



WELLNESS WORKS around the state

MAINE MUNICIPAL EMPLOYEES HEALTH TRUST

SUMMER 2005

When Do You Hang Up the Keys for Good?



Many people wonder if they will know when it is time for a loved one to hang up the car keys. This can be a very emotional issue because most of us associate our ability to drive with independence. Facing a loss of that independence can be very frightening, particularly in many rural areas of Maine where public transportation does not exist. Whether you are debating this issue with an elderly parent, your spouse, or even with yourself, there are several signs that may indicate a need to give up the keys:

1. Having difficulty staying in the lane.
2. Feeling less comfortable, more nervous, or more fearful while driving.
3. Having more close calls or traffic violations recently.
4. Hearing other drivers honking at you more often.
5. Getting lost or losing track of where you have parked.
6. Seeing more dents or scrapes on the car, fence, garage door, etc.
7. Having difficulty making decisions, such as when is it safe to pull out onto the street or judging the speed and distance between two cars.
8. A slower response time in unexpected situations, trouble moving your foot between the gas and brake pedals, or confusing the two pedals.
9. Finding it hard to check over your shoulder while backing up, changing lanes, or pulling out into traffic.
10. Trouble seeing the whole road, including breakdown lanes, and trouble using mirrors to assess blind spots.

If you have any of these warning signs, you may want to consider reducing your amount of driving time, drive only in the daytime, avoid heavy traffic areas, and plan to stay off major highways. If you recognize several of these warning signs in either yourself or a loved one, it may be time to hang up the keys and rely on other methods of transportation.

For more information on safe driving tips and help in assessing driving abilities, visit www.aarp.org/drive or www.aaafoundation.org.

Sources: American Medical Association, National Highway and Safety Administration, and US Department of Transportation

Blood Pressure Watch

Nearly one in three adults in the US have high blood pressure, but because there are no symptoms, nearly one-third of these people don't know they have it! Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure or kidney failure. This is why high blood pressure is often called the "silent killer." The only way to ensure that your blood pressure stays in the healthy range, 120/80 or below for most adults, is to have your blood pressure checked and continue to monitor it on your own.

It is important to note that blood pressure readings can vary throughout the day. Normally, blood pressure will increase during activity and decrease at rest. It's often higher in cold weather and can rise when you are under stress, startled by a loud noise or feel threatened. For some people, anxiety caused by being at the doctor's office can cause their blood pressure to rise. This is frequently called "white coat syndrome."

(Continued on page 7)

"The important thing is not to stop questioning. Curiosity has its own reason for existing. One cannot help but be in awe when he contemplates the mysteries of eternity, of life, of the marvelous structure of reality. It is enough if one tries merely to comprehend a little of this mystery every day. Never lose a holy curiosity."
—Albert Einstein



Summer 2005

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Garden Bugs, Be Gone!



So you want to control the insects on your plants, but you're not crazy about the idea of using harsh chemicals? Every gardener knows that the biggest battle faced in the garden is the unwelcome bug that causes damage to beloved flowers or vegetable plants. A very easy and inexpensive way to help control most plant pests is to create an insecticidal soap – and you can find all the ingredients right in your own kitchen.

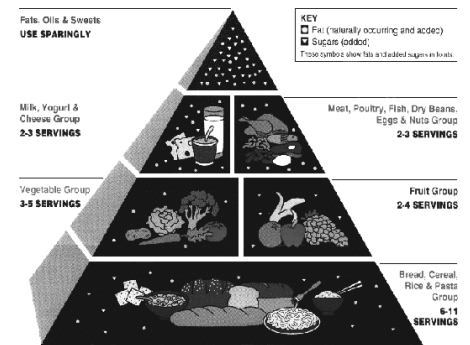
To make the insecticidal soap, add 2 tablespoons of your favorite dishwashing detergent to 1 gallon of water. Once you've mixed the ingredients (stirred, not shaken; you're trying to make insecticide, not bubbles!), use a plastic spray bottle to apply the soap lightly to both the top and bottom of your plant's leaves. Be especially careful to coat the underside of the leaves, as this is where pests often lay their eggs.

Are you planning to move an outdoor plant indoors? Apply the soap as directed above, then isolate the plant for a few weeks. The insecticidal soap will take care of any bugs that might be planning an attack on the plant, and will also keep the critters from infecting the other plants already living in your home.

The Food Pyramid Gets Personal

Following the introduction of the new dietary recommendations earlier this year, the Food Guide Pyramid has been updated to reflect the new guidelines. While the Pyramid shape remains the same, the data contained in the previous Food Guide Pyramid has been tipped on its side. No longer do you see horizontal food groups making up the building blocks of a healthy diet. Rather the new Pyramid has six rainbow-hued, vertical bands representing the food groups. The basic premise of the colored bands is to encourage people to eat a variety of foods, in moderate proportions, all the while balancing your eating habits with physical activity.

The old Food Guide Pyramid recommended a range of daily serving amounts, with 6-11 daily servings of grains making up the foundation. However, the new Pyramid is designed to meet the needs of twelve different age groups and activity levels. People are encouraged to personalize the Pyramid based on their needs by visiting www.myPyramid.gov. Upon entering your age and physical activity level on this website, you will be shown one of the twelve Pyramids that meets your specific dietary needs. While some criticize the new Pyramid as being a little harder to follow and not easy to access, the federal government hopes that being able to personalize the Pyramid to meet individual needs will encourage more people to eat a healthy, balanced diet.



Old Pyramid



Summer Allergies

Warm temperatures and high humidity can put a strain on seasonal allergy and asthma sufferers. It's a peak time for certain types of pollen, smog, and sometimes mold. Here are some survival tips to keep your allergies under control this summer.

Protect yourself during prime time.

Stay indoors between 5 and 10 a.m., when outdoor pollen counts are usually highest.

Avoid extremes.

Going from intense outdoor heat to high air conditioning can trigger an asthma attack. Be careful.

Keep pollen outdoors.

When mowing the lawn or when you are around freshly cut grass, wear a mask, such as an inexpensive painter's mask. Take a shower, wash your hair, and change your clothes when you come inside, to remove pollen that may have collected in your clothes and hair. Dry laundry indoors, not on an outside line.

Patrol your yard.

If you've got weeds such as ragweed, they could be triggering your allergy problems. Oak, birch, and cedar trees are also irritants.

Beware of bees.

If you're allergic to bees, wear shoes, long pants, and long sleeves. Do not wear scented deodorants, hair products, or perfumes, as these will attract bees and other insects.

Take care when traveling.

Pack your allergy medicines with you in a carry-on bag. Bring an extra supply of medicines in case you need them. Bring the medications with you - even if you aren't having problems at home, another region may have different irritants.

Summer Safety Tips

The longer, warmer days keep most of us outdoors as much as possible. To safely enjoy your summer, keep these pointers in mind.

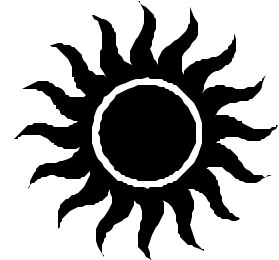
- When walking, be sure you are visible. Wear something that stands out against your environment to maximize your visibility.
- Decrease your driving speed where children might be playing. In their excitement, children can forget to look both ways before entering a roadway.
- Wear your sunscreen. If your

sunscreen is more than three years old, replace the bottle. The average adult needs one ounce of sunscreen to completely cover his/her exposed skin.

- Wear hats to protect scalp and sunglasses to protect your eyes.
- Be aware of the bugs. Insects are known to be carriers of diseases and illnesses.
- Cover up when walking in the woods or high grass. Watch out for ticks, on yourself and your pets.
- Drink plenty of fluids. You may become dehydrated more quickly than

you realize. Water is always the best option. Fatigue is often the first sign of dehydration.

- Store gardening and lawn care chemicals properly.



Keep Your Helmet Handy



Whether going for a bike ride, zooming down the street on a skateboard, or waiting on home plate to swing the bat, it is critical that you protect your head with a helmet. Nearly 83,000 people suffer brain injuries each year while playing sports, yet many of us are not taking the time to strap on our helmets. Each sport may have different helmet designs, requirements and/or features, but the importance comes in remembering the five “S’s” of helmet safety:

1. **Size** – be sure to choose and wear a helmet that fits your head.

Comparing the comfort and fit of different helmets is the best way to gauge which size is best for you.

2. **Strap** – make sure the chin strap fits under your chin snugly and the “V” in the straps meets under the ear. A strap that is too loose will not keep the helmet on your head in the event of a collision.

3. **Straight** – wear a helmet low on your forehead, about two finger widths above your eyebrows.

4. **Sticker** – look for a manufacturer’s sticker citing the U.S. Consumer Product Safety Commission

standard. There are also independent certification stickers from Snell or the Safety Equipment Institute.

5. **Suitability** – be sure the helmet you have selected is appropriate for the sport you will be participating in. Biking, baseball, skiing, horseback riding, and other sports all have different helmet requirements. Be sure to replace your helmet following a collision or hard impact or based on the manufacturer’s specifications.

The best way to protect your noggin is to make wearing a helmet a habit. Be a role model for your friends and family. Others are more likely to don a helmet if people in their group do.

Lawn Mower Safety

Nearly 75,000 Americans are seriously injured by lawn mower accidents each year. About 10,000 of those accidents involve children. With a little prevention many of these tragedies can be avoided. Here are some quick tips to prevent these incidences from happening:

- The American Academy of Orthopaedic Surgery and the American Academy of Pediatrics both recommend that children not operate a riding lawn mower until they are 16 years old. With proper adult supervision, a younger teen can operate a regular push mower.
- Children should never ride as a passenger on a lawn mower. They have the potential to fall and be run over by the mower, resulting in serious injury or death.
- Any time adults are using a lawn mower, they should make sure to keep children out of the yard and in a well-supervised area to avoid injury.
- Lawn mower operators should wear protective gear including pants, steel-toed boots, goggles and ear protection.
- Make sure all debris (rocks, sticks and toys) is removed from the yard before you begin mowing. These objects can project out of the lawn mower and cause serious injury.
- Riding mowers can tip or roll over if used on slopes or steep hills, which can result in serious injury.
- Always read the lawn mower owner’s manual for operating and care instructions. The owner’s manual will provide instructions on fueling the machine and on proper use.



Are You In Sleep Debt?

Sleep is not like money. You can't save it up ahead of time and you can't borrow it. But, just as with money, you can go into debt with it. If you don't get enough sleep, you "owe" more sleep to yourself. This debt can only be paid off by sleeping. You can't overcome it with willpower, and it won't go away by itself.

Sleep is an appetite, like hunger or thirst, and it's an easy appetite for your body to satisfy. To stop feeling hungry or thirsty, your body needs an outside source of food or water. To stop feeling sleepy, all your body has to do is throw the switch and go to sleep.

Millions of people have a serious sleep debt. Many people are lacking sleep because they work shift work, stay up late or get up too early. Others have sleep disorders that keep them from sleeping soundly enough to feel rested.

When your sleep debt gets big enough, there is nothing you can do that will keep you awake. You may feel awake because you're busy or excited, but as soon as you calm down your sleep debt takes over and your body goes to sleep. That's why some people feel awake when they are at a party, where there is a lot of stimulation. When they get behind the wheel of a car, the excitement wears off, the monotony of driving takes over, and sleep overpowers them.

Danger Signals for Drowsy Drivers

The list below gives a few ways to tell if you're about to fall asleep while driving. Even if you are not aware of being drowsy, if you have a sleep debt you are at risk. If you experience any of these danger signs, take them as a warning that you could fall asleep without meaning to.

- Your eyes close or go out of focus by themselves.
- You have trouble keeping your head up.
- You can't stop yawning.
- You have wandering, disconnected thoughts.
- You don't remember driving the last few miles.
- You drift between lanes, tailgate, or miss traffic signs.
- You keep jerking the car back into the lane.
- You have drifted off the road and narrowly miss crashing.

If you have one of these symptoms, you may be in danger of falling asleep at the wheel. If possible, pull off the road and take a nap. However, in the event that you are working – you will have to find another way of getting more energy, such as getting out of the vehicle, walking around, and doing some quick stretches.

Summer Health Observances

With summer here there are a few health observances that we should think about to ensure a safe and healthy summer. Here is a list of upcoming health observances with resources for you to check out for more information.

July is Fireworks Safety Month. Check out the Prevent Blindness website at www.preventblindness.org - click on Safety, then click on Firework Safety to get information about how dangerous fireworks can be and what course of action to take in the event of a fireworks injury.

August is Medic Alert Awareness Month. Check out the Medic Alert Foundation website at www.medicalert.org to learn more about how the organization saves lives by providing identification and medical information during emergencies.

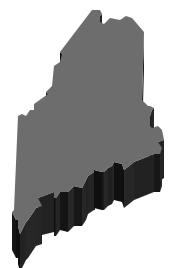
Whether you're a parent, grandparent, aunt or uncle, or a neighbor to a young child, you should be aware that **September is Baby Safety Awareness Month.** The Juvenile Product Manufacturers Association's website has a lot of information about how to keep precious young ones safe. To learn more go to their website at www.jpma.org.

Websites to visit for an active summer in Maine

As the influx of tourists can attest to, Maine is a great place to be in the summer and fall. Check out the following websites to find great places to camp, hike, bike and more!

A visit to www.bikemaine.org will help you find non-auto traffic roads, trails and paths available for bicycle use. If you prefer to walk, check out Healthy Maine Walks by visiting www.healthymainewalks.com. The State of Maine offers more information about outdoor recreation at www.maine.gov. Here you can find where to go to rent bikes, where to go for whitewater rafting as well as canoeing and kayaking.

Have a healthy, safe and fun summer!



Shift Work Learn-By-Mail

As most Americans crawl into bed for a good night's sleep, more than 3 million people are punching the clock. It is estimated that 20% of American workers have a "non-standard" work schedule - that is, they don't work from nine to five.

There are a lot of advantages to shift work. Many report that they like the independence and flexibility. It allows some parents to spend more time with their children. "Night owls" love to go to work when they are at their best.

There are disadvantages too - which include sleep deprivation, chronic fatigue, and personal and family problems.

Wellness Works has created a booklet, **Shift Work Learn-By-Mail**, which is designed to help shift workers learn strategies for a healthier lifestyle. In this booklet you will find information on topics such as sleeping well, connecting with family and friends, and how to eat well and stay fit with an alternative work schedule. If you would like a copy of this booklet, please call Anne Charles at 1-800-452-8786 extension 292 or e-mail Anne at acharles@memun.org.

Beware of Bee Stings

On-Call

On-Call is a medical self-care program for members of the Maine Municipal Employees Health Trust. It helps individuals to assess a variety of health concerns by answering three basic questions:

- *Is this a medical emergency?*
- *Should I see or call my doctor?*
- *Can I treat myself at home and if so, how?*



Medical Self-Care Topic of the Quarter

Insect Bites and Stings

Summer months mean a variety of pesty, buzzing insects will be out in full force. In most cases, people will not have severe reactions to insect bites and stings. Discomfort and itching tend to be limited to the area of the injury. However, some people may experience an extreme allergic reaction that requires immediate medical attention. This reaction is generally determined by the individual's sensitivity to the agent (e.g., bee venom) or by the toxicity of the agent that causes the reaction. There are two types of allergic reactions: a localized reaction and a generalized allergic reaction.

Signs/Symptoms: Localized Reaction

- Swelling, itching, and redness that is limited to the site of the bite.

Signs/Symptoms: Generalized

- A generalized (systemic) reaction is life-threatening. Symptoms can include hives that cover the body, wheezing, tightness in the throat, shortness of breath, swollen eyes, and possible abdominal pain. It is important to seek medical emergency care as soon as possible!

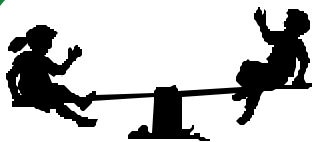
Consult Your Doctor if:

- You suffer a generalized reaction as described above.
- A localized reaction does not improve within 72 hours.
- There are signs of infection after a localized reaction subsides: fever, redness and swelling, and the presence of pus.

If none of the above are factors, try these Homecare relievers:

- If stung by a bee, get the stinger out as soon as possible to limit release of venom. Use tweezers, credit card, knife blade, fingernail, or fingers.
- Carry a kit containing epinephrine if you suffer generalized reactions and you work or play outdoors.
- Apply ice or cold pack to the area of the sting.
- Reduce your activity immediately if you begin experiencing a generalized reaction, and seek medical attention.
- Use an antihistamine to relieve itching. Don't scratch the area, as this can cause infection.
- A paste made of baking soda or meat tenderizer and water can be applied to the bite area to help relieve itching.
- Avoid bright colors and perfumed products that attract bees.

The goal of a Medical Self-Care program is not to deter you from seeking medical attention, but rather to make you more aware of the types of treatment you should seek out. Once you know how to proceed in a particular situation, you will be better able to ask questions, make informed decisions, and have a better relationship with your healthcare provider. Always be sure to always check with your doctor if a Homecare remedy goes against your normal course of treatment or if you have been warned against using particular products due to other health conditions.



Playground Safety

As parents we often think about our children's safety. We buckle them up in the vehicle, we have them wear bike helmets when biking, and we teach them how to safely cross the road. But did you ever think about making sure that their playground is safe? Here are a few tips to make sure that your child is safe on the playground this summer:

- Make sure that the playground you are using has age-appropriate equipment. Look for hazards such as rusted or broken equipment and dangerous surfaces. Report any hazards to the appropriate party (for example, the school or municipality).
- Remove the hood and neck drawstrings from all children's outerwear to avoid strangulation on playground equipment. Also make sure that children remove bike helmets before using any playground equipment.
- Teach children proper playground behavior: no pushing, shoving or crowding. Tell them what equipment is appropriate for their age levels.



MMEHT Benefits Corner

This issue's Benefits Corner will focus on a few plan "reminders".

1. New Life Insurance Certificates. Effective January 1, 2005, the Health Trust changed its life insurance provider, from The Hartford to Prudential Life Insurance Company. If you are covered under the Health Trust's life insurance program, you will receive a new life insurance certificate during the month of June or early July. If you do not receive your new life insurance certificate, or if you have questions about your life insurance coverage, please contact the Health Trust at 1-800-852-8300.

2. Point of Service (POS) Plan Copays. If you are covered under one of the Health Trust's Point of Service plans, please remember that you are responsible for paying an office visit copay each time you go to your doctor's office (exception: some services under the POS-B plan are paid subject to a deductible and coinsurance, rather than an office visit copay). If you are not sure whether your benefits are subject to an office visit copay, please call a Health Trust Service Representative at 1-800-852-8300.

3. Indemnity Plan Coverage for Gynecological Exams. If you are a woman covered under one of the Health Trust's Indemnity plans (Traditional or Comprehensive Indemnity), you may be covered for one Pap test per calendar year, covered at 100%. This includes a pelvic exam administered with the Pap test. If you have questions regarding this coverage, please contact a Health Trust Service Representative at 1-800-852-8300.

HIPAA Privacy Policy

The Health Trust understands that medical information about you and your dependents, and about your health, is personal. We are committed to protecting your medical information, and that of your dependents. We will not disclose confidential information without your authorization, unless it is necessary to provide your health benefits, administer your benefit plan, or as otherwise required or permitted by law. The Health Trust makes sure that access to your confidential information is restricted to those employees who need to know that information to conduct our business. Health Trust employees have been trained on policies and procedures to protect your privacy. The Health Trust makes sure that procedures are in place to ensure physical and electronic security of your medical information.

Under Federal law, the Plan is required to take reasonable steps to ensure the privacy and security of your Protected Health Information, or PHI. PHI includes all individually identifiable health

information which is transmitted or maintained by the Plan, whether the information is transmitted or maintained orally, electronically, or in written form.

If you would like more information about how we use and disclose your Protected Health Information (PHI); what your privacy rights are with respect to your PHI; what the Plan's duties are with respect to your PHI; when and how to file a complaint with the Plan, and with the Secretary of the U.S. Department of Health and Human Services; and who to contact for further information about the Plan's privacy policies and practices; please log on to the Health Trust's Website at www.mmeht.org. The Health Trust's Privacy Notice is located under the link titled "Brochures and Forms". If you have any questions about the Health Trust's HIPAA Privacy policy, or if you would like a copy of the Health Trust's privacy notice, please contact the Health Trust at 1-800-852-8300.

Safe Prescriptions

We all know that we should be concerned about safety when it comes to prescription drugs. We read the warning labels, and we make sure to take our medications with food when required. We always make sure to take only the recommended dosage.

But how many of us really spend a lot of time thinking about where we buy our prescription drugs – or even our over-the-counter medications? If you are buying your medications through a local or chain pharmacy, and you can actually visit the building where you purchase your medications, you probably feel pretty confident about the contents of the pill bottle. But what about if you are among the many Americans who purchase their medications online?

The Internet has made our lives easier in so many ways. It allows us to shop from home at the touch of a button. We can compare prices and buy products without ever leaving the safety of our favorite chair. But there is a catch. If you buy products online (no matter whether you are buying medicine or anything else), the Latin phrase "caveat emptor" ("let the buyer beware") should always apply.

There are several potential issues connected with buying your medicines online. First, you should be aware that some websites that sell medicines are not licensed as pharmacies in the U.S. – in fact, they may not be pharmacies at all. Some medicines that you purchase online may be too strong, or too weak, or may be out-of-date or not FDA approved. It is vitally important that you talk with your doctor before you purchase any new medications for the first time. Make sure you only use medicine that has been prescribed or recommended for you by your doctor – don't simply take the advice of an online "consultant" who has never actually examined you.

If you are covered under one of the Health Trust health plans, your prescription drug coverage is provided by Anthem Prescription Management (APM). This is a plan that you know you can trust to provide you with your prescribed medications. You can order prescriptions for your maintenance medications online at the APM Website (www.anthemprescription.com), as well as checking to see if your medication is considered generic, formulary, or non-formulary.

If you have any questions about your prescription drug coverage through the Health Trust, or about how to obtain your prescriptions through the APM website, please contact a Health Trust Service Representative at 1-800-852-8300.

Health Trust to Hold Annual Retiree Workshops

What happens to your health insurance benefits when you retire? For those retirees who are covered under a Health Trust health insurance plan, there are several options. If the retiree is under age 65 or is not Medicare-eligible, benefits will be continued under the same plan as for the active employees of that employer (provided, of course, that premiums continue to be paid).

Those retirees who are age 65 and over, or who have Medicare as their primary insurance coverage, are eligible to continue their benefits with a three-part plan: Medicare (Parts A and B), Anthem Blue Cross Companion Plan B, and Health Trust Major Medical coverage (including a prescription drug card). To help explain these benefits in detail, the Health Trust holds a series of Retiree Workshops, on an annual basis.

These workshops will review the benefits covered under all three plans (Medicare, Companion Plan, and Health Trust Major Medical). All retirees, soon-to-be-retirees, and those who handle health insurance for their employers are welcome to attend. There is no charge to attend the workshop, and all attendees are invited to participate in a game of "Wheel of Wellness" after the insurance presentation!

This year's Retiree Workshops will be held at the following dates and locations:

Tuesday, July 12 – **Caribou** Library, 30 High Street

Wednesday, July 13 – **Ellsworth** City Hall, 1 City Hall Plaza

Thursday, July 14 – **Old Town** Herbert Sargent Center, 342 Bennoch Road (Stillwater)

Tuesday, July 19 – **Augusta** Civic Center, Cumberland Room, 76 Community Drive

Tuesday, July 26 – **Auburn** City Hall, 60 Court Street

Wednesday, July 27 – **Scarborough** Town Office, 259 US Route 1

All Retiree Workshops will start at 9:00 a.m., and will end at about 12:00 noon. Blood pressure screenings will be available at each workshop location, from 8:30 to 9:00 a.m. Invitations will be sent to all eligible retirees. If you have any questions, please contact Gail Schroeder or Susan Smith at the Health Trust, at 1-800-452-8786.

Wondering About Medicare D?

If you are a retiree, or if you and/or your spouse are eligible for Medicare for your health insurance coverage, you have probably been hearing a lot lately about the federal government's new Medicare Part D prescription drug coverage. Chances are you have been wondering if any of this information applies to you.

If you are covered under one of the Health Trust's health insurance plans (whether as an active employee or as a retiree), you are provided with prescrip-

tion drug coverage through Anthem Prescription Management (APM). The benefits provided under your APM plan are actually better for you than the Medicare D benefits, so at the present time, the Health Trust is advising its members to keep your current coverage with the Health Trust, and do not enroll in Medicare D.

Over the next few months, we will be researching the different prescription drug coverage options that may be available to our members. We will send a

letter to all Medicare-eligible Health Trust members this fall, outlining our findings and recommendations for you. In the meantime, please be sure to keep your Health Trust coverage, and call us with any questions that you may have about your current benefits. You can reach the Health Trust Service Representatives any time between 8:00 a.m. and 4:30 p.m., Monday through Friday, at 1-800-852-8300 (in Maine) or 207-621-2645 (out of state).

(Blood Pressure Watch, continued from page 1)

There are a variety of home blood pressure monitors and reading devices that make it easier to take your blood pressure throughout the day to monitor any major variances. The monitor's accuracy can vary, so it is important to take steps to get accurate readings. Below are some tips for getting the most accurate readings when taking your blood pressure:

- ✓ Before you go to the doctor for a blood pressure check, avoid caffeine and cigarettes for at least 30 minutes. Both can increase your blood pressure. Having a full bladder can also increase your readings, so visit the bathroom prior to seeing the doctor.
- ✓ Don't check your blood pressure when you are feeling stressed or rushed.
- ✓ Record your blood pressure readings. Your blood pressure can vary from check to check, so keeping an on-going record of your blood pressure readings can help you determine whether your blood pressure is staying elevated for long periods of time.
- ✓ Make sure you and/or your doctor are using the right sized cuff. People with larger arms need the larger cuff. If your upper arm is over 13 inches around at the midpoint, you may need the "large adult" sized cuff. A proper fitting cuff is key to having an accurate blood pressure reading.
- ✓ If you are using a home monitoring device, bring it with you to your next doctor's appointment and have it calibrated or compare the reading that the doctor takes with the one you receive from your home device.
- ✓ Don't talk or cross your legs while having your blood pressure taken, as this can elevate your results.
- ✓ Wear short sleeves. Any tightly rolled sleeves may affect the reading.

For more information on controlling blood pressure, including recipes, exercises, and frequently asked questions, visit the American Heart Association at www.americanheart.org.

Source: American Heart Association



WELLNESS WORKS

Maine Municipal Employees Health Trust
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Newsletter Search Contest

Do you want a chance to win a *Wellness Works* fleece vest? Take a few minutes and answer the following questions (all answers can be found in articles in this newsletter). Send the answers along with your name, address and phone number to: *Wellness Works*, 60 Community Drive, Augusta, Maine 04330. You can also e-mail your answers to us at: **wellness@memun.org**. Entries must be received by July 10, 2005. One winner will be drawn at random.

Congratulations to **Wanda Ouellette**, City of Caribou, who won the Spring Newsletter Trivia Contest!

Your Name: _____ Phone Number: _____

Address: _____

Employer (or former employer, if you are a retiree): _____

1. You can find more information on the federal government's New Food Guide Pyramid at this website: _____.
2. Uncontrolled blood pressure can possibly cause _____.
3. _____ is the best choice of beverage to prevent dehydration.
4. If you are covered under the Point of Service (POS) plan you are responsible for paying a _____ each time you go to your doctor.
5. The best way to protect your head when biking or skateboarding is by wearing a _____.

Good luck – and happy reading!

