



BENEFITS INSIDER

A PUBLICATION OF THE TEAMSTERS OHIO CONTRACTORS ASSOCIATION HEALTH & WELFARE FUND

Stop the Flu in its Tracks!

Take steps to protect yourself and your family

Getting the flu can slow you down – and for some, it can lead to more serious health complications. Good health habits like covering your cough and washing your hands can help, but the best way to avoid catching and spreading the flu is to get vaccinated every year.

We're here to help

If you need help, call Customer Care at the number on your member ID card. Customer Care Specialists are available to answer your questions and help you find the best option in your network to obtain your flu shot.

Flu shot facts

- Flu shots are free when you go to a pharmacy or primary care provider in your network.
- Once you're vaccinated, it takes about two weeks for your body to produce the antibodies you need to protect you from the flu.
- Even if you still get the flu, your symptoms will typically be much less severe when you are vaccinated.

Getting vaccinated

Flu shots are available through any in-network pharmacy or from your primary care provider (PCP). You can find pharmacies in your network using our Find a Provider tool at [MedMutual.com/FindaProvider](https://www.MedMutual.com/FindaProvider). You can also search using the MedMutual mobile app.

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Your anytime, anywhere healthcare benefit

Access your healthcare by phone,
video or app.

24/7 Care

Need care for non-urgent and common conditions? Get same-day appointments with a certified provider from wherever you are. Teladoc Health providers diagnose, treat and even prescribe medicine if needed.

- Allergies
- Bronchitis
- Flu
- COVID-19
- Pink eye
- Rashes
- Sinus infections
- Sore throats
- And more

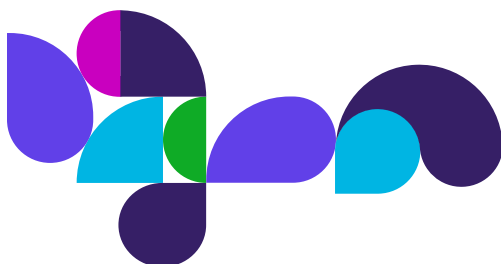
\$10/visit

Dermatology

Dealing with a skin issue? Start an online skin review with a dermatologist by uploading images and details of your concern. Get a treatment plan and prescription if needed in 24 hours or less.

- Acne
- Eczema
- Psoriasis
- Skin infections
- Rashes
- Rosacea

\$10/online review



Teladoc[®]

HEALTH

Mental Health

Find support that works best for you. You can connect with a therapist 7 days a week and get a personalized plan and online content designed for you.

- Anxiety and depression
- Sleep issues
- Relationship conflicts
- Trauma and PTSD
- Medication management

Therapy \$10/visit Psychiatry
\$10/first visit Psychiatry
\$10/ongoing visits

To better support you and your family,
Teamsters - OCA Health and Welfare Fund is
happy to offer virtual care and mental health
support at a minimal copay.

Activate your benefit and
schedule your visit today

Visit [TeladocHealth.com](https://www.TeladocHealth.com)

Call 1-800-835-2362

Download the app



Industry Event:

On December 20, 2024, the Food and Drug Administration (FDA) approved a new indication for Zepbound (tirzepatide), a highly effective anti-obesity medication, for the treatment of moderate-to-severe obstructive sleep apnea (PSA) in adults with obesity.

Background:

Zepbound (tirzepatide) belongs to the class of medications called glucose-dependent insulinotropic polypeptide (GIP) receptor and glucagon-like peptide-1 (GLP-1) receptor agonists. Tirzepatide was initially approved for the treatment of type 2 diabetes, and marketed under the brand Mounjaro, and later recognized for their efficacy in weight management.

Timeline of events:

Zepbound (tirzepatide)

- **November 2023:** FDA approved for chronic weight management in adults.
- **December 2024:** FDA approval updated for the treatment of moderate-to-severe Obstrutive Sleep APnea (OSA) in adults with obesity.
- **1st Quarter 2025:** Empirix R&T Committee will review formulary considerations and clinical protocol updates to include the new ODSA indication.



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What Does Digestive Wellness Really Look Like?

Digestion isn't the kind of thing you have to think about much. You eat, and well, digestion just happens. Usually we're more concerned with what we're eating (Is it delicious? Does it meet our nutritional needs?) than what happens after we eat it--because those bodily processes are automatic. And if we're lucky, everything goes smoothly.

But when things aren't going smoothly, we take notice--and others do, too! When digestion is disrupted and we feel discomfort, bloating, gas or other distressing symptoms, it can be embarrassing to talk about.

Whether you have a chronic condition that affects normal digestion (such as heartburn, ulcerative colitis or irritable bowel syndrome) or have some unexplained symptoms that come and go, you may wonder what's "normal" when it comes to the digestive process?

Here's a general picture of what digestive wellness really looks and feels like. As you read, think about your own symptoms and how frequent they are as a comparison.

After you eat you should feel comfortably satisfied but not bloated, stuffed or gassy. If you frequently feel extremely full after meals, you might be eating too quickly or eating too much during one meal. Taking the time to chew your food slowly will help your body tell your brain when you've had enough. Eating quickly can also force air into your stomach, which can lead to uncomfortable gas.

Food should help you feel good. It's not normal to experience burning in your chest or abdomen (a sign of heartburn or GERD, a hiatal hernia or an ulcer) or any kind of nausea. Conditions like diabetes and high blood pressure, as well as certain medications can cause food to stay in your stomach too long, which can make you feel queasy; food intolerances can cause similar symptoms.

Eating makes you feel energetic, not sluggish or lethargic. If you feel more tired after meals than you're eating too much food in general, as a big meal diverts a lot of energy from other bodily processes in order to digest it. Feeling sluggish, unable to concentrate, and experiencing headaches can also occur because of an unhealthy balance of protein, fat and carbohydrates in your diet.

When you lie down, you should be able to relax easily. It is not normal for food or stomach acid to leave your stomach or cause a burning sensation in the back of your throat just because you're lying down. This can be a sign of acid reflux.

You feel generally happy most of the time. Sadness, fatigue and other symptoms associated with depression can be linked to gut health. After all, many neurotransmitters live mostly in our guts--not our brains--so if our digestive system isn't in tip-top shape, it might affect our depression risk according to emerging research.

Your weight stays constant over time. Unexplained weight loss or gain can be a symptom of an underlying condition such as celiac disease or a thyroid disorder. Digestive issues such as malabsorption of nutrients or even (gulp) tapeworms or other parasites in the digestive tract can also affect one's weight and energy levels.

You have regular bowel movements that don't take effort. It's not the number of bowel movements you have a week that matters; rather the regularity of those movements. Healthy can be once a day, three times a day or three times a week. Although texture, softness and even color can vary substantially day to day and person to person, very loose, hard to control or painful stools are not normal. Speaking of, you should never see blood in your stool (even a dark black color can be a sign of blood). This can be a symptom of several diseases and conditions including ulcers, cancers, hemorrhoids or diverticulitis.

You sleep soundly through the night. While sleep disruptions have many underlying causes, digestive disorders can cause you to wake during the night because of acid reflux or because you feel the urgent need to have a bowel movement.

A healthy digestive system is able to process many types of food in many types of combinations at many times of the day or night--without causing disruptions to other bodily processes or interfering with your day-to-day life. There's no test you can take to find out if you have a healthy digestive system. The best way to determine if your system is functioning properly is to track it over time. If you're already keeping a food diary, add a note every day about how you felt after each meal and when and if you had a bowel movement. It may sound gross, but this kind of information can help your doctor make a correct diagnosis if you think you may have a problem.



Install a smoke detector and carbon monoxide detector in your home.

Have your chimney or flue inspected every year.

Make sure the batteries are working!

Weatherproof your home to protect against the cold.

Insulate walls and attic.

Caulk and weather-strip doors and windows.

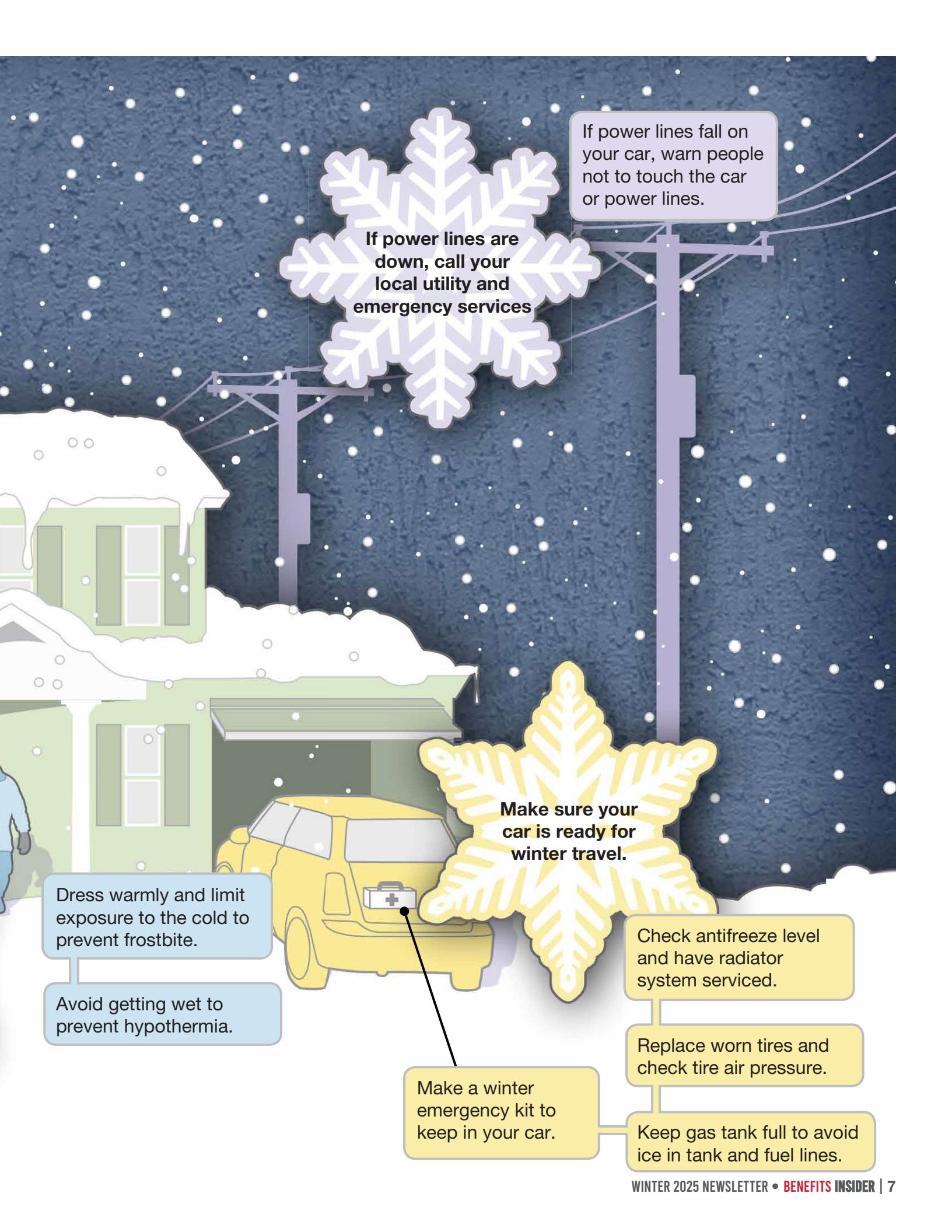
Check out more tips on winter weather indoor safety.

Never leave lit candles or other flames unattended.

Bring your pets indoors as temperatures drop!

Prepare yourself for exposure to winter weather.

Be Ready! Winter Weather



If power lines are down, call your local utility and emergency services

If power lines fall on your car, warn people not to touch the car or power lines.

Make sure your car is ready for winter travel.

Dress warmly and limit exposure to the cold to prevent frostbite.

Avoid getting wet to prevent hypothermia.

Make a winter emergency kit to keep in your car.

Check antifreeze level and have radiator system serviced.

Replace worn tires and check tire air pressure.

Keep gas tank full to avoid ice in tank and fuel lines.

There is more value in a vision benefit than meets the eye...

At NVA, we manage vision as the primary entrance point to the health system. In addition to detecting vision impairments, a comprehensive eye exam can also cost-effectively detect over 30 systemic & ocular diseases, including:

- Diabetes
- Glaucoma
- Stroke
- AIDS
- Drug-related Maladies
- Ocular Nerve Disorders
- High Cholesterol
- Diabetic Retinopathy
- Ocular Tumors
- Arteriosclerosis
- Graves Disease
- Vitamin Deficiencies
- Hypertension
- Strabismus
- Macular Degeneration
- Herpes
- Myasthenia Gravis
- Toxic Reactions

Eye care professionals were the first to identify more than 4,000 cases of chronic conditions, including:

34% Diabetes cases

39% Hypertension cases

62% High Cholesterol cases

THE NVA ADVANTAGE

- ✓ Access to the nation's top vision care providers including local and national retailers
- ✓ Choice of Ophthalmologist (MD) or Optometrist (OD)
- ✓ Unlimited frame selection options
- ✓ Significant savings on lenses, frames, and contacts
- ✓ Discounts on the latest options and enhancements
- ✓ No claim forms needed
- ✓ LASIK surgery discounts

Contact your benefits administrator to enroll in the NVA vision benefit today!



National Vision Administrators, L.L.C.

Vision Benefits.
Smarter.®

www.e-nva.com



HEALTHY LIVING RECIPE: Crispy Baked Chicken Nuggets

INTRODUCTION

Instead of reaching for fried chicken or frozen chicken nuggets, turn to these spicy, crunchy ones instead.

INGREDIENTS

Marinade:

- 1 pound chicken breasts cut into 1 inch cubes
- 3 chipotle peppers in adobo sauce, seeds removed
- 1 clove garlic
- juice of two limes (about 1/2 cup)
- 2 T apple cider vinegar

- 2 egg whites

Crust:

- 1/4 cup raw sunflower seeds
- 1/4 cup raw almonds
- 1/4 cup panko (Japanese bread crumbs)
- 1/4 cup all-purpose flour
- 1/4 teaspoon cayenne pepper
- Pinch salt

Nutritional Info

Servings Per Recipe: 6
Amount Per Serving
Calories: 197.5
Total Fat: 7.7 g
Cholesterol: 46.8 mg
Sodium: 149.5 mg
Total Carbs: 11.4 g
Dietary Fiber: 1.6 g
Protein: 21.2 g

Minutes to Prepare: 60
Minutes to Cook: 25
Number of Servings: 6

DIRECTIONS

Prepare marinade by pureeing the garlic, peppers, lime juice and vinegar in a food processor or blender.

Place chicken in a glass pie plate or dish and cover with the marinade. Refrigerate for one hour or overnight.

Preheat the oven to 350°F.

Roughly chop the almonds and sunflower seeds by hand or pulse in a food processor.

Combine the nuts, bread crumbs, pepper, and salt in a small bowl.

Set up a breading station: place the flour on one plate, the egg whites on a second, and the nut topping on third.

Spray a baking sheet with nonstick cooking spray or line with foil or parchment paper.

Use your left hand to dip the chicken into the flour, then switch to your right hand to dip it into the egg wash, and use your left hand for the nut topping.

This method keeps your hands from getting clumps of breading all over them.

Place the chicken on the baking sheet and bake for 25 minutes. Approximately 6 nuggets per serving (Assuming 36 nuggets total.)