

March/April 2021

Benefit Spotlight



PALADINA HEALTH IS NOW EVERSIDE HEALTH

A GREAT OPTION IF ENROLLED IN
THE MMO/PPO PLAN

Recently introduced, the Paladina Health program has changed names to Everside Health. You will still have the same personalized care from a doctor who will take the time to get to know you and your health.

Available to anyone enrolled in the MMO PPO Health Plan, it provides these great benefits:

- A PERSONAL PRIMARY CARE PROVIDER who delivers a broad scope of care, including preventive care, chronic condition management and coordination with specialists and hospitals
- REDUCED COSTS on a variety of services like prescription drugs and routine testing. This includes on-going treatment for chronic conditions provided to you at no out-of-pocket cost with zero copays for office visits or telehealth virtual visits.
- ACCESS TO YOUR DOCTOR 24/7 by phone for urgent needs, through email, or during easy-to-schedule appointments at convenient locations near work or home.



Join Moore Counseling and Mediation Services for their Quarterly Conversation Series

"Stress Management during a Pandemic - How to cope"

Presented by: Dr. Cecile Brennan

Thursday, April 15th

8:30 a.m.- 10:30 a.m.

RSVP by Tuesday, April 13, 2021

Register for the free online webinar [here](#)

After registering, you will receive a confirmation email containing information about joining the meeting.

Feel free to share the series with your coworkers

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



Reminders

Open Enrollment is Almost Here!

Open Enrollment
Webinar #1: April 20th
at noon

Open Enrollment
Webinar #2: April 27th
at noon

Open Enrollment
Begins:
Monday, April 26th

Open Enrollment
Ends:
Friday, May 14th



March/April 2021

Healthy Insights

Spring Cleaning: Using Chemicals Safely

Since the COVID-19 pandemic began, it's safe to say most of us are using more household cleaning products. However, some cleaning products have hazards all their own. To stay safe while making your home clean, take this advice:

Use natural, environmentally safe products as an option. **Note:** Products labeled "green" do not always mean they are safer. Visit epa.gov/saferchoice to find safe products.

Wear gloves and masks (if needed) when working with cleaning chemicals.

Follow instructions on labels. Note: Only approved disinfectants can kill viruses and other pathogens.

Use only the recommended amount of bleach and use in a well-ventilated area.

Avoid mixing acids with bases. Important: Never combine bleach with other cleaning products, especially ammonia, which can produce a toxic, possibly fatal gas. Even a seemingly harmless mixture of hydrogen peroxide and vinegar can produce a potentially toxic acid that can irritate the skin, eyes and respiratory system.

Call 911 if you or someone else starts showing serious symptoms — such as trouble breathing, seizures or unconsciousness — from inhalation or ingestion of something poisonous. Or if you start feeling ill, and exhibit minor symptoms — such as headache, sweating, blurred vision, stomachache, tearing eyes or burning eyes, throat, chest and skin — call poison control at **1-800-222-1222** for immediate assistance.

Note: If you've been exposed to toxic gas, move to fresh air immediately. If your clothing or skin is exposed to a chemical, remove clothing and flush your skin immediately with large amounts of water.

Lock up all cleaning products out of reach of children.



Brief:

April is Cancer Control Month, a reminder to take charge of reducing your cancer risk. Check with your health care provider to make sure you're current on screenings for breast, colon, skin and other common cancers and learn how to lower your individual cancer risk factors (e.g., smoking, lack of exercise and excess weight). Also share any family history of cancer. Learn more at cancer.org. Screenings can catch cancer early, when it's more treatable.



March/April 2021

Healthy Insights

The Gut-Mental Health Connection



If you have ever had butterflies in your stomach when you're nervous, then you've experienced the two-way communication that exists between your digestive system and your brain. The human gut is lined with more nerve cells than the spinal cord, which may explain the emotional shifts often experienced by people who have irritable bowel syndrome (IBS) or symptoms, such as constipation, bloating and stomach pain.

It's believed that not only can the mind affect the gut, but the gut can also affect the mind. In addition, antibiotics that disturb the gut ecosystem might have psychiatric effects.

Bacteria are integral to a healthy gastrointestinal (GI) system; gut bacteria produce about 95% of our body's serotonin, a chemical implicated in depression and happiness. Many antidepressants increase serotonin levels and also have GI side effects. Bacteria also produce hundreds of other chemicals that regulate physiological and mental processes. The gut-brain connection has led some gastroenterologists to prescribe treatments, such as antidepressants, cognitive behavioral therapy (CBT) and medical hypnotherapy, for IBS and other bowel disorders.

Research continues on how digestive system activity may affect thinking skills, memory, emotional behavior and pain response, as well as how messages from the gut might raise or lower risk for type 2 diabetes and other health conditions. It's possible that someday treatment for gut and psychological conditions might include a capsule of specific bacteria with therapeutic effects.

— *By Eric Endlich, PhD*

New research shows that sitting too much is bad and standing is good. The CDC recommends at least 150 minutes of moderate-intensity activity a week for everyone to reduce the risk of diabetes, heart disease, cancer and dementia. The University of California, San Diego study of more than 6,000 women ages 63 to their mid-90s showed that the more women stood up, the better their health was. I'm not talking about exercise — just standing — around the house, at their job, when they had time on their hands. This study and other research shows sitting too much is harmful for your health. If you're working, try getting up at regular intervals. If you're at home watching TV, get up during those commercials and stretch. It's another way to improve your health.

— *Zorba Paster, MD*



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Healthy Eating

Plant Based, What Does it Mean?

Plant-based eating is a lifestyle where you choose to eat mostly whole foods that come from plants. The plan involves replacing highly processed foods with lots of vegetables, fruit, grains, beans, soy, lentils, nuts and seeds. Plant-based diets are good for human health and also for our planet.

Unfortunately, the popularity of the term *plant-based* has led some food companies to misuse the term *made from plants* in their advertising campaigns. This term has taken on an undeserved health halo and is being used to sell cookies, soda, chips and candy made with ingredients that were once plants, such as white flour, sugar and processed oils.

Those are not whole, nutritious foods, and this marketing ploy makes plant-based eating confusing. For example, an orange is a whole plant-based food; an orange-flavored soft drink is highly processed. Both are made from plants (sugar was once a plant) but not equally nutritious.

The bottom line? The term *plant-based* does not necessarily mean *healthy*, so buyer beware. Yes, cola, potato chips and veggie dogs may contain ingredients that came from plants, but they have been highly processed and are no longer as nutritious as the whole foods used to make them. To truly reap the benefits of a plant-based diet, choose more whole plant-based foods, including: roasted chickpeas, tofu, edamame, whole-grain noodles, canned beans, mixed nuts, nut butter, quinoa, oats and all vegetables and fruits.

And, choose fewer of these processed plant-based foods: fake meat, chips, ice cream, cookies, cake, fruit-flavored candy, juice, white bread, white rice and soft drinks.

By Cara Rosenbloom, RD



New to eating chickpeas, beans and lentils? Start by buying canned cooked low-salt options, and drain well. Add some to salad, pasta or soup. Canned options are convenient since dried beans can take several hours to cook from scratch. Lentils cook faster than beans (probably because they are smaller). Red lentils cook in about 20 minutes, while green or brown lentils need to simmer for about 30 minutes. Use them in delicious soups or curry dishes.



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Healthy Eating Recipe of the Month

Black Bean, Corn and Quinoa Salad

Ingredients:

- 1 cup **quinoa**, rinsed
- 2 cup **water**
- 1 cup frozen **corn kernels**
- 1 can (14-oz.) no-salt-added **black beans**, drained
- 2 medium **yellow peppers**, diced
- 1 medium **tomato**, diced
- ½ cup fresh **cilantro**, chopped

Dressing:

- ¼ cup extra virgin **olive oil**
- ¼ cup fresh **lime juice**
- 1 tsp ground **cumin**
- 1 **garlic clove**, crushed
- ½ tsp **sea salt**

Method:

In a medium saucepan, combine quinoa and water. **Bring** to a boil, then simmer, covered, for 15 minutes. **Let** stand five minutes, then fluff with a fork. **Transfer** to a large serving bowl. **Meanwhile**, in a heavy skillet, toast corn kernels over high heat until charred, about eight minutes. **Set** aside to cool, and then add to quinoa. **Drain** and rinse black beans and combine with peppers, tomato and cilantro. **Stir** to combine. **Whisk** dressing ingredients in a small bowl, pour over quinoa and toss to coat before serving.

Makes 8 servings. Per serving:

231 calories | 8g protein | 9g total fat | 1g saturated fat
| 6g mono fat | 2g poly fat | 33g carbohydrate | 2g sugar
| 6g fiber | 77mg sodium



Tip:

You can buy herbs fresh or dried. Dried herbs have a more concentrated and potent flavor than fresh herbs, so you need to use less. If a substitution is required, remember this guideline: For soup, chili, stews, roasts, curries and garnishes, one tablespoon of fresh herbs equals one teaspoon of dried herbs. In salads where fresh herbs are used as lettuce, dried herbs can't be used as a replacement.



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

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Wellness Tools

Wellness Calculators & Fitness Tips

Here are some quick and useful tools to help you estimate your healthy body weight, target heart rate, amount of body fat and more. They will set exercise goals and educate you about your health.

<http://personalbest.adam.com/content.aspx?productId=20>

 BMI	Body Mass Index Calculator Approximate how much body fat you have by simply entering your height and weight.	 Kcal	Calorie Burner Counter Calculator Estimate how many calories your favorite activity burns.
 Target Heart Rate Calculator	Know your target heart rate to help you get the most out of your exercise.	 Desirable Body Weight Calculator	Enter your type of body frame, height, and sex to estimate your healthy body weight.
 Nutritional Needs Calculator	Figure out how many calories you need to lose, maintain or gain weight.	 Waist to Hip Calculator	Determine your body shape and find out what that shape means.
 Risky Drinking	Answer a few questions to find out if you should seek professional help.	 Smoking Cessation	Clear your thinking about smoking.

Official exercise guidelines are updated as we are learning more about how physical fitness and exercise affect our health and longevity.

Key Recommendations:

AGES 3 TO 5 (NEW): Get at least 3 hours per day of active play (light, moderate or vigorous) to enhance growth and development.

AGES 6 TO 17 (NO CHANGE): Get 60 minutes per day of moderate- to vigorous-intensity activity for healthy heart, muscle and bone development.

ADULTS (NO CHANGE): Get at least 150 to 300 minutes of moderate-intensity activity or 75 minutes of vigorous activity each week; add muscle strengthening 2 to 3 days a week.

Just move more and sit less. The new guidelines suggest any amount of physical activity has health benefits, including better sleep, stress relief and improved blood pressure and mental health. Over time, staying physical helps manage many ongoing health conditions including obesity, osteoarthritis, diabetes and dementia.

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Newsletters

Check out the latest issues of Smart Health at <http://www.mydocbenefits.com/>.



SMART Health

February 2021

Checklist: Your Heart's Must-Haves

When an doctor diagnosis that you help prevent and health? Check the following habits that you regularly observe or begin to develop for heart health. These are meeting your program.

- Walk often:** Have an average of 10,000 steps a day (for women) or below 10,000 steps a day (for men). Women who walk more have a lower risk.
- Exercise often:** Stay physically active and get at least 150 minutes of moderate-intensity aerobic activity weekly. Strength training is also important for heart health.
- Healthy fats:** Eat a diet rich in healthy fats, such as those found in olive oil, avocados, and fatty fish like salmon.
- Don't drink too much alcohol:** Limit alcohol consumption to one drink per day for women and two drinks per day for men.
- Don't smoke:** Quitting smoking now greatly reduces serious risks to your health. The more you quit now, the more your risk drops.
- Don't drink too much alcohol:** Limit alcohol consumption to one drink per day for women and two drinks per day for men.

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

BEST bits
February 1 is **World's Best Day for Women's Heart Health**. Heart disease kills more women than all forms of cancer combined. Most women who die suddenly from heart disease do so because they were unaware of their health. Education and lifestyle changes to manage your risk.

February is Thyroid Awareness Month. Thyroid disease is a 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 symptoms, talk to your doctor about getting a thyroid test.



SMART Health

January 2021

Personalized Weight-Loss Plan

There are many reasons why you may not be losing weight. It could be your diet, your activity level, or your hormones. A personalized weight-loss plan can help you identify the reasons and create a plan that works for you.

- Track your progress:** Use a journal or app to track your food intake, activity, and weight.
- Set realistic goals:** Aim for a weight loss of 1-2 pounds per week.
- Stay consistent:** Stick to your plan even when you feel tired or stressed.
- Get support:** Talk to a friend or family member who is also trying to lose weight.

BEST bits
National Drug and Alcohol Facts Week is January 22 to 27. This national awareness campaign provides information on alcohol, tobacco, and prescription drug use. Parents can learn how to spot abuse in teens, intervene strategies, and prevention techniques starting in early childhood. The emphasis: Creating an open family environment that supports healthy early development. Learn more at drugfactsweek.org.

January is Thyroid Awareness Month. Thyroid disease is a 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 symptoms, talk to your doctor about getting a thyroid test.

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