

TAKE CHARGE!



for health and living

February 2016



February is American Heart Month.



Life's Simple 7 for Your Heart

The American Heart Association's Life's Simple 7 steps to heart protection can boost energy and stamina and have you feeling better in no time:

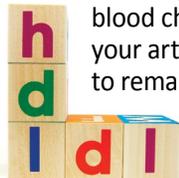
1. Manage blood pressure.

Healthy blood pressure 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. High blood sugar 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 improves your health.



5. Exercise. Getting at least 150 minutes of moderate-intensity activity weekly (in segments as short as 10 minutes), such as brisk walking, helps protect your heart.



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.

city events

Ten Foods for Optimal Health

Wednesday, February 3

12 noon – 12:45 pm
SMT 4080

The "Retirement Ready" Challenge – Deferred Compensation

Wednesday, February 10

12:00 pm – 12:45 pm
SMT 4080

Approaches to Decision-Making

Thursday, February 11

12 noon – 1:00 pm **Webinar**
Login: See future email flyer*

The "Retirement Ready" Challenge – Deferred Compensation

Wednesday, February 24

12:00 pm – 12:45 pm
SMT 4080

Free Blood Pressure Screening

Wednesday, February 24

Stop by between 9:00 am & 11:00 am
SMT 4096

Family Law

Wednesday, February 24

12:00 pm – 1:00 pm
SMT 4050

*Or, call Central Benefits at (206) 615-1340.

National Eating Disorders Awareness Week is February 21-27.



Eating Disorders

By Cara Rosenbloom, RD

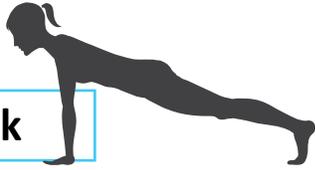
Many people are worried about their weight. But sometimes a preoccupation with weight can become an eating disorder – a mental illness indicated by extreme obsession with food, eating and body size.

Serious emotional and physical problems caused by eating disorders can have life-threatening consequences. ➔ Continued on page 4.



Here are a few simple strength-training exercises you can do for the rest of your life. Always check with your health care provider before beginning any exercise program.

1. Plank



>>**Targets:** Abdominals, scapular stabilizers, back extensors.

>>**Equipment:** None.

>>**Starting position:** Begin on the ground on hands and knees with hands a little more than shoulder-width apart and slightly in front of your shoulders.

>>**Movement:** Extend 1 leg at a time, balancing on balls of feet as in the up part of a push-up. Contract abdominals so that back is parallel to the floor.
Important: Keep head and neck in line with spine.

>>**How many:** To start, hold for 15 seconds, building up to 60 seconds. Repeat once.

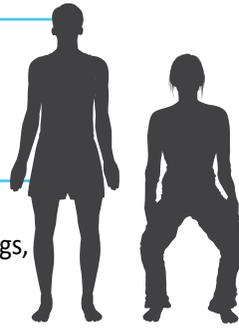
TIPS FOR SWALLOWING PILLS

Many people have trouble swallowing pills. If you're having swallowing issues, try these techniques for helping the medicine go down:

- 1 Put your pill on your tongue.
- 2 Take a sip of water but don't swallow.
- 3 Tilt your chin down – not up – toward your chest.
- 4 Swallow the pill and water while your head is bent.
- 5 Put a pill in applesauce, yogurt or some food with a texture that makes it easier to swallow pills whole (if your medication's instructions say you can take it with food).
- 6 Grind a pill into powder and add it to food.
- 7 Cut a pill with a pill splitter and swallow the smaller pieces.

Note: Always ask your pharmacist if you can grind up or split a pill. Some medications must be taken whole.

2. Body Weight Squat



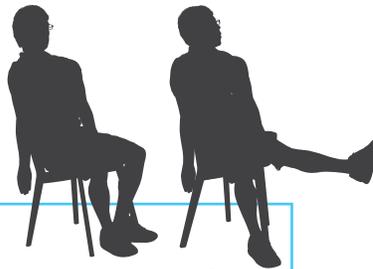
>>**Targets:** Buttocks, hamstrings, quadriceps, legs.

>>**Equipment:** None.

>>**Starting position:** Stand with feet a little wider than shoulder-width apart, and arms hanging at sides. Keep torso erect and body weight over heels.

>>**Movement:** Set feet shoulder-width apart, toes slightly turned out. Pull in lower abdominals, keeping eyes forward and hands at sides with palms facing inward. Push buttocks back. Lower hips and body toward floor, while slowly bending at knees and dropping hips with heels flat on floor.
Important: Don't arch back. Keep head aligned with spine and look forward. Pause for a moment. Then push back up with legs to starting position.

>>**How many:** Two sets of 10 repetitions.



3. Knee Extension

>>**Targets:** Quadriceps muscles.

>>**Equipment:** Chair and rolled bath towel.

>>**Starting position:** Sit in a sturdy chair with back flat against the chair. With feet shoulder-width apart, rest balls of feet and toes on floor. Rest arms at sides. Place towel at edge of the chair seat under thighs for support.

>>**Movement:** Breathe in slowly. Breathe out and slowly extend 1 leg in front of you as straight as possible, but don't lock knee. Flex foot so toes are pointing toward ceiling. Hold position for 2 to 4 seconds. Breathe in as you slowly lower leg back down.

>>**How many:** Ten repetitions with each leg, for 1 set. Rest 1 minute between.

QuikRisk™ Assessment: Smartphones

By Eric Endlich, PhD

Is our use of smartphones getting out of control? Texting and other smartphone activities while driving are never safe, but any overuse can have additional undesirable effects. Assess your relationship with your phone by checking the statements that apply to you:

- Do you keep your phone in or near your bed while sleeping?
- Do you check your phone at times that others might consider inappropriate (e.g., theater, church, funerals)?
- Do you ignore people you are with in favor of your phone?
- Has your work, relationship(s), sleep or parenting been negatively impacted by your phone use?
- Do you prefer using your phone to spending time with your partner or spouse?
- Do you feel depressed or anxious when you can't use your phone and feel better when you can?
- Do you hide how much time you spend on your phone or become defensive when asked what you do on it?
- Does your family or do your friends complain about how much time you spend on your phone?
- Do you get angry or annoyed when someone interrupts you when you're on your phone?
- Have you tried and failed to reduce your phone usage?

The more boxes you check, the more you should pay attention to how your smartphone – as well as tablets and laptops – could be running you instead of the other way around. Loss of control is a hallmark of addiction – facing it is a start.



Safety

top safety

Room by Room

Your home is your haven, but not if there are safety issues. Install smoke and carbon monoxide detectors on every level of your home, and use this brief overview of room-by-room hazards and ways to secure each room.

>Kitchen

Hazards: Burns, foodborne illness.

Solutions: Turn pot handles inward on the stove; never leave cooking food unattended. Follow safe food preparation methods including thawing it in the refrigerator, not on the counter; washing your hands; and replacing dishrags and sponges.



>Bathrooms

Hazards: Falls, accidental poisoning and electrocution.

Solutions: Clean up any accumulated water from the floor. Install grab bars and rubber mats inside the bathtub and beside the toilet. Lock up all medicines and keep them out of the reach of children. Always install electrical outlets with a ground-fault circuit interrupter in bathrooms to prevent electrocution.

>Living, Great or Family Room

Hazards: Window blind strangulations, falls.

Solutions: Move blind cords out of children's reach; keep floors clear of clutter and toys.

>Laundry Room

Hazards: Accidental poisoning, mold and mildew.

Solutions: Keep laundry detergents out of children's reach; vent the clothes dryer outside of the home.

Tip of the Month: Lunching Out?

If you can't bring your lunch from home, look for food court or restaurant options with smaller portion sizes (e.g., not 6 cups of rice or pasta), and ensure that your meal contains vegetables. Choose whole grains where possible – such as brown rice, quinoa or whole-grain bread. Choose water instead of sugary beverages.



Take Your Lunch to Work

By Cara Rosenbloom, RD

eating smart

Bringing lunch from home is simple with these ideas.

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 out at lunch – 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.

MEDITERRANEAN TUNA SALAD

EASY | RECIPE

From Personal Best®

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 mustard

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 | 25mg cholesterol | 10g carbohydrate | 2g sugar | 3g fiber | 395mg sodium

Stay in Touch

Keep those questions and suggestions coming!

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News & Notes

> Aetna Digital ID Cards

Effective February 1, 2016, Aetna will direct members who want extra ID cards to self-service rather than sending plastic replacement cards. Access your digital card by going to your [Aetna Navigator](#) account at Aetna.com, select "Get an ID Card". Or use the Aetna mobile app to view your card.

> Filing Your 2015 Taxes

Form 1095-C, the "Healthcare W-2", will be mailed to you by March 31, 2016 for your records. You can file your 2015 tax return without this form – you'll to check a box (line 61 on 1040 tax form and line 11 on 1040-EZ) to indicate if you had health insurance during 2015. The form will provide documentation for your records .

> 2015 Health FSA Claims

File any remaining 2015 health or dependent care FSA claims by March 31, 2016 with [Navia Benefit Solutions](#). Submit paperless claims online – at www.Naviabenefits.com – or via the MyNavia mobile app. Just take a picture and submit.

Secrets to Email Productivity

According to a survey by AtTask, employees at large companies (1,000 employees or more) spent about 14% of their time each week on email. While email can be a productive communications tool, it also can at times stand in the way of getting real work done. Make sure email helps you work smarter, not harder:

- ✓ Create email folders and archives, so you can organize messages as they arrive and find them easily.
- ✓ Answer emails that require a response on the spot, then delete or file them.



- ✓ Keep your responses short and to the point. If a message requires a longer answer or you find yourself rewriting it to get wording right, use another, more personal method such as the telephone or talking face-to-face.
- ✓ Check and read email during less productive periods, such as the end of the day, after lunch or while you're waiting for a call or meeting to start (whenever feasible).
- ✓ Avoid checking your email every time a new message arrives. Doing so removes a huge distraction.

Eating Disorders

➔ Continued from page 1.

There are 3 main categories of eating disorders:

Anorexia nervosa involves restricting food intake and starving oneself. Individuals may severely reduce food intake, deny feelings of hunger and exercise excessively. They mistakenly believe their bodies are much bigger than they are, and they fear gaining weight.

Bulimia nervosa includes **binging** by eating lots of food and then **purging** by vomiting or taking laxatives. Even though bulimia isn't as visible as anorexia, it can still cause serious long-term health problems.



Binge eating disorder involves bingeing without purging to get rid of the food. People may overeat to numb their feelings and comfort themselves. They often can't control what or how much they eat, and feel distressed, disgusted, guilty or depressed after eating.

Eating disorders often start in the teenage and young adult years, though they can also start earlier or later in life, too.

People can recover from eating disorders with professional help. Eating disorders are diagnosed by a physician, but the larger care team should include a therapist and a dietitian.

expert advice

– Elizabeth Smoots, MD, FAAFP

Q: Heart attack signs?

A: A heart attack occurs when blood flow to the heart gets cut off. Any part of the heart muscle not receiving blood flow can be permanently damaged without a quick response. Heart attack signs vary from person to person and may be absent, mild or severe. Some of the most common symptoms include:

- Pain in your chest or arms that feels like pressure, tightness, squeezing, crushing or aching.
- Pain that radiates to your neck, jaw or back.
- Nausea or indigestion.
- Shortness of breath.
- Dizziness or palpitations.
- Sweating or fatigue.

If you have any of the above symptoms, even if they're mild, or you suspect you're having a heart attack, call 911 immediately. **Symptoms can be minimal, especially in women.** The sooner you get medical treatment (preferably within 2 hours after symptoms start), the greater your chances of surviving a heart attack. Medications and sometimes surgery may be lifesaving.

"Don't count the days. Make the days count." – Muhammad Ali