



BENEFITS INSIDER

A PUBLICATION OF THE OHIO CONFERENCE OF TEAMSTERS & INDUSTRY HEALTH AND WELFARE FUND



Pain doesn't wait.
Why should you?
Enroll in Sword, the new
digital physical therapy
program

GET STARTED TODAY!

join.swordhealth.com/ohioteamsters/register

Learn more on page 6.

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15 Ways to Boost Your Calcium Intake

You're careful about calories and fussy about fat. You crunch the numbers and keep track of your daily diet. But how conscious are you of calcium, the mineral that keeps men and women strong and healthy?

Calcium plays an important role in strengthening bones and teeth. But what many people don't know is that it also helps muscles and nerves function properly. Calcium isn't something your body can manufacture itself, so it relies on your diet to meet its needs.

Bones and teeth store about 99 percent of the calcium in the body, with the remaining 1 percent usually found in blood, muscles and other bodily tissues and fluid. If your body isn't getting enough calcium from the foods you eat, it will take the mineral out of your bones, essentially robbing them of some of their strength. A calcium deficiency can eventually lead to osteoporosis, which is the loss of bone mass. Because bones are continually repaired throughout your lifetime, it is essential to get enough calcium, no matter your age. Taking care of your bones now will aid you in later years.

It is currently recommended that adults ages 18-50 consume about 1000 milligrams (mg) of calcium a day, while adults ages 51 or older need 1200 milligrams. (It is also worth noting that adequate consumption of vitamin D aids in the absorption of calcium.)

The best sources of calcium are, of course, dairy foods. Just one cup of milk or yogurt contains 300 milligrams of calcium. Other good sources include cheese (200 mg. per ounce) and cottage cheese (77 mg. per 1/2 cup). Use caution with dairy products, however. While you can meet your calcium needs with three to four dairy servings per day, watch out for extra calories and fat. Often, these foods come in non-fat or low-fat varieties, many of which taste just as good as the full-fat versions yet still contain the same amount of calcium.

Green, leafy vegetables are high in calcium, but low in calories. One cup of spinach contains almost 250 milligrams of calcium, while a cup of kale has almost 100 milligrams. Broccoli contains 80 milligrams, making it another healthy vegetable to include in your diet. Other excellent sources include canned sardines (325 mg per 3 oz), canned salmon (180 mg per 3 oz), nuts such as almonds, legumes like garbanzo beans or peas, and fortified tofu (130 mg per 1 cup).

15 Simple Ways to Increase Calcium Consumption

There are many easy ways to boost your calcium intake by sneaking these foods into your daily diet:

1. Add beans to soups, chili and pasta dishes.
2. Grate low-fat cheese over soups and salads.
3. Enjoy a smoothie made with yogurt.
4. Use milk instead of water in soups, breads, sauces or salad dressings.
5. Add milk to tea or coffee in the morning.
6. Try plain yogurt as a vegetable dip.
7. Stir some nuts into a yogurt cup as a snack.
8. Include leafy vegetables in baked casseroles such as lasagna.
9. Buy juices and cereals fortified with calcium.
10. Drink skim milk instead of soda at lunch.
11. Eat hot oatmeal made with milk for breakfast.
12. Snack on crunchy broccoli instead of potato chips.
13. Substitute plain low-fat yogurt for recipes that call for sour cream.
14. Treat yourself to pudding made with skim milk for dessert.
15. Take a daily supplement, available in capsules or chewable tablets.



Brush Up for Heart Health

Healthy smiles, healthy hearts

How you care for your teeth and gums may play a role in your heart health.

Studies have shown that both periodontal (gum) disease and heart disease have similar underlying causes including age, tobacco use, genetics, stress, medications, poor nutrition and obesity.

However, another factor is the buildup of dental plaque over time. Gingivitis, an early state of gum disease, occurs when bacteria in the mouth grow into plaque, causing inflammation and bleeding in the gums. When left untreated, plaque can spread below the gum line, allowing bacteria to enter the bloodstream. Because of the inflammation and spread of bacteria into the bloodstream, it's believed that there is an increased risk for other systemic diseases such as heart disease.

Although more than 70 percent of Americans ages 65 and older have gum disease, there is good news. You can reduce your risk of heart disease and gum disease by practicing good oral health habits every day. Regular brushing, flossing and dental checkups are important for your smile and your heart.

Talk to your dentist if you notice any of these indicators of gum disease:

- Gums that bleed easily
- Red, swollen, tender gums
- Gums that have pulled away from the teeth
- Persistent bad breath or bad taste in the mouth
- Permanent teeth that are loose or separating
- Any change in the way the teeth fit together when biting
- Any change in the fit of partial dentures

DATA PROVIDED BY



Member Mobile App

On the go? Take the NVA app with you!



National Vision Administrators, L.L.C.



Find Vision Care Providers

Search for providers by locations & frames available at \$0 out-of-pocket cost.



View Benefits

Fast access to eligibility and plan coverage information.



Access Your ID Card

Simply pull up your ID card image whenever you need it.



NVA Smart Buyer®

Get the info you need for smarter eye care and eyewear purchases



Vision Benefits. Smarter.®



Please Note: Only NVA active main cardholders can access the NVA vision benefits member app. Dependents cannot create their own accounts on the app.
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Virtual healthcare programs to help you live well

Personalized support at no cost to you.

Diabetes Management

A personalized way to help manage diabetes.

Receive:

- A connected blood glucose meter
- Unlimited strips and lancets
- Tips, action plans and one-on-one coaching
- Real-time support for out-of-range readings

Hypertension Management

Take control of your heart health and make managing your blood pressure easier.

Receive:

- A connected blood pressure monitor
- Step-by-step action plans based on your goals
- Tips on nutrition and activity
- One-on-one support from expert coaches

Diabetes Prevention program

Reduce your risk of type 2 diabetes. Receive help from:

- A team of expert coaches to support you
- A smart scale that syncs to the app and web
- An all-in-one program that tracks weight, activity and food

Weight Management

Reach your goals with our interactive weight management program. Receive:

- A smart scale that syncs to the app and web portal
- An app to log food and set goals
- One-on-one support from a team of expert coaches
- Ability to share progress with doctor

Mental Health

Your way to connect with a licensed therapist.

- Connect with a licensed therapist 7 days a week from home
- Personalized plan tailored to your needs
- Activities and content designed for you

Depending on your eligibility, you may see communications for one or more of these programs. Upon enrollment, you'll receive support for the programs that fit your unique needs.

Enroll now

Visit TeladocHealth.com/Go/OHIOTEAMSTERS or call 800-835-2362 and use registration code: OHIOTEAMSTERS.



Relieve aches + pain from the comfort of your home

Tired of chronic pain or loss of mobility? Struggling with discomfort? Meet Sword, the new digital physical therapy program designed to help you overcome your joint, back, or muscle pain—all from home.

Combining licensed PT with easy-to-use technology, Sword is more than just convenient. It's proven to work better than in-person physical therapy, too.

Pain doesn't wait. Why should you? Enroll today to get started!

join.swordhealth.com/ohioteamsters/register



Scan here to register

←



HERE'S HOW IT WORKS



Pick Your PT
Thanks to your dedicated PT, your Sword program is entirely customized to you, your goals and your abilities.



Get Your Sword Kit
Your kit comes with your own tablet, and will provide you and your PT with realtime feedback.



Stay Connected
Chat 1:1 with your PT anytime. They'll check in, monitor your progress, and adjust your program as needed.



Feel the Relief
Complete your exercise sessions whenever is most convenient for you. Then feel pain relief for yourself.



Bloom is your no-cost, digital pelvic health benefit.

1 in 3 women suffer from pelvic health disorders including bladder issues, bowel dysfunction, and pelvic pain. Sword Health developed Bloom to give you relief with an easy-to-use, at-home pelvic therapy solution.



HERE ARE SOME SIGNS YOU MAY NEED PELVIC THERAPY:



Leakage (bladder or bowel)



Pain or difficulty emptying bladder



You are, were, or are planning to be pregnant



Pain or pressure in the lower abdomen



Pain during or after intimacy

WHAT YOU GET WITH BLOOM

- Expert Care**
 Bloom’s Pelvic Health Specialists all have Doctor of Physical Therapy degrees and provide guidance throughout the program.
- Innovative Tech**
 Women perform short pelvic-therapy sessions from home, using a safe, intravaginal pod that connects to a mobile app.
- Real Results**
 Bloom sessions are fun and interactive. Members track progress and receive guidance through the app.

Activate your no-cost benefit today:

join.hibloom.com/ohioteamsters



Available to you and eligible family members 18+ with vaginal anatomy at no cost as part of your Ohio Conference of Teamsters Health and Welfare Fund benefits.



← Scan here to register

Professional support and guidance for everyday life

Life doesn't always go as planned. And while you can't always avoid the twists and turns, you can get help to keep moving forward.

We can help you and your family, those living at home, get professional support and guidance to make life a little easier. Our **Employee Assistance Program (EAP)** is available to you in addition to the benefits provided with your MetLife life insurance coverage. This program provides you with easy-to-use services to help with the everyday challenges of life — at no additional cost to you.

Expert advice for work, life, and your well-being

The program's experienced counselors provided through LifeWorks — one of the nation's premier providers of Employee Assistance Program services — can talk to you about anything going on in your life, including:

- **Family:** Going through a divorce, caring for an elderly family member, returning to work after having a baby
- **Work:** Job relocation, building relationships with co-workers and managers, navigating through reorganization
- **Money:** Budgeting, financial guidance, retirement planning, buying or selling a home, tax issues
- **Legal Services:** Issues relating to civil, personal and family law, financial matters, real estate and estate planning
- **Identity Theft Recovery:** ID theft prevention tips and help from a financial counselor if you are victimized
- **Health:** Coping with anxiety or depression, getting the proper amount of sleep, how to kick a bad habit like smoking
- **Everyday Life:** Moving and adjusting to a new community, grieving over the loss of a loved one, military family matters, training a new pet

Convenient and confidential help when you want it, how you want it

Your program includes **up to 5 phone or video consultations** with licensed counselors for you and your eligible household members, per issue, per calendar year. You can call 1-888-319-7819 to speak with a counselor or schedule an appointment, 24/7/365.

When you call, just select "Employee Assistance Program" when prompted. You'll immediately be connected to a counselor.

If you're simply looking for information, the program offers easy to use educational tools and resources, online and through a mobile app. There is a chat feature so you can talk with a consultant to guide you to the information you are looking for or help you schedule an appointment with a counselor.

Log on to metlifeeap.lifeworks.com

user name: metlifeeap and password: eap

When you need some support,
we're here to help.



Phone

1-888-319-7819



Web

metlifeeap.lifeworks.com

user name: [metlifeeap](#)
and password: [eap](#)



Mobile App

user name: [metlifeeap](#)
and password: [eap](#)



Schedule your Annual Physical!

A routine annual physical exam is key to achieve your best health and helps you earn up to a \$100 reimbursement!*

February 1, 2024 through December 31, 2024 complete three activities:

- **Annual Physical (\$30*):** Complete a yearly wellness visit with provider.
- **Biometric Screening (\$50*):** Biometric screening and preventive lab work can be completed by your provider. Bring the Provider Screening Form to visit for provider to complete. Submit completed form on portal for processing.
- **Online Health Assessment (\$20*):** Takes about 15 minutes to complete on the portal and provides your personalized health report.

Get started by logging in to your wellness portal:

1. Sign in to your My Health Plan account at:
www.medmutual.com/member
2. Mouse over Healthy Living
3. Click on Wellness Portal
4. Accept Terms

Questions? Call toll free at 1-855-553-1006 or send a message on the portal.

*To be eligible for your reimbursement, you must have qualified out of pocket expenses equal to or more than what you have earned through completed wellness activities.



HEALTHY LIVING RECIPE:

High-Protein, Low-Carb Waffles

INTRODUCTION

Each waffle is approx six grams of carbs. They taste very close to a regular waffle. Top with low calorie syrup or fruit.

INGREDIENTS

3/4 scoop vanilla whey powder (6g carbs)

1 egg

1/3 tsp baking powder

2 TBS water

1 tsp oil

Optional: a dash of vanilla and splenda if the powder you are using is not flavored

Minutes to Prepare: 5

Minutes to Cook: 10

Number of Servings: 1

DIRECTIONS

Blend ingredients together until smooth using a fork. Grease waffle maker and add to the HOT waffle griddle. Close and cook as you would a regular waffle.

Serving Size: makes 1 waffle

Nutritional Info

Servings Per Recipe: 1

Amount Per Serving

Calories: 186.6

Total Fat: 10.4 g

Cholesterol: 219.3 mg

Sodium: 250.6 mg

Total Carbs: 6.0 g

Dietary Fiber: 2.2 g

Protein: 17.4 g

