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## National Diabetes Education Month

November is National Diabetes Education Month and Benefit Options Wellness is focused on diabetes during the final Quarter of 2011, providing programs and support resources.

### What is Diabetes?

Diabetes is a disorder that affects the way your body uses food for energy. Glucose is the main sugar that comes from the digestion of the foods that we eat and drink. For example, breads, cereals, fruits, and some vegetables that contain carbohydrates in the form of starches and sugars. When eaten, these are broken down in our digestive track and absorbed in the blood stream as glucose. The glucose then circulates in your blood where it waits to enter cells to be used as fuel. Insulin, a hormone produced by the pancreas, helps move the glucose into cells. A healthy pancreas adjusts the amount of insulin based on the level of glucose. But, if you have diabetes, this process breaks down, and blood sugar levels become too high.

### What are the Symptoms?

Diabetes symptoms vary depending on how high your blood sugar is elevated. Some signs and symptoms are; increased thirst, frequent urination, extreme hunger, unexplained weight loss, fatigue, blurred vision, slow-healing sores, mild high blood pressure, and frequent infections, such as gum and skin infections.

### How is Diabetes Diagnosed?

All you need is a simple blood test to find out if you have diabetes or pre-diabetes. The two types of tests used are *Fasting Plasma Glucose* and *Casual/Random Glucose*. Fasting Plasma Glucose is taken in the morning, on an empty stomach. *Casual/Random Glucose* can be taken anytime during the day, without fasting. A glucose level of 200mg/dl and above may suggest diabetes. The following chart shows normal to diabetic blood glucose levels:

|                  | Fasting | After Eating | 2-3 hours After Eating |
|------------------|---------|--------------|------------------------|
| Normal           | 80-100  | 170-200      | 120-140                |
| Impaired Glucose | 101-125 | 190-230      | 140-160                |
| Diabetic         | 126+    | 220-300      | 200 plus               |

*Diabetes, Page 2*

## Breast Cancer Awareness

Breast cancer is the most common cancer in women in the United States, aside from skin cancer. According to the American Cancer Society (ACS), an estimated 192,370 new cases of invasive breast cancer are expected to be diagnosed among women in the United States this year.

Breast cancer is a malignant tumor that grows in one or both of the breasts. It usually develops in the ducts or lobules, also known as the milk-producing areas of the breast.

Although, breast cancer occurs primarily in women, it can also develop in men. Even though men have less breast tissue than women, they do have breast cells that can undergo cancerous changes. Male breast cancer makes up less than 1 percent of all cases of breast cancer, and is usually detected in men between 60 and 70 years of age. Different people have different warning signs for breast cancer. Some people do not have any signs or symptoms at all. A person may find out they have breast cancer after a routine mammogram.

*Breast Cancer, Page 3*

## Diabetes, continued

### Can Diabetes be Prevented?

Researchers are making progress in identifying the exact genetics and "triggers" that predispose some individuals to develop type 1 diabetes, but prevention remains elusive. A number of studies have shown that regular physical activity and a healthy diet can significantly reduce the risk of developing type 2 diabetes. Type 2 diabetes is typically associated with obesity.

### Bottom line: Healthy Management, It's a way of life.

If lifestyles can pave the way to developing diabetes, they are also some of our best means for fighting back. For many people with diabetes, pre-diabetes, or who are overweight, lifestyle changes make all the difference. Eating better and being more physically active can have major effects on your blood-glucose levels. By following healthy eating guidelines and making regular activity a part of your life, you are taking an active role in managing your health, rather than letting it manage you.

### Resources:

[www.eatingwell.com](http://www.eatingwell.com), [www.cdc.gov](http://www.cdc.gov), [www.medicinenet.com](http://www.medicinenet.com), [www.mayoclinic.com](http://www.mayoclinic.com)

## 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.

### Upcoming Courses:

Oct 11 to Dec 27 -- Dept. of Gaming, Phoenix  
1110 W. Washington  
Tues. from 1:00pm - 2:00pm  
Main Conference Room

Oct 12 to Dec 28 -- DOE, Phoenix  
1535 W. Jefferson  
Wed. from 11:30am - 12:30pm  
Conference Room B2

Oct 12 to Dec 28 -- DOE, Phoenix  
2005 N. Central  
Wed. from 12:00pm - 1:00pm  
Conference Room 500

For more dates and to register visit  
[www.benefitoptions.az.gov/wellness](http://www.benefitoptions.az.gov/wellness)

## Mini Health Screening Campaign

**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:

Oct 11 -- DES, Tucson  
1011 N. Craycroft Rd. #404  
10:00am - 12:00pm

Nov 1 -- DES, Bisbee  
207 Bisbee Rd.  
10:30am - 12:30pm

Nov 8 -- DOT, Mesa  
1840 S. Mesa Dr.  
8:00am - 12:00pm

Nov 10 -- DOR, Phoenix  
1600 W. Monroe  
8:00am - 11:00am

Nov 29 -- Dept. of Agriculture, Nogales  
2771 N. Grand Ave.  
7:00am - 9:00am

For questions about these screenings, please contact Benefit Options Wellness at [wellness@azdoa.gov](mailto: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.

## Breast Cancer, continued

### Some warning signs of breast cancer are:

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.

Keep in mind that some of these warning signs can happen with other conditions that are not cancer. If you have any signs that worry you, be sure to see your doctor right away.

### You can help lower your risk of breast cancer in the following ways:

- **Get screened for breast cancer regularly.** Getting the necessary exams helps with early detection; one of the best ways to fight breast cancer.
- **Control your weight and exercise.** Make healthy choices in the foods and drinks you have each day. Stay active. Keep a healthy weight with more physical activity.
- **Know your family history of breast cancer.** If you have a mother, sister, or daughter with breast cancer, ask your doctor what your risk of getting breast cancer is and how you can lower your risk.
- **Find out the risks and benefits of hormone replacement therapy.** Some women use hormone replacement therapy (HRT) to treat the symptoms of menopause. Ask your doctor about the risks and benefits of HRT and find out if hormone replacement therapy is right for you.
- **Limit the amount of alcohol you drink.**

Benefit Options Wellness contracts Mobile Onsite Mammography (MOM) to provide *FREE* mammography screenings for Benefit Options health plan members. If your agency would like to request a visit from MOM, email [wellness@azdoa.gov](mailto:wellness@azdoa.gov). A minimum of 20 participants is preferred and each screening takes approximately 10-15 minutes. See the MOM schedule for October to the right.

**Resources:** [www.cdc.gov](http://www.cdc.gov), [www.nbcam.org](http://www.nbcam.org), [www.mayoclinic.org](http://www.mayoclinic.org)

## 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.



### Scheduled Screenings:

- Oct 12 -- DOR, Phoenix**  
1600 W. Monroe  
8:00am — 5:00pm
- Oct 19 -- AZ State Hospital, Phoenix**  
2500 E. Van Buren St.  
7:00am — 11:30am
- Nov 21 -- DES, Phoenix**  
515 N. 51st Ave.  
7:00am — 11:00am

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

# 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:

**Oct 17 -- State of AZ, ShowLow**  
**8:00am - 1:00pm**

**Oct 20 -- Flagstaff Area Screening**  
**1801 S. Milton**  
**Parking lot, adjacent to MVD**  
**8:00am - 1:00pm**

**Oct 21\* -- Flagstaff Area Screening**  
**1801 S. Milton**  
**Parking lot, adjacent to MVD**  
**8:00am - 1:00pm**  
*\*Only if Oct 20th event fills up.*

**Nov 9 -- AZ State Hospital, Phoenix**  
**2500 E. VanBuren St.**  
**8:00am - 1:00pm**

**Nov 30 -- State of AZ, Yuma**  
**2243 E. Gila Ridge Rd.**  
**8:00am - 4:00pm**



# Annual Flu Shot Campaign

Get your FREE flu shot from Benefit Options Wellness to be protected from the flu virus. This year's flu vaccine will include protection against both the seasonal and H1N1 flu virus. Keep yourself and your family healthy!

Benefit Options Wellness is providing FREE flu vaccines for benefit-eligible employees and Benefit Options members (retirees, spouses, and dependents age four and older).

## Where to get your flu shot:

**State Worksite Clinics**  
**(Sept 15 — Dec 31)**

**Healthwaves Public Clinics**  
**(Sept 15 — Dec 31)**

*Please review all dates/times of clinics frequently as schedules are subject to change.*

## Large Clinic Dates

### Phoenix — Wesley Bolin Plaza (Capitol Mall)

Oct. 17 — 7:30am to 12pm

Oct. 18 — 12pm to 4pm

Nov. 14 — 12pm to 4pm

Nov. 15 — 8am to 12pm

### Tucson — 400 W. Congress

Oct. 25 — 7:30am to 12pm

Nov. 3 — 12:30pm to 4pm

### Open Enrollment Expos

Oct 29 — 9:00am to 4:00pm  
Phoenix

Nov. 1 — 9:00am to 4:00pm  
Glendale

Nov. 2 — 9:00am to 4:00pm  
Tempe

Nov. 5 — 9:00am to 4:00pm  
Tucson

Nov. 7 — 9:00am to 4:00pm  
Flagstaff

## What you need to bring:

- Employee Identification Number (EIN) of the primary insured (State employee or retiree)
- Benefit Options Insurance Card
- Photo ID

For flu clinic schedules or information regarding the status of the 2011 flu vaccine program throughout the flu season, you may visit: [www.benefitoptions.az.gov/wellness](http://www.benefitoptions.az.gov/wellness) or call 602-542-5008

Healthwaves public clinic schedule can be found at [www.healthwaves.com](http://www.healthwaves.com).

## Healthy Recipe Chicken Salad with Walnuts



### Ingredients (serves 4-6):

- 5 lbs skinless, boneless chicken breasts
- 3/4 cup non-fat sour cream
- 3/4 cup non-fat mayonnaise
- 2T white wine vinegar
- 4 celery ribs, diced
- 1/2 cup walnuts
- 1/4 cup chopped fresh tarragon
- Pepper, to taste
- 1t salt

### Directions:

1. Poach the chicken breasts in simmering broth until cooked through, about 15 minutes. Drain, cool, and cut (or shred) into bite-sized pieces.
2. In a small bowl, combine the sour cream, mayonnaise, and vinegar.
3. Combine the chicken and dressing. (Can be made ahead and refrigerated to this point one day in advance.)
4. Before serving, add the celery, walnuts, tarragon, salt, and pepper to taste.

Enjoy as a topping to a vegetable salad or pair with your favorite steamed vegetable.

### Nutrition Information

Serving Size: 1/2 cup  
Servings per Recipe: 4-6

|               |      |
|---------------|------|
| Calories:     | 271  |
| Protein:      | 46g  |
| Carbohydrates | 7g   |
| Total Fat     | 7g   |
| Cholesterol   | 111g |

*Diabetic Exchanges:* 6-very lean protein, 1/2 carbohydrate (bread/starch)

For more diabetic friendly recipes visit  
[www.diabeticlifestyle.com/recipes](http://www.diabeticlifestyle.com/recipes)

## Arizona State Parks



Looking for a fall activity that will provide exercise, relaxation, and unique historical and cultural experiences? Consider taking a day trip, a weekend excursion, or a week-long vacation at an Arizona State Park.

Guided, scenic hikes at Red Rock State Park (Sedona) or Lost Dutchman State Park (Apache Junction) are available. If you like a challenge, hike the 2-mile Hunter Trail at Picacho Peak State Park (just off of I-10 between Phoenix and Tucson) or enjoy an unparalleled view of what is thought to be the largest natural travertine bridge in the world at the Gowan Trail at Tonto Natural Bridge State Park (Payson). Visitors can also enjoy the lingering warm days playing basketball, volleyball, or camping at Buckskin Mountain State Park (Parker).

Whichever adventure you choose, there is plenty of opportunity to learn about Arizona's plants, animals, geology, and history.

For information, online campground and cave reservations, and to sign up for our monthly online newsletter call Arizona State Parks at (602) 542-4174 or visit [AZStateParks.com](http://AZStateParks.com). You can also find AZ State Parks on Facebook and Twitter.



**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](http://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](mailto: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.