

Catholic Diocese of Cleveland Wellness Bulletin



2019 – Issue 1 / Volume 1

Exciting news!

I am glad to be providing you the first edition of the Wellness Bulletin. The Bulletin is a quarterly herald for wellness tips, benefits news and other timely content. My goal is that the info and tools will help educate, motivate and empower you on a path to better health and wellbeing.

As your partner in wellness, I look forward to working with you. Feel free to reach out and share with me your ideas, experiences, thoughts and comments.

Thanks!

Paul Hudak, Diocesan Wellness Coordinator
wellness@dioceseofcleveland.org



Important Dates & Announcements

April 29
Open Enrollment Starts

May 1
Annual Physical/Spousal Surcharge Form Deadline

May 17
Open Enrollment closes

July 1
Benefits Effective

Benefits Insights



Open Enrollment is fast approaching. Take the time to review the plan changes and understand how those changes will impact your health care and your wallet. More to come soon!

Remember, if you are tobacco free and complete your annual physical you can earn discounts that total \$360 for a single or \$720 for a family in a year!

The 2018 Annual Physical and Attestation Form can be found at the Benefits website: <http://www.mydocbenefits.com/>.

Be sure to check out the Medical Mutual My Care Compare online tool, that you can use to shop and compare costs between doctors and medical services.

Go to <https://member.medmutual.com/user/login.aspx> to log into your secure My Health Plan account and click My Care Compare to start saving today.

New Medicare Advantage Plan members access the attached FAQ for answers to many of your questions you may have. The FAQ can also be found at... <http://www.mydocbenefits.com/>.

ANNUAL PHYSICAL AND TOBACCO ATTESTATION FORM	
Participant Name: _____	
Employee ID: _____	
Employer: <input type="checkbox"/> Spouse <input type="checkbox"/> Date of Birth: _____	
Email: _____	
TO BE COMPLETED BY PHYSICIAN	
Physician License #: _____	
Date of Physical: _____	
Provider/Physician: Once this form is complete and signed, please return it to the patient for submission.	
Provider Signature: _____	
Printed Name: _____	
Phone Number: _____	
Date: _____	
TO BE COMPLETED BY PARTICIPANT (TOBACCO STATEMENTS)	
Employee: <input type="checkbox"/> Spouse: <input type="checkbox"/>	
Have you used tobacco/nicotine products within the past 90 days? Yes <input type="checkbox"/> No <input type="checkbox"/>	
** I am interested in enrolling in Nicotine/Tobacco Cessation: _____	
Tobacco or nicotine usage includes, but is not limited to, cigarettes, cigars, pipe, chewing tobacco, snuff, chewing tobacco, nicotine pouches, nicotine gum or other nicotine products.	
*** Qualified Tobacco Cessation: If you are interested in getting you form of cessation (NRT or tobacco cessation), the Diocese of Cleveland will assist you with the same premium reduction incentive as participants who do not use tobacco/nicotine when you participate in the Medical Mutual Spouse program. You must enroll in the Cessation Program by May 1, 2019. The program is free to eligible participants. You can enroll by calling (888) 845-7702.	
Participant Signature: _____ Date: _____	
Return this form to the Diocesan Health Benefits Office NO LATER THAN May 2, 2019	
If you have questions, please call 216-496-6222 x5040	
Main: Employee Benefits Office	
1404 East Ninth Street, 8th Floor	
Cleveland, OH 44114	
Fax: 216-421-9622	
Email: SHB@dioceseofcleveland.org	
Any person who knowingly and willfully makes a false, dishonest, or abusive statement, or provides information that is false, misleading, or otherwise incomplete will be subject to criminal penalties applicable to such acts.	

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Healthy Insights



February is American Heart Month

The American Heart Association's Life's Simple 7 steps to heart protection are crucial to good health overall.

These habits can boost energy and stamina and have you feeling better in no time:

- 1. Manage blood pressure.** Healthy blood pressure reduces strain on your heart, arteries and kidneys and is vital to preventing or managing cardiovascular disease (CVD).
- 2. Control cholesterol.** Routine checking and improving your blood cholesterol levels give your arteries their best chance to remain free of blockages.
- 3. Reduce blood sugar.** If your blood sugar is high, this condition can lead to type 2 diabetes and damage your heart, kidneys and nerves.
- 4. Lose weight.** Shedding extra pounds reduces the burden on your heart, blood vessels and your joints. Losing even 1% of your body weight will lead to health improvements.
- 5. Exercise.** Getting at least 150 minutes of moderate-intensity activity weekly (any amount is beneficial), such as brisk walking, helps reduce your risk of heart disease.
- 6. Eat well.** A diet rich in fresh produce, whole grains and healthy protein (e.g., fish, lean meats, beans) helps fight arterial disease and unwanted weight gain.
- 7. Stop smoking.** If you *smoke*, you have a much-higher risk for CVD. And quitting may be the best thing for your overall health.

Even modest improvements in your health can make a positive, noticeable difference.

Find more information attached and at...<http://www.mydocbenefits.com/wellness//>.

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Healthy Insights cont.

How much activity do adults need?

Get at least **150 minutes per week** of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week.

Add moderate- to high-intensity muscle-strengthening activity (such as resistance or weights) on at least 2 days per week.

Spend less time sitting. Even light-intensity activity can offset some of the risks of being sedentary.

Gain even more benefits by being active at least 300 minutes (5 hours) per week.

So get more active – and start feeling better today.

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

at least
150
minutes
a week

AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

at least
2
days
a week



Tight on time this week? **Start with just 5 minutes.** It all adds up!

SilverSneakers

For those on the Medicare Advantage Plan, this program helps you achieve your health and wellness goals by giving you access to more than 14,000 fitness centers across the country. You can use as many facilities as you want. In addition to fitness centers, the program includes:

- Cardio classes
- Access to pools
- Social activities
- Education
- Yoga
- Walking groups at local parks and other recreation centers (flyer attached)



Find more information attached and at...<http://www.mydocbenefits.com/wellness/>.

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Healthy Eating

Take your lunch to work



If the food court and cafeteria rule your lunchtime decisions, consider this: You could be saving money and making healthier choices if you bring lunch from home.

We love to eat lunch out — just 17% of us bring a midday meal from home. And the reason is simple — packing lunches can be inconvenient, especially during the morning rush. But it doesn't need to be time-consuming or difficult if you use these tips:

GRAB 'N' GO: Pair healthy items to build a nutritious midday meal. Items such as Greek yogurt, fruit and sliced low-fat cheese are popular. Try to mix and match tuna, whole-grain bread, oatmeal packets, single-serve hummus, almonds, trail mix, fruit, seed and nut bars as well as an array of prepared vegetables.

KEEP IT SIMPLE: A sandwich, sliced vegetables and an apple will take you just 5 minutes to pack. Buy prewashed carrot sticks, grape tomatoes and mini cucumbers for easy assembly.

LEFTOVERS: At dinner, cook a bit more than you usually do. After dinner, put leftovers in a reusable container and store it in the fridge. Lunch is ready. Just don't forget to bring it with you to work. If you're packing salad, leave the dressing on the side.

Any of these simple lunch options are healthier and less expensive than fast food or a sit-down restaurant meal. And if time is short, don't feel obligated to bring lunch from home every day. Start with once a week and work your way up.

By Cara Rosenbloom, RD

Find these recipes and others in the attachment and at... <http://www.mydochenefits.com/wellness/>

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Healthy Eating cont.

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Mediterranean Tuna Salad

EASY | RECIPE

Ingredients:

SALAD:

4 cups Romaine lettuce, chopped
1 medium tomato, chopped
1 stalk celery, chopped
¼ cup flat-leaf parsley, chopped
6 Kalamata olives, pitted and chopped
5 oz. flaked or chunk tuna, packed in water

DRESSING:

3 tbsp olive oil
1½ tbsp white wine vinegar
1 tsp Dijon



Method:

Combine oil, vinegar and mustard in a small, lidded container and shake until combined. Put chopped vegetables, olives and tuna in a bowl and top with dressing. Toss to combine.

Makes 2 servings. Per serving:

304 calories | 16g protein | 23g total fat | 4g saturated fat | 15g mono fat | 4g poly fat |
10g carbohydrate | 2g sugar | 3g fiber | 395mg sodium

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Oatmeal Raisin Bliss Bites

EASY | RECIPE

Ingredients:

1 cup large flake rolled oats
½ cup almond butter
½ cup ground flax seeds
2 tbsp honey
¼ cup raisins



Method:

Line a baking sheet with parchment paper. **In** a large bowl, combine oats, almond butter, flax, honey and raisins. **Mix** well until oats stick together and mixture is uniform. **Using** a rounded tablespoon, scoop oat mixture and roll tightly into bite-sized balls, using your hands. **Place** bites on parchment paper. **Freeze** for 2 hours. **Store** in a freezer-safe container. Eat them defrosted or right out of the freezer.

Makes 12 bites. Per serving (1 bite):

132 calories | 4g protein | 8g total fat | 1g saturated fat | 4g mono fat | 3g poly fat | 0mg cholesterol |
14g carbohydrate | 5g sugar | 3g fiber | 2mg sodium

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Newsletters

Check out the latest issues of Smart Health. This monthly newsletter is provided to us from our partners at The Oswald company. <http://www.mydocbenefits.com/wellness/>.



SMART Health

Checklist: Your Heart's Must-Haves

February is Heart Month. It's never too late to be heart smart for you and your family.

What are the best diseases that can help prevent and lower? Check the following habits that you regularly follow to help prevent and lower the risk. These are leading prevention programs:

- Walk often:** Many people don't walk enough. Aim for 30 minutes of walking 5 days a week. Some health experts have shown that walking 30 minutes for 5 days a week can help prevent and lower the risk of heart disease and diabetes by changing the blood vessels and making blood pressure and heart rate more normal.
- Don't smoke:** Stop smoking now and get at least 10 minutes of moderate-intensity aerobic activity 5 days a week. Some health experts have shown that smoking 10 minutes a day can help prevent and lower the risk of heart disease and diabetes by changing the blood vessels and making blood pressure and heart rate more normal.
- Manage stress:** Have an ideal pattern of sleep, eat a healthy diet, and get at least 10 minutes of moderate-intensity aerobic activity 5 days a week. Some health experts have shown that managing stress can help prevent and lower the risk of heart disease and diabetes by changing the blood vessels and making blood pressure and heart rate more normal.
- Don't drink too much:** Limit your alcohol intake to one drink a day for men and two drinks a day for women. Some health experts have shown that limiting alcohol intake can help prevent and lower the risk of heart disease and diabetes by changing the blood vessels and making blood pressure and heart rate more normal.

BEST bits

February is Heart Month
Heart disease is the leading cause of death in the United States. Most women who die suddenly from heart disease do so because of atherosclerosis. But 80% of cardiac events can be prevented with health education and lifestyle changes to manage your risk.

Personalized weight-loss plan
Taking nonsteroidal anti-inflammatory drugs (NSAIDs) can increase the risk of heart attack, stroke, heart failure, and elevated blood pressure. The risk increases in those with heart disease and high blood pressure. Talk to your doctor about NSAIDs, including aspirin and ibuprofen, to help reduce pain and inflammation. Take the lowest effective dose, and limit the time you use them. Check with your health care provider to learn more.

February is Thyroid Awareness Month
Thyroid disease is the most common endocrine disorder. It can affect both men and women. Symptoms include weight gain or loss, fatigue, and changes in heart rate. If you have any of these symptoms, talk to your doctor about getting a thyroid test.



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