



Maine Municipal Employees Health Trust

Wellness Works

SPRING 2019

Changes to Your Prescription Plan

Anthem is the Plan Administrator for the Maine Municipal Employees Health Trust medical plans and they currently contract with Express Scripts to manage your prescription benefits. Anthem has been working for the last 15 months to develop IngenioRx, a new pharmacy benefits manager, and will be transitioning the Health Trust prescription coverage from Express Scripts to IngenioRx. Starting July 1, 2019 all prescriptions will be filled through IngenioRx. There will be no change to your prescription benefits as a result of this change, but you do need to be sure you are using the correct ID card when you fill your prescriptions.

You will be receiving a letter from Anthem later this spring, explaining more details of the transition. Members who currently use home delivery services with Express Scripts to obtain their prescriptions will now fill their prescriptions through IngenioRx, and in most cases the existing prescriptions will transfer to the new system. Members who fill prescriptions through home delivery will get an additional letter explaining more details about the transition.

Members who currently fill specialty medications through Accredo or another specialty pharmacy will now need to fill their prescriptions through IngenioRx, and in most cases the existing prescriptions will transfer. Members who fill prescriptions through a specialty pharmacy will get an additional letter explaining more details about the transition. These members will also receive a phone call from the specialty care team to further assist with the transition to IngenioRx.

You should have already received a new ID card at the beginning of the year and this card contains all the information to process prescription



claims with IngenioRx. Please see the Rep Raps column on page 2 for more information on the new ID cards.

Rest assured that the Health Trust will be working with Anthem to transition our members' prescription benefits with as little disruption as possible. Our Member Services team will be available to assist members with the transition, answer questions and order new ID cards if needed. Member Services can be reached Monday through Friday from 8:00 a.m. to 4:30 p.m. at 1-800-852-8300.

INSIDE

Page 2:

Find a resource to start training for a 5k.

Page 5:

Read about how to prevent hearing loss.

Page 6:

Learn ways to keep active as you age.

Wellness on the Web



Spring is finally here! It's time to lace up your running sneakers and hit the pavement! Track and map every run with **MapMyRun** and get feedback and stats to improve your performance. This free app helps you discover the best running route, share and save your favorites, and get inspired to reach your running goals.

www.mapmyrun.com



Rep Raps

Answers to the most common questions that our Member Services Representatives receive.



Did you receive your new medical ID Card?

All members who have health insurance with the Maine Municipal Employees Health Trust should have received a new identification (ID) card early in 2019. If you have a family of five or more people on your health insurance, you would have received the ID cards in more than one envelope. It is important that you present the correct ID card when you have medical services or fill a prescription.

You can easily tell if you have the new ID card by checking some information. On the back of your card, on the bottom left hand side of the card, is a print date. This date should be a December 2018 date. On the front of the card the RxBIN number should be 020099. This is an internal number that is needed when you fill prescriptions.

In mid-2019 Anthem will be changing the provider they use to fill prescriptions. If you present an older card after that, it will not work. Please be certain you are carrying the correct ID card.

If you are on the Health Trust vision plan, you do not receive an identification card. Your vision provider should be able to access your VSP benefits information on the VSP system. If you would like to have an ID card for reference, you can easily print one from the VSP website www.vsp.com.

If you are on the Health Trust dental plan, when you enroll you will receive two ID cards per family from Northeast Delta Dental issued in the subscriber's name only. Additional ID cards can be requested from the Health Trust if needed.

If you or any of your covered dependents do not have your new medical ID card, or need a dental ID card, please call the Member Service Representatives Monday through Friday from 8:00 a.m. to 4:30 p.m. or email us at HTMemberServices@memun.org.



Start Your 5K Training Today

Do you believe that you could realistically run/walk a 5K by the end of the summer season? Well you should! All it takes is a little planning and courage to get started. Our Anthem EAP offers our members a great plan, created by Olympian Jeff Galloway, which can prepare beginners for a 5K run or walk in just 7 weeks!

This 5K training schedule incorporates a mix of running, walking and resting. This combination helps reduce the risk of injury, stress and fatigue while boosting your enjoyment of physical activity. Remember, you can run or walk slowly to help your body adjust to this 5K training schedule. Under this 5K run training schedule, you'll spend a portion of your time walking. For instance, during week one on run/walk days, you'll run for 15 seconds and then walk for 45 seconds, repeating that cycle for 30 minutes. As the weeks progress, you'll gradually increase the amount of time running and reduce the amount of time walking. If you're adapting the training for a 5K walk, then you always walk, even on run/walk days.

For more information on this free resource, or to download your copy of the training programs, visit www.anthem.eap.org and use the Member Login: MMEHT. Then type "5K run: 7-week training schedule for beginners" in the search bar. If you complete the program and do a 5K this summer/fall, be sure to let us know and send us pictures to wellness@memun.org

Good luck and happy training!

Finding a Race

Check out these websites to find races in your area!

Active – www.active.com

Cool Running – www.coolrunning.com

Running In the USA – www.runningintheusa.com

Road Race Runner – www.roadracerunner.com

Type 1 Diabetes Often Misdiagnosed in Adults

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Over time, having too much glucose in your blood can cause health problems, such as heart disease, nerve damage, eye problems, and kidney disease. An estimated 30.3 million people in the United States have diabetes. About one in four people with diabetes don't know they have the disease. An estimated 84.1 million Americans aged 18 years or older have prediabetes.

There are two main types of diabetes, type 1 and type 2. Type 1 diabetes occurs when your immune system, the body's system for fighting infection, attacks and destroys the insulin-producing beta cells of the pancreas. The exact cause of type 2 diabetes is still unknown, but excess weight and genetics are known to play a role. People with type 2 diabetes don't use insulin properly. This makes the body produce more and more insulin. Eventually, the pancreas is unable to keep up, and people with type 2 may need insulin.

In years past, we referred to type 1 diabetes as "juvenile diabetes" and type 2 diabetes as "adult onset diabetes," however those terms are a thing of the past and they don't really hold true to the age of diagnosis for either type of diabetes. In fact, anyone of any age can be diagnosed with either type. Yet regardless of the name change, a new study finds that it isn't always clear if someone has type 1 or type 2 diabetes when they're diagnosed as adults, which may result in a misdiagnosis.

How do doctors mix up the two conditions?

It's really hard to tell the difference between type 1 and type 2 diabetes in adults. First, there's also a common misconception that type 1 diabetes can only occur in children. But that's not the case - type 1 diabetes can occur at any age. Second, in childhood, almost all diabetes is as a result of type 1 diabetes. After 30 years of age there is a dramatic increase in type 2 diabetes, and type 1 represents less than 5 percent of all cases of diabetes - so identifying these cases are quite rare.

What are the symptoms of diabetes?

The symptoms of diabetes can be similar for both type 1 and type 2 diabetes and include:

- increased thirst and urination
- increased hunger
- fatigue
- blurred vision
- numbness or tingling in the feet or hands
- sores that do not heal
- unexplained weight loss

Symptoms of type 1 diabetes can start quickly, in a matter of weeks. Symptoms of type 2 diabetes often develop slowly—over the course of several years—and can be so mild that you might not even notice them. Many people with type 2 diabetes have no symptoms. Some people do not find out they have the disease until they have diabetes-related health problems, such as blurred vision or heart trouble.

Maine Municipal Employees Health Trust



Why does it matter which type of diabetes someone is diagnosed with?

Because type 1 diabetes is an autoimmune disease that leaves people unable to produce enough insulin, type 1 diabetics couldn't survive without insulin injections - using shots or an insulin pump. However, type 2 diabetes is thought to be largely tied into lifestyle and can often be managed with lifestyle changes and oral medications.

The differences between these two types of diabetes greatly impact the course of treatment, including medications. Managing type 1 diabetes as type 2 diabetes can result in rapid deterioration of a patient's health and be potentially life-threatening.

What can you do?

If you have been diagnosed with type 1 or type 2 diabetes, it is important to work with your medical team to carefully monitor your blood sugars and adjust your lifestyle. If you are on oral diabetes medication and your symptoms are still uncontrolled, call your health care provider and let them know immediately.

You can learn more about the different types of diabetes from the U.S. National Institute of Diabetes and Digestive and Kidney Diseases at www.niddk.nih.gov

Source: *Health Day News*, 2018

Telephonic Diabetes Education and Support Program

The Health Trust has a Telephonic Diabetes Education and Support (TDES) program that can help you get control of your diabetes and navigate lifestyle changes if you have been diagnosed with prediabetes or diabetes. It's free to enroll and while participating in the 12-month program, copays will be waived for covered prescribed diabetes medications and diabetes supplies, including testing supplies. All adult members with MMEHT medical coverage are eligible to participate, and the program is open to members with diabetes or pre-diabetes. Retirees on the Medicare Companion Plan are also eligible to enroll in the TDES© program. Contact the Health Trust for more information at 1-800-852-8300.

Become a Tourist in Your Own Town

Ah... spring is in the air! It's time to start planning your summer vacation. How many of us don't sometimes wish we could escape the hustle, bustle, and day-to-day responsibilities of our normal lives for a week of fun and relaxation somewhere far, far away? While those dreams of far off destinations and lavish vacations would be great, the truth is that for many of us a traditional vacation is not always in the cards. Between restaurants, hotels, and transportation, travel costs can add up fast, especially when those costs are multiplied for a family. Even when the cost isn't a factor, sometimes health concerns or work obligations prevent us from leaving town anytime the urge strikes.

But that doesn't mean that a vacation is out of the cards and that we can't still have a great time! Why not plan a vacation in your own backyard and become a tourist in your own town by planning a staycation. The term staycation, meaning a stay-at-home vacation, became popular in the early 2000s when gas prices were skyrocketing and people were feeling the squeeze of the financial crisis. But a true staycation is more than just a week at home, it is an intentional time of fun and relaxation for your whole family. It does take a little effort to do it right, but can ultimately be just as satisfying as going somewhere far away.

First and foremost, it is a good idea to start with some ground rules that everyone can agree on. The point of a staycation is to make it feel as much like a real family getaway as possible, without leaving the comfort of your own home. However, that doesn't mean that we just stay home and do laundry and projects that we do every day. Start with deciding exactly when your vacation at home starts and ends, and then set a few guidelines for what your family may and may not do during this time. These could include all or some of the following:

- No smart phone
- No email
- No computer or video games
- No television
- No working from home
- No worrying
- No fighting
- Family time only—no independent activities or outside plans
- No cooking
- No cleaning
- No laundry
- PLAN for fun!

Just like a real vacation, the more you plan for fun, the more successful your staycation is likely to be. Start by setting a reasonable, realistic budget for your week of fun at home. Set some money aside for activities, eating out, and perhaps even paying for a splurge or two that you don't usually get to do.



Next, take the time to figure out just what you will do on your staycation. Google your hometown and see what comes up on travel websites like Trip Advisor or Yelp. Chances are there are dozens of fun things to do in your own hometown that you either never have time for, or don't even think about because they are so close by. If your kids are old enough to have an opinion, hold a family meeting to discuss your ideas and to get a feel for what everyone wants to do. If you like spontaneity, consider putting everyone's ideas into a jar, then picking one activity each day. Or, if your family prefers more structure, use your ideas to develop an itinerary for the week.

So, this summer don't rush off to a faraway destination, take a minute to breathe in the Maine air and look at your hometown from a new perspective, you may realize that there are some hidden gems right in your own backyard.

Fun Staycation Ideas:

Try Geocaching - Geocaching is a real-world, outdoor treasure hunting game using GPS-enabled devices. Participants navigate to a specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that location. This can be done in both urban and rural areas and is a great way to get out and explore areas you many have never visited before. Check out www.geocaching.com for more information on how to get started.

Camp in Your Own Backyard - Why not enjoy the great outdoors in your own backyard? Set up a tent and sleeping bags, build a fire (or use the grill) to cook s'mores, and take turns telling ghost stories.

Play Outside - Go fly a kite, take a walk, go for a bike ride, or take a hike—most state and national parks have at least a few walking, hiking, or biking trails to choose from. Do a little research to find one that fits your family's athletic ability, then head out to enjoy the great outdoors. Don't forget to pack snacks and water for your trek!

Go Paddleboarding or Canoeing - If there is a river, lake, or ocean nearby, chances are pretty good there is a boat launch and maybe even a boat rental place nearby. Both are a fun way to enjoy the water, test your skills and see your town from a different perspective.

Tackle a family project - Have the kids been begging for a tree house or wanting to redecorate their rooms? Consider spending your week together working on something to improve your home. You'll not only bond while painting and building together, but at the end of the week have something concrete to show for your time. Just be sure it is something fun that you *want* to do, not a project that you *have* to do!



Preventing Hearing Loss

Every day in our environment we experience sound, whether it's pleasant, like music, or bothersome like sirens or a barking dog. Unpleasant and unwanted noisy environments can be overwhelming. Not only can noise increase our stress level and distract us, but constant over exposure to noise can damage our hearing. This is known as noise-induced hearing loss (NIHL).

There are two causes of NIHL:

Impulse noise, a one-time exposure to a loud sound such as fireworks, blasts, gunfire or sirens.

Continuous exposure to loud noise. This type of hearing loss happens gradually and over time.

NIHL affects the inner-ear hair cells as well as the auditory hearing nerve. Not only can this type of hearing loss be permanent, it can also lead to tinnitus. Tinnitus is hearing a constant ringing, buzzing, or roaring without an external sound source. It can be in one or both ears and often occurs with hearing loss.

NIHL can come about from repeated exposure to music at high volumes on personal devices through headphones or earbuds. You may not be aware of the different settings that may cause NIHL:

- Concerts
- Dance clubs
- Shooting range
- Airports
- Construction site
- Your yard – mowing the lawn, leaf blowing, etc.

There are three ways to protect against excessive noise:

- **Block** the noise by wearing earplugs
- **Walk** away from loud noises or limit the time spent in noisy environments
- **Turn** down the sound – if it is under your control. Cut back on the number of toys, tools and gadgets that add to the increasing noise level of daily life.

If you suspect that you have hearing loss or are experiencing ringing of the ears, schedule a hearing test with your medical provider.

Source: Hearing Health Foundation

Simple Ways to Clear Mental Clutter

Physical clutter is easy to spot. You can see the piles and the mess and know you have a problem. Mental clutter is a bit trickier to identify. When you are stressed and overwhelmed it is easy to blame your busy schedule and lack of time, but the true cause may be thinking about too many things. Clearing the mental clutter from your mind may be just the solution you need to bring much sanity and peace to your life. The following are some solutions to get you there.

Tame your to-do list: A to-do list is essential if you want to be happy. If you don't have one, it's time to start making one. It should be an actual list, not just a mental one. When you feel overwhelmed, lists help by consolidating scattered thoughts and tasks. Once you've created a list, make sure you prioritize it. Tackle the critical tasks first, especially the ones you least want to do as once they are completed they are no longer taking up worry space in your mind. Refresh this list at least once a day.

Clean up your actual clutter: Clean up your wardrobe, desk, bedroom, office, and house to get some clarity. Tidying up your physical space greatly encourages and improves mental clarity.

Rethink your thinking: Those voices in your head that tell you that you're not quite good enough are the worst kind of mental junk. Pay close attention to these thoughts and learn to retrain your brain with positive self-talk.

Eat, sleep and live well: The mind-body connection is no longer up for debate. A happier you is a healthier you. Learn how to beat stress, depression, anxiety and more just by eating, sleeping and living well.

Less screen time: TVs, tablets, computers and phones can fill your head with so much useless noise and clutter. It's important to make the conscious effort to switch off every now and then, especially before going to bed.

You can't please everyone so stop trying: When you really can't fit another thing into your schedule, or you just don't want to, it's perfectly fine to say "no".

Start to live in the present: Scientists estimate that our frantic minds produce about 35,000 separate, unconnected thoughts daily. While it's great to plan ahead, you should take care not to postpone joy until each "t" is crossed and every "i" is dotted. It's time to start practicing clearing your mind and focusing on the present.

Create your own sanctuary: Create your own quiet space somewhere, where you can escape the sounds and demands of the outside world. Go there as needed to collect your thoughts, decompress and practice that deep breathing and positive self-talk.

Source: www.psychologytoday.com

Healthy Snacking



Eating nutritious snacks throughout your day can be a healthy part of a sound diet. Snacking on healthy foods keep your energy level high and your mind alert. It can also satisfy hunger and give your body the nutrients it needs. Snacks can prevent sleepiness or grumpiness.

Healthy snacks are any foods that are nutrient rich which means that they are good sources of vitamins, minerals, fiber and other nutrients that are beneficial to our health. These foods should be low or moderate sources of calories, sodium, fat and sugar.

Healthy snack ideas include:

Whole grains: Look for foods that are rich in complex carbohydrates and fiber, which give you long-lasting energy. Remember to look for the words “whole grain” at the beginning of the list of ingredients.

Low-fat dairy: These foods are good sources of bone-strengthening calcium and protein. Look for low-fat or non-fat versions.

Fruits and vegetables: These foods are naturally low in calories and are packed with vitamins, minerals, and fiber. Choose fresh, frozen, canned (in natural juice not syrup), or dried.

Protein foods: This type of food helps build and repair muscles. Choose protein snacks that are lean (low-fat) and keep your portions small.

Simple snack ideas include:

- Homemade trail mix (with a variety of nuts and dried fruit)
- Carrot sticks and hummus
- Hard-boiled eggs
- Whole grain crackers topped with peanut butter
- Greek yogurt topped with unsweetened frozen fruit



We’ve all heard that exercise is good for you. Did you know that it is just as true for older people as it is for any age group? You’re never too old to get moving, get stronger, and improve your health.

Fitting exercise and physical activity into your day can enhance your life in so many ways. Regular physical activity can improve your balance and boost or maintain your strength and fitness. It may also improve your mood and help you manage or lessen the impact of conditions like diabetes, heart disease, osteoporosis, and depression. Despite these proven benefits, exercise and physical activity rates among older people are surprisingly low. Only about 30% of people ages 45 to 64 say they engage in regular leisure-time physical activity. This falls to 15% of those between the ages of 65 and 74 and 5% of people age 85 and older.

Experts recommend four types of exercise for older adults: endurance, balance, strength, and flexibility. Brisk walking, dancing, and other endurance exercises improve the health of your heart, lungs, and circulatory system. These exercises can make it easier for you to mow the lawn, climb stairs, and do other daily activities. Strength exercises include lifting weights or using resistance bands. They can increase muscle strength to help with activities such as carrying groceries or lifting grandchildren. Balance exercises can help prevent falls, a major health risk for older adults. Stretching, or flexibility exercises, can give you more freedom of movement for bending to tie your shoes or looking over your shoulder as you back out of the driveway.

Even if you haven’t been active previously, it’s important to get started and stay active. We know that people want to live independently for as long as they possibly can. By exercising regularly and including more physical activity in their daily routine, older people can preserve their physical function, which is key to doing the everyday things they want to do.

The National Institutes of Health created a program called Go4Life and it is based on studies showing the benefits of exercise and physical activity for older people, including those with chronic health conditions but anyone of any age can benefit from the program. To learn more, visit the Go4Life website at www.go4life.nia.nih.gov. You’ll find the free booklet of exercises, success stories, and tips to help you stay motivated.



Spring Vegetable and Quinoa Pilaf

Nutrition Facts (per serving), Serves 4:

304 calories; 13.6 g fat; 36.9 g carbohydrates; 6.4 g fiber; 9.9 g protein

Source: www.epicurious.com

Ingredients

- 1 $\frac{3}{4}$ cups low-sodium chicken broth
- $\frac{1}{2}$ teaspoon coarse sea salt
- 1 cup quinoa, rinsed and drained 3 times
- 6 baby golden beets, peeled, cut into $\frac{1}{3}$ -inch cubes
- 3 tablespoons olive oil
- 2 garlic cloves, minced
- 1 cup orange bell peppers, cut into $\frac{1}{2}$ -inch pieces
- 1 cup red bell peppers, cut into $\frac{1}{2}$ inch pieces
- $\frac{1}{2}$ pound asparagus, trimmed, cut on diagonal into $\frac{3}{4}$ inch pieces
- 1 cup baby zucchini, cut into $\frac{1}{2}$ inch pieces
- Freshly ground black pepper
- 4 green onions, thinly sliced
- 1 tablespoon chopped fresh parsley

Directions:

Bring broth and $\frac{1}{2}$ teaspoon sea salt to a boil in medium saucepan; add quinoa. Cover, reduce heat to low, and simmer until quinoa is tender and broth is absorbed, about 15 minutes. Remove from heat; fluff with fork. Cover and reserve.

Meanwhile, bring 1 $\frac{1}{4}$ cups water to a boil in a nonstick skillet over medium heat. Add beets. Cover and cook until beets are tender, about 8 minutes. Uncover; cook until any water in the skillet evaporates. Increase heat to medium-high. Add olive oil and garlic; sauté 30 seconds. Add all bell peppers, asparagus, and zucchini. Sprinkle with sea salt and black pepper. Sauté until just tender, about 8 minutes. Add cooked quinoa, green onions, and parsley to vegetables in skillet; toss to combine. Season with salt and pepper.

Is it Better to Eat Before or After a Workout?

Some exercisers prefer to eat before a workout and some after. Which is better? While a certain part of this decision should be based on how eating makes you feel before, during and after exercise, several other factors are important to consider. Depending on your exercise routine, a meal can make or break it.

Timing

If you exercise first thing in the morning, you may be better off eating first. Your last meal or snack is likely to have digested already, leaving little to fuel your workout. Having a meal an hour or two before you jog in the morning stabilizes blood sugar and gives you energy, whereas exercising without eating could result in feeling lightheaded and sluggish. If you prefer to jog later in the day, you may be able to wait to eat until after you exercise. Since your body has been refueled already during the day, exercising before eating again can allow you to go at a faster pace because you don't have a meal sitting in your stomach.

Intensity and Duration

If your exercise session will last for more than an hour, you should eat before you start. Have a meal about three to four hours before you plan to jog or a snack an hour prior. This will give your body the energy it needs to sustain a long bout of exercise. An intense workout also necessitates eating afterward to refuel your body, build muscle and replace your glycogen stores. A short workout allows you to eat before or after, depending on your preferences.

Size

Most exercisers say that eating a heavy meal makes it more difficult to perform. On the other hand, too little to eat could make it harder to finish your workout. Choosing the right size meal based on how soon you will be exercising will make your workout more effective and reduce the chances of cramps or being slowed down. If you don't plan to exercise for at least three hours, a meal is a good option. A snack is enough to fuel your workout session if you are ready to go in less than an hour after eating.

Foods

Before exercising, foods that digest easily will give you the energy you need to complete your workout, but are less likely to result in cramps. Good choices include crackers, bagels or bread. A longer workout session requires additional carbohydrates, which you can get from bananas and yogurt. Skip high-fiber foods, caffeine and fatty foods, which may make you uncomfortable as you exercise as your body directs blood away from your muscles and toward your digestive system, causing muscle cramps. If you wait to eat until after your workout, choose foods like a peanut butter sandwich, string cheese and crackers, nuts and fruit, yogurt or a regular meal with protein, healthy fats and carbohydrates. These choices will refill your energy stores.

Source: www.livestrong.com

What Maine Town or City? (See page 8) A: Westfield, Aroostook County



PRSR STD
U.S. POSTAGE
PAID
Augusta, ME
PERMIT #195



The **WELLNESS WORKS** Newsletter is a publication of the Maine Municipal Employees Health Trust (MMEHT), 60 Community Drive, Augusta, ME 04330.

Contributing Writers: Anne Charles, Amanda Collins, Abby DiPasquale, Danielle Yale, Lisa Rigoulot, and Kristy Gould.

Questions? Contact Anne Charles at 1-800-452-8786

Graphic Design: Jaime G. Clark

Phone: 1-800-852-8300

Website: www.mmeht.org

What Maine Town or City?



Photo submitted by: A. Wright

These models were constructed largely by local technical and high schools and were funded by local service organizations.

Interesting facts about the solar system can be found at this website: <https://pages.umpi.edu/nmms/solar/>.

Would you like a chance to have a photograph of your town/city featured in this newsletter? Please email your photos to wellness@memun.org. Be sure to include some fun facts about your town that we can share too!

Answer to the location of this photo can be found on the bottom of page 7 of this newsletter.

This county in Maine is the home to a 40-mile long scale model of the solar system. The model has ten major components: the sun and the planets, including their moons. This is the largest three-dimensional scale model of the Solar System in the World.

Pictured here is Saturn which is constructed of metal and a fiber glass cover. The inner ring measures in at 63 inches; the outer ring at 117 inches.

The model was completed in 2003. These models were constructed largely by local technical and high schools and were funded by local service organizations.