



# BENEFITS INSIDER

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



## Awareness is Your Best Defense Against Breast Cancer

Breast cancer is the most common type of cancer diagnosed among women, with over 300,000 new diagnoses each year. It occurs when cells in the breast grow out of control. Those cells can spread to other parts of the body, which is why it's important to find signs early so it can be treated right away.

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Virtual healthcare programs to help you live well

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# Virtual healthcare programs to help you live well

Support designed to help your ongoing health needs.

## Diabetes Management

A personalized way to 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

Make managing your blood pressure easier.

- Receive a connected blood pressure monitor
- One-on-one support from expert coaches
- Personalized tips on nutrition and activity

Program eligibility varies. Visit our website to learn more.

## ENROLL NOW!

Visit [Go.Livongo.com/OHIOTEAMSTERS/register](https://Go.Livongo.com/OHIOTEAMSTERS/register) or call 800-945-4355 and use registration code: OHIOTEAMSTERS.



**NEW**

## Diabetes Prevention Program

Reduce your risk of type 2 diabetes.

- Team of expert coaches to support you
- Receive a smart scale that syncs to the app
- All-in-one weight, activity and food-tracking program

**NEW**

## Weight Management

Improve nutrition, exercise and weight loss.

- Receive an advanced smart scale
- Personalized action plan
- Ongoing expert coaching
- Full nutrition, exercise and weight-loss support

# Safeguarding Children's Eye Health As They Return Back to the Classroom



Schools and classrooms serve as a hub for education, social interaction, and personal growth for students. However, they can also be a breeding ground for germs and infections if not managed properly. One of the more common health issues experienced by students is eye infections. Understanding the causes, means of spread, and prevention methods can go a long way in ensuring a healthy learning environment, and healthier students. Read about common eye infections in classrooms:

## **Bacterial conjunctivitis**

Various bacterial groups, including staphylococcus and streptococcus, can lead to conjunctivitis. Those with bacterial conjunctivitis often exhibit a greenish or yellowish discharge from the affected eyes.

## **Viral conjunctivitis**

Conjunctivitis is also contagious when contracted in a viral form. Typically, the same virus responsible for ailments such as colds, ear infections, sinus infections, and sore throats can also cause conjunctivitis.

## **Recognizing Conjunctivitis**

If you believe your child may be suffering from an eye infection like conjunctivitis, it is crucial to recognize and treat the infection right away. If not addressed in time, some eye infections can lead to irreversible vision damage and even vision loss. Symptoms to look out for include:

- Itchy and watery eyes
- Redness in the eye
- Swelling
- Scratchy feeling when blinking
- Blurred Vision
- Pain or discomfort

Recognizing and treating eye infections is essential for eye health. Just as important is learning how to prevent the spread of infections in classrooms. This begs the question: why do germs spread so quickly in classrooms?

In classroom settings, germs are spread through airborne transmission, indirect touch, direct touch, and improper cleaning.

When an infected person coughs, sneezes, or talks, they release droplets into the air. This is referred to as airborne transmission. These droplets can land on others or on surfaces. Students may then indirectly touch these infected surfaces, introducing germs to the body. Germs also spread through direct touch; physical contact with an infected person, such as shaking hands or hugging. If the classroom isn't cleaned and disinfected regularly, germs can accumulate faster and linger on surfaces for longer.

### **How to prevent germs from spreading in classrooms?**

**Promote Hand Hygiene:** The best way to prevent the spread of germs is to ensure children wash their hands thoroughly with soap and water for at least 20 seconds.

**Teach Respiratory Etiquette:** Encourage children to cover their mouth and nose with a tissue or their elbow when coughing or sneezing. This can reduce the release of infectious droplets into the air.

**Regularly Clean and Disinfect:** Classroom surfaces, especially high-touch areas like doorknobs, desks, and shared tools, should be cleaned and disinfected daily.

**Limit Shared Items:** Minimize the sharing of supplies. If sharing is unavoidable, ensure the items are cleaned before and after use.

**Educate on Personal Space:** While social interaction is crucial for children, teaching them about the importance of personal space can reduce direct contact transmission.

**Stay Home When Sick:** Cultivate an environment where it's okay for children to stay home when they're unwell. This will reduce the potential for spreading illnesses.



Group #1369 | For more information or questions about NVA's vision programs, please contact our toll-free customer service number: 800-672-7723, TTY:711 service@e-nva.com | Hours: 24/7/365

# Healthy Lunches: School Fuel for Kids

Eating a healthy lunch every day is important for good oral and overall health, and it can help a child concentrate better in school and stay alert in class.

More than 40 percent of elementary school children in the U.S. take their own food to school. Researchers studying lunchbox contents in a number of elementary schools found that none of the lunches prepared at home contained servings from all five food groups (fruits, vegetables, grains, protein and dairy), and only 27 percent had at least three food groups.

Preparing healthy lunches with kid appeal can be tricky and take a little time, but it's worth the effort. The right foods give kids enough energy for school and other activities while helping to keep their teeth cavity-free. There are lots of convenient and healthy choices that taste great and promote good oral and overall health.

Parents and caregivers are role models and have a big impact on a child's health. Eating right is important for a healthy body and mouth, and it's never too early to help your children start good eating habits. The lessons they learn now will last a lifetime.

## Did you know?

Children consume up to half of their daily calories in school.

### Quick bites

**Consider packing these healthy items to provide the school fuel your child needs each day:**

- **Dairy products** — Low-fat milk, yogurt and cheese are excellent picks that have lots of calcium. Read the labels as some products aimed at kids are high in fat and sugar.
- **Protein** — Lean roast beef, turkey, chicken and cheese are good sandwich options. Use whole grain bread, and try adding some lettuce and tomato.
- **Fresh fruits and vegetables** — Grapes, apple chunks, orange sections, celery and baby carrots are great additions to a lunchbox.
- **Beverages** — Fluoridated water is a great choice for lunch, as is low-fat milk. Avoid soda pop and juice drinks, as they contain lots of sugar and can be high in calories.



Visit us online for more information on oral and overall health!

DATA PROVIDED BY



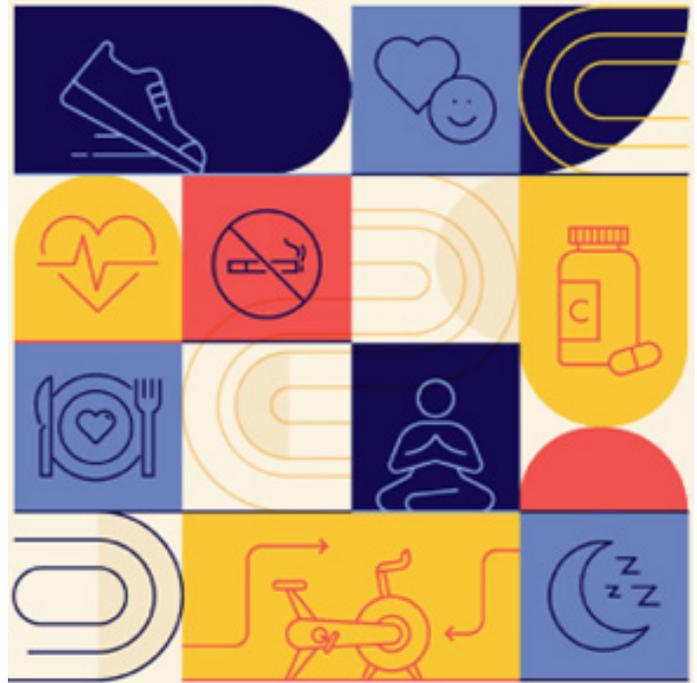


Don't miss out on earning a \$100 reimbursement!

Ohio Conference of Teamsters & Industry Health and Welfare Fund believes personal health is important and partnered with Medical Mutual to offer a wellness program for participants and spouses to participate and earn up to a \$100 reimbursement!\*

**March 1, 2024 through December 31, 2024 complete three activities:**

1. Online Health Assessment (\$20\*): Takes about 15 minutes to complete on the portal and provides you a personalized health report.
2. Annual Physical (\$30\*): Complete a yearly wellness visit with provider.
3. Biometric Screening (\$50\*): Biometric screening and preventive lab work can be completed by your provider. Bring the Provider Screening Form to the visit for your provider to complete. Submit completed form on the wellness portal for processing.
  - You can also earn this by printing a voucher from the portal and completing your blood work at a lab.



**To access the wellness portal:**

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

*\*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.*

If you're not able to participate or meet the goals of your program, the Medical Mutual Wellness team can work with you and your provider to find an alternative way to earn the reward.

**Questions?** Call toll free at 1-855-553-1005 or send a message on the portal.



## Awareness is Your Best Defense Against Breast Cancer

### **Know the symptoms**

Many women with breast cancer show no symptoms, but there can be warning signs. A new lump in the breast or underarm, thickening or swelling, irritation or dimpling of the skin, or pain or change in the size or shape of the breast are all reasons to schedule an appointment with your primary care provider (PCP).

### **Get your screening**

Once you turn 40, it's important to discuss mammography screening with your PCP. If you have a family history of breast cancer, you are considered high risk and should be screened earlier. Talk with your PCP to determine your risk and the right age to begin your screening. Some mammogram facilities offer evening and/or weekend hours and some offer walk-in appointments. **Preventive screenings are covered under your Medical Mutual plan at no additional cost to you.**

### **Racial disparity in breast cancer deaths**

While white women are more likely to be diagnosed with breast cancer, more African-American women are likely to die from breast cancer. In fact, it is the leading cause of cancer death among African-American women. Self-examinations, mammograms and early treatment are important to catch the disease early.

### **Breast cancer in men**

Men also have breast tissue that can develop breast cancer. Almost 3,000 men are diagnosed each year. The symptoms can be very similar to those found in women, which is why you should talk to your PCP if you notice any changes in your breast tissue.

### **Lower your risk**

Take these steps to help reduce your risk of breast cancer.

- Maintain a healthy weight – Increased body weight and weight gain are linked to a higher risk of breast cancer.
- Get regular exercise – Studies show that moderate to vigorous physical activity can lower your risk. Just a couple hours a week might make a difference.
- Avoid or limit alcohol consumption – Even drinking small amounts of alcohol can increase your risk. If you choose to drink, limit yourself to one drink per day.

### **Visit your PCP**

Schedule an appointment with your PCP to discuss your risk of breast cancer. If you don't have a PCP, use the Medical Mutual Find a Provider tool on My Health Plan. Many providers also offer telehealth visits as an alternative to a face-to-face visit. Ask your provider about your options.



## Five Ways to Stay Active During the Winter

While it may be tempting to spend the winter on your couch under a ton of blankets, it's still important that you stay physically active. Regular exercise has proven to improve your mood, health and will keep your mind sharp. Whether it be inside or outside, there are plenty of ways to get moving during these winter months.

### 1. Go for a nature walk

Weather permitting, bundle up and go for a walk or run in a nature park near you. Exploring the outdoors helps reduce stress levels and is a great way to get out of the house.

### 2. Try a winter sport

There are many outdoor activities/sports that you can do during the winter. You can hit the slopes and go skiing, go ice skating or even try snowshoeing. Ask a friend and see if they would be interested in doing any of these activities with you.

### 3. Take up yoga

Yoga is a great way of improving your balance, muscle strength and mental well-being. It can also help to ease joint pain that comes along with the colder weather. Yoga can be done in the comfort of your own home or you can sign up for a local class near you.

### 4. Do some chores

Even the smallest chore can get you moving. Things like vacuuming, sweeping and cleaning are all activities that get you up and active. You will also be able to cross some items off your to-do list.

### 5. Create a home gym

Purchase some practical and easy-to-use exercise equipment like resistance bands and weights. Having a home gym allows you to exercise anytime you want and from the comfort of your own home. It can also save you money if you do not want to purchase a gym membership.

# Get the emotional health support you want and deserve

Discover MyStrength, a flexible and convenient digital program with proven tools and dedicated support for stress, depression, sleep and more.

## MyStrength empowers you with:



Personalized plan. Answer a series of questions and MyStrength will create a plan designed just for you.



Recommended digital content and resources. Explore self-guided activities and tools based on your goals and needs.

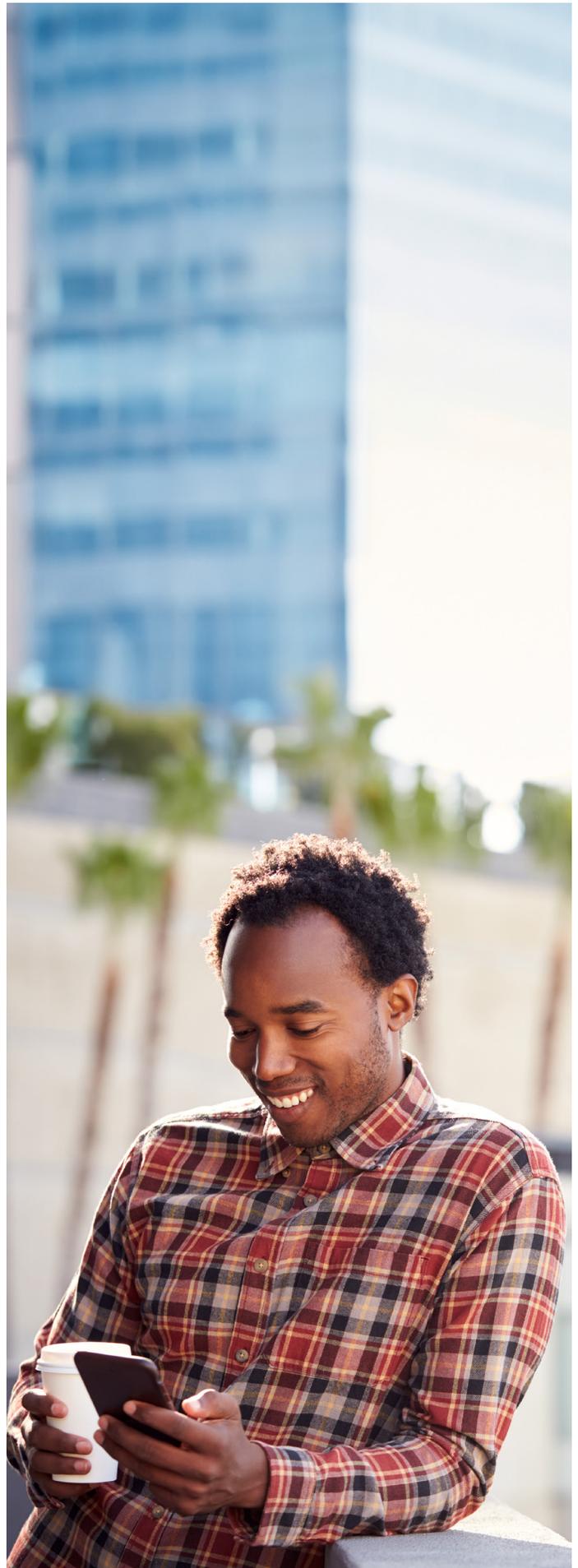


In-the-moment tools. Calm yourself down, shift your thinking, get inspired and feel more hopeful.



### GET STARTED!

You can join by visiting [Strength.Livongo.com/OHIOTEAMSTERS/hello](https://Strength.Livongo.com/OHIOTEAMSTERS/hello) or call 800-945-4355 and use registration code: OHIOTEAMSTERS



# 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 [metliffeap.lifeworks.com](https://metliffeap.lifeworks.com)**

**user name: metliffeap and password: eap**

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



Phone

1-888-319-7819



Web

[metliffeap.lifeworks.com](https://metliffeap.lifeworks.com)

user name: [metliffeap](#)

and password: [eap](#)



Mobile App

user name: [metliffeap](#)

and password: [eap](#)

# An ounce of prevention is worth a pound of cure.

Getting preventive care is one of the most important steps you can take to manage your health. Routine preventive care can identify and address risk factors before they lead to illness. It's important to work with your primary care provider (PCP), who can help you follow these guidelines and coordinate plans of care to manage your health.

**Effective August 1, 2023 the Ohio Conference of Teamsters & Industry Health and Welfare Fund lost grandfathered status.** Losing grandfathered status means that a plan must comply with the ACA requirements that do not apply to grandfathered plans, such as first-dollar coverage of recommended preventive health services and patient protections. In the next 2 pages, you'll find an updated list of covered benefits.



## Adult Preventive Care

### Preventive Physical Exams and Screening Tests

- Abdominal aortic aneurysm screening
- Anxiety screening
- Blood pressure screening
- Cholesterol and lipid level screening
- Colorectal cancer screening
- Depression screening
- Diabetes screening
- Hepatitis B screening if at high risk for infections
- Hepatitis C screening
- HIV screening and associated services
- Latent Tuberculosis Screening
- Screening and counseling for sexually transmitted infections
- Screening for lung cancer

### Counseling and Education Interventions

- Behavioral counseling to prevent skin cancer
- Behavioral counseling to promote a healthy diet and physical activity to reduce cardiovascular risks
- Prevention of falls in older adults
- Screening and behavioral counseling to reduce alcohol abuse
- Screening and behavioral counseling related to tobacco use
- Screening and nutritional counseling for obesity

### Immunizations (Vaccines)

- COVID-19
- Hepatitis A and Hepatitis B
- Herpes Zoster (shingles)
- Human Papillomavirus
- Influenza (flu shot)
- Measles, Mumps, Rubella
- Meningococcal
- Pneumococcal (pneumonia)
- Tetanus, Diphtheria, Pertussis
- Varicella (chickenpox)

### Prescription Drugs<sup>2</sup>

- Aspirin
- Colonoscopy preparations
- Folic acid
- Medication to reduce risk of cardiovascular disease in high-risk adults (low- to moderate-dose statins)
- Medication to reduce risk of primary breast cancer in women
- Preexposure prophylaxis (PrEP) for HIV infection
- Smoking cessation aids
- Women's contraceptives

### Women's Services

- Breast and ovarian cancer susceptibility screening, counseling and testing (including BRCA testing)
- Breast cancer screening (mammogram)
- Breast feeding counseling and rental of breast pumps and supplies up to the purchase price
- Bone density test to screen for osteoporosis
- Cervical cancer screening (Pap test)
- Chlamydia screening
- Contraceptives
- Discussion of chemoprevention with women at high risk for breast cancer
- FDA-approved contraception methods and counseling for women, including sterilization
- Gonorrhea screening
- HPV DNA testing
- Lactation classes
- Pregnancy screenings (including hepatitis, asymptomatic bacteriuria, Rh incompatibility, pre-eclampsia, syphilis, gonorrhea, chlamydia, Perinatal depression counseling and interventions, alcohol misuse, tobacco use, HIV, gestational diabetes)
- Prenatal services
- Primary care intervention to promote breastfeeding
- Screening and counseling for interpersonal and domestic violence
- Well woman visits

## Child Preventive Care

### Preventive Physical Exams and Screening Tests

- Behavioral counseling to prevent skin cancer
- Behavioral counseling to promote a healthy diet
- Dental cavities prevention (including application of fluoride varnish to all primary teeth)
- Depression screening
- Developmental and behavioral assessments
- Hearing screening for newborns
- Newborn gonorrhea prophylaxis
- Newborn screenings for inheritable diseases, including sickle cell anemia
- Screening and behavioral counseling related to tobacco and drug use
- Screening and counseling for obesity
- Screening and counseling for sexually transmitted infections
- Vision screening

### Immunizations (Vaccines)

- COVID-19
- Diphtheria, Tetanus, Pertussis
- Haemophilus influenzae type B
- Hepatitis A and Hepatitis B
- Human Papillomavirus
- Influenza (flu shot)
- Measles, Mumps, Rubella
- Meningococcal
- Pneumococcal (pneumonia)
- Polio
- Rotavirus
- Varicella (chicken pox)

### Prescription Drugs<sup>2</sup>

- Fluoride

#### Please Note

This is a summary of the Affordable Care Act Preventive Care requirements and is not intended to be an exhaustive list. This list is subject to change upon issuance of additional regulations or guidance. The preventive care services listed on this flyer are for your information only. They are not intended to be, and should not substitute for, professional medical advice, diagnosis or treatment from your treating medical professional. Decisions about care need to be individualized and should be made in concert with treating medical professionals. The information provided does not establish or imply coverage for any particular treatment or service. Any recommended treatment or services will be determined based on your eligibility and coverage under the specific terms and conditions of your benefit plan.

#### Footnotes

To receive 100 percent coverage for these medications (i.e., no out-of-pocket cost), members must get a prescription from their healthcare provider and present it at the pharmacy, even if the medication is available over the counter without a prescription.



## Tips for Maintaining or Achieving a Healthy Weight

The start of a new year is a great time to make changes that improve your health. Thinking about your weight is a good place to start. To achieve and maintain a healthy weight, you should eat a healthy diet, exercise regularly, get enough sleep and reduce your stress. Whether you want to lose weight, gain weight or maintain your current weight, there are *steps you can take* to reach your goal.

**Eat a balanced diet.** An *eating plan* that helps manage your weight includes vegetables, fruits, whole grains, high-fiber foods and lean sources of protein, such as fish. You should also limit foods high in saturated and trans fats, and foods with added sugar and sodium. You can still enjoy these foods, but balance is the key.

**Get moving.** Besides eating a healthy diet, a great way to help control your weight is to get *regular exercise*. Starting a fitness program can help you lose or maintain weight and lower your risk of heart disease, type 2 diabetes, stroke, and certain types of cancer. Choose activities you enjoy and aim for at least 150 minutes of moderate-intensity aerobic activity each week. You should also incorporate *strength training* into your exercise regimen. Increasing muscle mass makes it easier to burn calories to help you maintain a healthy weight.



**Get enough sleep.** There is some evidence that sleep duration affects the hormones that regulate hunger. If you don't get enough sleep, you may feel hungrier than you would if your body was fully recharged. A lack of sleep also leads to fatigue and less physical activity. Aim for *7-8 hours of shuteye* each night.

**Reduce stress.** Feeling emotional, nervous or anxious can take a toll on your physical health. To help *cope with stress*, take a break from reading the news, make time to do things you enjoy, talk to trusted friends or family members and connect with community organizations. If you recognize you need more help, talk to a psychologist, social worker or counselor.

### **Save up to 50% on a WeightWatchers® membership**

If you'd like to start living a healthier lifestyle, you can join WeightWatchers and save almost 50% off the regular cost as a Medical Mutual member. You can create your own personalized plan with the help of WeightWatchers nutrition experts who can teach you how to eat the foods you enjoy and still be successful.

Visit *My Health Plan* and then click on WeightWatchers under the Healthy Living tab for details on how to enroll.

### **Talk to your doctor**

Talk to your primary care provider (PCP) if you are concerned about your weight. If you don't have a PCP, you can use MedMutual Find a Provider after logging in to *My Health Plan*.

## HEALTHY LIVING RECIPE:

# Chicken Breasts with Red Wine Sauce

### INTRODUCTION

This is a lighter take on the classic Italian preparation of Chicken Cacciatore (or Chicken Hunter Style). Our made-over version uses white meat rather than dark and less oil to cut almost 60 calories per serving and reduce the fat and sodium of the traditional recipe.

### DIRECTIONS

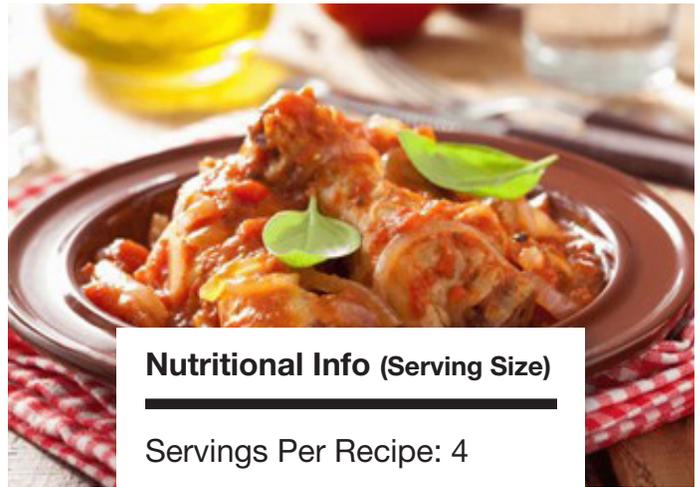
1. Slice the chicken breasts in half and pat dry with a clean cotton cloth or paper towel. Season with pepper.
2. Place the oil in a medium saucepan with a heavy bottom and a lid; once the oil is hot, add the chicken. Lightly brown the chicken on all sides, remove from the pan, and set aside.
3. Add the onions, mushrooms, and garlic to the hot pan. Cook, stirring occasionally, until the onions turn light brown, 4 to 5 minutes.
4. Add the wine; stir to combine with the vegetables and scrape the bottom of the pan to loosen the browned bits. Simmer until the wine reduces by half in volume, 3 to 4 minutes. Stir in the tomatoes, Worcestershire, chili powder, thyme and mustard; then return the chicken to the pan. Bring to a simmer and then reduce heat to low. Cover with a lid and simmer for 35 to 40 minutes.

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Garnish with the chopped parsley and pearl onions (if desired) before serving.

Note: In choosing a wine for cooking, always use one that's good enough to drink. Never buy "cooking wine," which is full of additives and sodium. Keep a four-pack of small wine bottles on hand for cooking.

Halved pearl onions is a classic garnish for this dish. To serve them, peel and lightly brown them in a small sauté pan just before the chicken is done cooking. Add to the dish just before serving.



### Nutritional Info (Serving Size)

Servings Per Recipe: 4  
Amount Per Serving  
Calories: 287.6  
Total Fat: 11.4 g  
Cholesterol: 79.0 mg  
Sodium: 306.0 mg  
Total Carbs: 8.9 g  
Dietary Fiber: 1.7 g  
Protein: 30.6 g

### INGREDIENTS

- 1 pound boneless, skinless chicken breasts
- 1/2 tsp black pepper
- 2 tbsp canola oil
- 1 yellow or white onion, sliced
- 1 cup mushrooms cut into quarters
- 1 clove garlic, minced
- 1/2 cup (4 ounces) red wine (see Note)
- One 14.5-ounce can stewed tomatoes, with liquid
- 1 tbsp Worcestershire sauce
- 2 tsp chili powder
- 1 tsp thyme
- 2 tsp Dijon mustard
- 1 tbsp chopped fresh parsley
- 12 pearl onions, peeled and halved

**Minutes to Prepare: 5**

**Minutes to Cook: 45**

**Number of Servings: 4**

RECIPE SUBMITTED BY PEOPLEONE HEALTH.