the ends of the bones where they come together. Healthy cartilage helps you move by allowing bones to glide over one another. It also protects bones by preventing them from rubbing against each other.

Age, injury, bad posture, or carrying too much weight can wear and tear your cartilage. This can lead to a reaction that can damage your joints and lead to arthritis. The best way to care for your joints is to keep them strong and stable by following these guidelines:

- **Watch Your Weight.** Keeping your weight within a healthy range is the best thing you can do for your joints. Losing weight reduces pressure on your knees, hips, and back and helps prevent joint injury.
- **Exercise & Build Muscles.** Research suggests that aerobic exercise can reduce joint swelling. Keep in mind that strong muscles support your joints. If you don't have enough muscle, your joints take a pounding, especially your spine, hips, and knees, which must support your entire body weight.
- **Strong Core.** Stronger abs and back muscles help you keep your balance and prevent falls that can damage your joints.
- **Perfect Your Posture.** Slouching is not good for your joints. Standing and sitting up straight protect your joints from your neck to your knees. Good posture also helps guard your hip joints and back muscles.
- **Eating Right Nourishes Joints.** Eating a healthy diet is good for your joints, because it helps build strong bones and muscles. In addition to calcium, you also need vitamin D to keep your bones and joints in good health.

Source: WebMD

## Mobile On-Site Mammography (MOM)

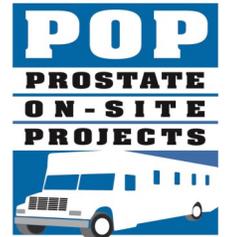
Mobile On-Site Mammography (MOM) travels to perform mammography screenings at worksites across Arizona. Benefit Options EPO plan members do not have to pay a copay at these events. Bring your Employee Identification Number (EIN) and/or Insurance card. *PPO members who have not reached their deductible will pay coinsurance. Participants will earn 50 points towards HIP.*

Call MOM at 480-967-3767 to schedule your appointment. To find a screening near you, visit the [Event Schedule](#).



## 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.



Appointments required. Call today to find a screening near you 480-964-3013 or visit the [Event Schedule](#).

### What you Need:

- **United Healthcare** and **BCBSAZ** 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).

Participants will earn 50 points towards HIP and also be entered into a drawing for prizes.

## 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
- C-Reactive Protein (CRP) \$58
- Complete Blood Count (CBC) \$22
- Thyroid Screen \$28
- Food allergy panel \$65 (non-fasting blood draw)
- Southwest inhalant allergy \$65 (non-fasting blood draw)



Join the virtual classroom each month to **earn 50 points towards HIP!**

Employees can choose from four session dates and register for one session monthly. Remember that registration is limited to the first 400 participants each month.

First time eMindful users will need to create a new account. When creating a new account, employees must use their Employee Identification Number (EIN) as the "Unique ID" when prompted. University employees must use their Health Insurance ID Number (UA employees) OR Campus ID number (ASU employees) as their "Unique ID."

To get started, visit [adoa.emindful.com](http://adoa.emindful.com).

## How to Schedule a Screening or Wellness Sponsored 1-hour Seminar at your Worksite:

- ▶ Speak with your supervisor and gain approvals to schedule a worksite wellness screening or a 1-hour wellness seminar.
- ▶ Fill out the [Event Request Form](#). When completing the form, provide a 30 day notice and two date options for your desired screening or seminar.
- ▶ Once you submit the request form, the designated contact person will be notified of confirmation.
- ▶ Receive flyers and marketing materials for event promotion throughout your agency.
- ▶ Healthwaves will set up 30 minutes prior to the screening on the event day.

**Earn HIP points for your participation in the screenings. Scheduling subject to change and availability. Visit the [Event Schedule](#) to find a screening near you.**

# FENNEL & CHICKEN FLATBREAD

Here's an easy, new take on pizza: pita rounds that hold a fennel and chicken saute and that are then baked until the cheesy topping melts.



## INGREDIENTS

- 2 teaspoons extra-virgin olive oil
- 1 bulb fennel, quartered, cored and thinly sliced, plus 1 tablespoon chopped feathery tops for garnish
- 1 red bell pepper, thinly sliced
- 8 ounces boneless, skinless chicken breast, very thinly sliced crosswise
- 4 6-1/2-inch whole-wheat pitas, or eight 4-inch whole-wheat pitas
- 1 cup shredded provolone cheese
- Freshly ground pepper, to taste

## PREPARATION

1. Preheat oven to 500°F.
2. Heat oil in a large nonstick skillet over medium heat. Add fennel and bell pepper and cook, stirring often, until the vegetables begin to soften, about 5 minutes. Add chicken and cook another 5 minutes, stirring often, until the vegetables are tender and the chicken is cooked through.
3. Place pitas on a baking sheet and top each with an equal portion of the chicken and vegetable mixture; sprinkle with cheese and pepper. Bake until the cheese melts and turns golden, 10 to 15 minutes. Sprinkle with chopped fennel tops and serve warm.

## Nutrition Facts

Per serving (6 1/2-inch pita) : 447 Calories; 13 g Fat; 6 g Sat; 4 g Mono; 6 mg Cholesterol; 53 g Carbohydrates; 30 g Protein; 10 g Fiber; 660 mg Sodium; 416 mg Potassium  
Exchanges: 3 starch, 1 vegetable, 3 medium fat meats

Source: *Eating Well*

## GOOD FOR YOUR BONES FOODS

Food	Nutrient
Dairy products such as low-fat and non-fat milk, yogurt and cheese	Calcium. Some dairy products are fortified with Vitamin D.
Canned sardines and salmon (with bones)	Calcium
Fatty varieties such as salmon, mackerel, tuna and sardines	Vitamin D
Collard greens, turnip greens, kale, okra, Chinese cabbage, dandelion greens, mustard greens and broccoli.	Calcium
Spinach, beet greens, okra, tomato products, artichokes, plantains, potatoes, sweet potatoes, collard greens and raisins.	Magnesium
Tomato products, raisins, potatoes, spinach, sweet potatoes, papaya, oranges, orange juice, bananas, plantains and prunes.	Potassium
Red peppers, green peppers, oranges, grapefruits, broccoli, strawberries, brussels sprouts, papaya and pineapples.	Vitamin C
Dark green leafy vegetables such as kale, collard greens, spinach, mustard greens, turnip greens and brussel sprouts.	Vitamin K
Calcium and vitamin D are sometimes added to certain brands of juices, breakfast foods, soy milk, rice milk, cereals, snacks and breads.	Calcium, Vitamin D

Source: *National Osteoporosis Foundation*