



Maine Municipal Employees Health Trust

# Wellness Works

## SPRING 2018

### Preventive vs. Diagnostic Care

One of the most common questions asked to our Member Service Representatives is about the difference between Preventive and Diagnostic services.

**Preventive care** is given to you when you're symptom free and have no reason to believe you might be sick. Preventive care includes services such as a routine physical, tests such as a screening mammogram, a screening to see if you have diabetes or immunizations such as a flu shot.

**Diagnostic care** is what you receive when you have symptoms or risk factors and your doctor wants to diagnose them, or you have a condition that your physician wants to monitor. Diagnostic care includes services

such as radiology, ultrasound, or laboratory tests. If you have high cholesterol, diabetes or another medical condition for which you have periodic blood work done, these tests would be considered diagnostic.

Preventive and diagnostic care may occur during the same visit. For example, during a routine check-up your doctor may also discuss a chronic condition you may have and order some tests. The tests your doctor orders may be preventive (such as a screening mammogram) and other tests may be diagnostic (such as a cholesterol check for someone with high cholesterol).

For many preventive services you won't need to pay anything, while diagnostic services may have a copayment or coinsurance amount that you will need to pay.

Understanding the difference between preventive and diagnostic care will help you understand how your benefits are paid. If you have questions on your benefits or how a service was paid, please contact Member Services at 1-800-852-8300 Monday to Friday 8:00 a.m. to 4:30 p.m.



## INSIDE

#### Page 2:

Learn more about the new EAP identity theft provider

#### Page 4:

Protein – what are the best sources?

#### Page 5:

What is the TDES program and how can it help me?

### Wellness on the Web



Looking for a free resource for a variety of programs from nutrition to fitness? Be sure to check out Darebee, a non-profit, ad-free website with a wealth of resources that are all free of charge. Some of the highlights include:

- Workout programs
- Nutrition advice
- Meal planning
- ...and more!

[www.darebee.com](http://www.darebee.com)

## Retirement Announcement

Everyone at the Health Trust would like to extend our best wishes to Susan Smith, who has announced that she will be retiring from her position at the end of April. Susan is currently employed as a Health Trust Field Service Representative, providing service to employer groups and employees in the northern half of the state. Susan began her career at MMA in 2004, as the Field Service Representative for the southern part of the state. She served as the Health Trust's Member Services Manager from 2007 to 2010, then went back "on the road" as the Field Service Representative for the northern part of the state in May of 2010.

Susan has provided outstanding service to Health Trust members and employer groups through the past fourteen years. She has developed strong relationships with her contacts in the field, as well as with other MMA and Health Trust staff members. She is well respected as a highly knowledgeable and helpful resource, and we will miss her! Best wishes to Susan!



## New EAP Identify Theft Provider

The Anthem EAP offers identity theft protection to members who choose to register for the service. Anthem has a new partner, IDnotify who will be providing identity theft protection.

IDnotify provides the following services:

- Internet surveillance - IDnotify uses data gathering techniques across websites and data points to spot compromised personal information and notifies registered employees right away.
- Lost wallet - Employees who lose their wallets can call IDnotify and get assistance replacing the contents.
- Identity Restoration – Employees can get 24/7 assistance in fixing identity theft issues.

To register, simply go to [AnthemEAP.com](http://AnthemEAP.com) and log in using MMEHT for the company code. Click on the **Legal/Financial/ID Monitoring** center on the right. Once on the IDnotify page, scroll down and click on the appropriate link to register yourself, or your spouse and children. You can then add the information you want monitored, such as your social security number, credit cards or email addresses.

MMEHT members who are currently employed with an employer who has health insurance with the Health Trust are eligible for the Anthem Employee Assistance Program (EAP). The Anthem EAP is *free* and is available to all active employees (regardless of insurance coverage) and their household members. **Unfortunately, retirees are not eligible to use this service.**

If you have questions on this or any Anthem EAP program, you can reach the EAP representatives at 1-800-647-9151.

## Employee Assistance Program

Call 800-647-9151

Visit: [anthemEAP.com](http://anthemEAP.com) login: MMEHT

Call for free, confidential help 24 hours a day,  
7 days a week



# What You Need to Know About Blood Clots

Your blood's ability to form clots can save your life if you're bleeding. But when clots form inside your veins and circulate to your lungs, you may be faced with a life-threatening situation. This type of blood clot, known as a pulmonary embolism, or PE, can affect people of all ages. Knowing the signs, symptoms and risk factors for a PE is important because early diagnosis and treatment greatly improve the chance for recovery from this serious condition.

## Origin of Lung Clots

A lung blood clot usually begins elsewhere in the body, typically as a clot in the deep leg veins, known as a deep venous thrombosis, or DVT. When DVTs form, they sometimes break apart into smaller pieces and travel through the circulation to arteries in the lungs. DVTs involving veins at or above the knee are more likely to give rise to a PE than those in the calf. When clot pieces from a DVT lodge in the arteries of the lungs, they block blood flow. This blockage can interfere with the lungs' ability to transfer fresh oxygen to the blood, leading to breathing difficulties and problems with other organs in the body that need oxygen to function normally.

PEs that cause a significant decrease in blood flow through the lungs can affect the function of both the lungs and the heart. The blockage interferes with oxygen uptake by the lungs and causes a backup of blood in the heart. These problems cause symptoms such as shortness of breath, chest pain and cough. The severity of PE symptoms generally increases with the size of the clot in your lungs. In extreme cases, a large PE can quickly bring on severe shortness of breath, rapid breathing, a racing heart rate, dizziness, confusion and possible collapse into unconsciousness within minutes. At the other end of the spectrum, small PEs can occur without symptoms and may only be detected incidentally.

## Risks Factors, Warnings and Precautions

The risk for PE increases with age, and most people who develop a lung clot are older than 60. Inactivity is also a risk factor, such as being bedridden or sitting for long periods while driving or on a plane. Obesity, cancer, heart failure and recent injury or surgery, especially involving the legs or hips, also increase the risk for PE. Weaker risk factors for PE include pregnancy, childbirth, smoking and use of some hormone medications. A tendency to form DVTs and PEs can also run in families.

If you experience symptoms of a lung blood clot, it is important to seek emergency care immediately, especially if you have risk factors for PE development. Left untreated, lung blood clots can cause death. However, treatments for PE are very effective in preventing death when given in a timely manner. Also see your doctor as soon as possible if you have signs or symptoms of a DVT, such as sudden swelling, tenderness and/or aching in one leg. Treatment of a high-risk DVT is important

to reduce the chance of a lung clot. Specially fitted compression stockings are tight at the feet with a gradually looser fit on the leg. Because there are different types, it's best to use the kind that your doctor recommends and that work best for you. For more information, [www.livestrong.com](http://www.livestrong.com) or [www.mayoclinic.org](http://www.mayoclinic.org).



## Compression Socks

Compression stockings are typically prescribed to help prevent deep vein thrombosis, blood clots in the legs, after surgery or stroke when there is a high risk that clots will develop. These clots may travel to the lungs and obstruct blood flow, a condition known as pulmonary embolism. This condition can be fatal. Specially fitted compression stockings are tight at the feet with a gradually looser fit on the leg. Because there are different types, it's best to use the kind that your doctor recommends and that work best for you. Compression stockings are meant to prevent blood clots and help with the following:

- Help improve blood flow.
- Help keep blood from pooling in the legs.
- Help relieve symptoms caused by varicose veins, skin ulcers, and deep vein thrombosis.
- Help prevent problems caused by things like skin ulcers.
- Will help the most if you wear them every day while you're awake, especially while you're on your feet.

Resource: [www.healthcommunities.com](http://www.healthcommunities.com)

# Bulking Up On Protein?

Every day we hear from people that are increasing their protein to lose weight, gain weight, reduce their hunger, or improve their performance. However, many are doing so with a lot of fake foods with no real nutritional value. This got us thinking about all the protein shakes, bars, and supplements that are filling the store shelves and being marketed as the miracle cure for everything. But are these protein powerhouses all they claim to be? Do we even need them?

## First the basics.

Protein is one of three macronutrients needed by the body to function, along with carbohydrates and fats. Protein fulfills many roles in the body, including giving you energy, repairing your bones and muscles, building cells, and promoting immune function. Protein-rich foods move more slowly through your digestive system, which helps you feel fuller longer after you eat. Protein also keeps blood sugar levels steady, which can help reduce your appetite and feelings of fatigue.

All protein isn't alike. Some protein-rich foods are healthier than others because of what other nutrients are packaged along with the protein. A high protein food may also include healthy fats or harmful ones, beneficial fiber or hidden salt. For instance, a 4 ounce porterhouse steak has 346 calories, 28 grams of protein, and 25 grams of saturated fat. In contrast, 4 ounces of wild caught salmon has just 161 calories, 23 grams of protein, and only 1 gram of saturated fat, but it does also include 6.2 grams of unsaturated (healthy) fat. Many protein supplements (shakes, bars, powders) contain added oils, sugars, and fats, which potentially lead to unhealthy weight gain. It's this protein package that's likely to make a difference for health.

## Are you getting enough protein?

Eating too little protein isn't an issue for most Americans, who generally get 15% of their daily calories from protein. The recommendations for protein intake vary. The Institute of Medicine recommends between 10-35% of your daily calories should come from protein, which equates to between 75 and 175 grams for a person on a 2,000 calorie diet. However, the Recommended Daily Allowance (RDA) for protein is set at 46 grams/day for women over 19 years of age and 56 grams/day for men over 19 years of age. Your exact protein needs are dependent on a variety of factors, including body weight, age, physical activity, and other health conditions. If you want to do some quick math to determine your exact protein needs, try this:

Multiply your weight in pounds by .36 = grams/day

Change that to .68 grams/day if over 65

Change to .54 to .77 grams/day if strength training extensively

Change to .59 to .82 grams/day if doing endurance training

*For example, a 150 pound 40 year old would need 54 grams of protein per day.*



Unsure about how much protein you are already consuming or how much you should be? Ask a Registered Dietician for help or visit [www.eatright.org](http://www.eatright.org) for more information.

Keep in mind, too much protein - starting at about 35% of daily calories - can lead to health issues such as nausea, cramps, fatigue, headaches and bloating. Excessive protein can also cause the kidneys to have to work harder, leading to complications for those with existing kidney problems. Dehydration is also a risk for those consuming lots of protein, so fluid intake needs to be increased as protein intake increases.

## What are the best sources of protein?

Most people's protein needs can be met easily through food. Eating whole foods, instead of protein powders and supplements, will provide you with a variety of essential nutrients like vitamins, minerals, carbohydrates, and fiber. If you eat 2-3 servings of protein-rich foods a day, you can easily meet the 46-56 gram/day recommendation. Check out these protein-rich foods:

- A small 3-oz piece of meat has about 21 grams of protein
- A typical 8-oz piece of meat could have over 50 grams of protein
- ½ cup garbanzo beans has nearly 8 grams of protein
- One 8-oz container of yogurt has about 11 grams of protein
- One cup of milk has 8 grams of protein
- One cup of beans has about 16 grams of protein
- ½ cup of shelled, cooked edamame has 13 grams of protein
- One ounce of almonds (about 23) has 6 grams of protein

The bottom line is that while protein is getting a lot of hype and attention right now, a balanced diet that includes healthy carbohydrates, healthy fats, and healthy proteins is the key to good nutrition and good health. Protein powders and supplements are just that supplements, and should not be taking the place of real, whole foods in our diets.

Sources: WebMD, Cleveland Clinic, Institute of Medicine, Academy of Nutrition and Dietetics



## TDES program offers support and savings

Diabetes can be a difficult disease to manage, and there are very serious consequences for those who do not effectively manage it. Support is available to our members who have diabetes or pre-diabetes, and it comes with a significant financial incentive.

The Telephonic Diabetes Education and Support program (TDES®) features local, individualized education and support from experienced, certified diabetes educators. It is run by our partners at Medical Care Development Public Health. Participants typically have one in-person visit and monthly follow up phone calls with a diabetes educator to help them stay on track.

**While participating in the 12-month program, copays will be waived (paid by the plan) for covered prescribed diabetes medications and diabetes supplies, including testing supplies.** For graduates of the program, a TDES<sup>2</sup> plan is available for an additional 12 months.

All adult members with MMEHT medical coverage, including retirees on the Medicare Group Companion Plan, are eligible to participate, and the program is open to members with diabetes or pre-diabetes.

For more information or to enroll, please visit our website at [www.mmeht.org](http://www.mmeht.org) and click on “What’s New” for a direct link to the TDES® program, or call our Member Service Representatives at 1-800-852-8300.



## Count on Your Friends to Help Prevent Type 2 Diabetes

You probably lean on your friends in tough times. Now, new research suggests your pals might even help you prevent one very big health problem - type 2 diabetes. Researchers have found that people who had social networks of 10 to 12 people were less likely to develop type 2 diabetes than people with fewer close friends.

So, what do friends have to do with your chances of getting diabetes? It all comes back to lifestyle. A larger social network can impact an individual's lifestyle choices because there are more people to offer social support when needed, more contacts outside the house, and therefore a more socially active life. The larger social network may also help people improve their lifestyle by eating healthier and being more physically active. When you add more people into the mix, there are more opportunities for social engagement that can spur healthier lifestyles and help prevent type 2 diabetes, which is linked to sedentary behavior and being overweight.

Living in rural communities can make it hard to have large social networks, so consider getting involved in community groups, volunteering, or joining special-interest groups. Of course, large social groups are not the only things that help prevent type 2 diabetes. Your diet and exercise are completely in your hands, so we can choose to make healthier choices even if we don't have huge networks of people around us to offer extra support.

*Source: HealthDay News, 2018*

We would like to introduce you to Reginald Winslow from the Ellsworth Water Department, an MMEHT member and a TDES® graduate! In his words, this is how TDES® worked for him....

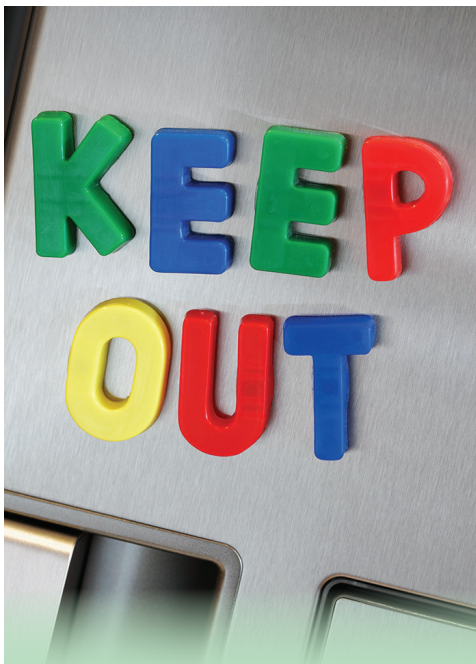
“Hello, my name is Reggie and I work for the Ellsworth Water Department and I love my hometown of Surry! I spend most of my workdays either in the office or doing field work. For fun I like to play with my three grandchildren.

I first signed up for TDES because of the waived copays for my diabetes medication and supplies, but soon realized I had a lot to learn about my diabetes. My diabetes education program at the Maine Coast Diabetes and Nutrition taught me a lot about how the foods you expect to affect your blood sugar actually do.

Thanks to enrolling in TDES I have better eating habits (which was difficult) and am more conscious of what is in my food. I also understand carbohydrates and though I love to eat, I am mindful of my carb intake.

When I was first diagnosed (with diabetes) my A1C was 11; it now ranges 7.3 – 8.0. This is a great program, the education is there, and the people I have worked with are great and extremely helpful. The participant book I received from TDES is wonderful, pretty informative with links to websites. A great resource to use to ask your doctor questions about your diabetes.

I recommend this program to everyone to learn what has to be dealt with and about the struggle of food choices. It is easy to say, ‘oh, I can do that,’ then reality hits!”



## The Kitchen is Closed!

We can do so well following a healthy diet regimen, but sometimes the end-of-day snacking gets the best of us! Challenge yourself not to eat or drink (any drinks with calories) after dinner. It's easier to sleep when you're not digesting food, and cutting down on empty calories is a good thing too! Here are four tips to help you keep your kitchen closed after dinner:

- **Keep it simple:** you don't need an app to succeed with this. Just simply make a decision not to eat after a certain time of day.
- **Sorry, we're closed:** make a closed sign and put it on your refrigerator or pantry to give yourself a visual reminder that your kitchen is closed.
- **Pick a Time:** 7:00 p.m. seems to work for most people, as they have eaten dinner by this time. (You don't want to skip meals!) By pre-determining your shut-down time, you're less likely to binge on empty calories.
- **Eat Earlier:** After determining your "closing time" set a dinnertime that works for you and your family most nights of the week. Once in a while dinner may be late because of a baseball game or a late night meeting. Stay flexible...a later than planned meal once in a while is ok.



## Spring is finally here!

What a winter it has been! It's time to get some spring in your step and get outside and enjoy the beautiful spring air and nature's beauty. Walking is an incredible physical activity that most everyone can enjoy at any age, and it has many health benefits.

Experts recommend a minimum of 150 minutes of physical activity per week; that's 30 minutes, 5 days a week. If it's too difficult to walk for 30 minutes at one time, do regular small bouts (10 minutes) three times per day and gradually build up to longer sessions. However, if your goal is to lose weight, you will need to do physical activity for longer than 30 minutes each day. You can still achieve this by starting with smaller bouts of activity throughout the day and increasing these as your fitness improves. Physical activity built into a daily lifestyle plan is also one of the most effective ways to assist with weight loss and keep weight off once it's lost.

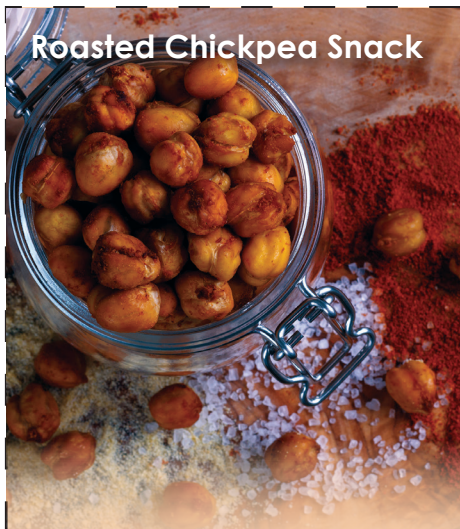
Some suggestions to build walking into your daily routine include taking the stairs instead of the elevator, parking farther away from your destination, walking to places that are walkable versus driving, and walking the dog (or your neighbor's dog).

There are many other benefits to walking as well. You carry your own body weight when you walk. This is known as weight-bearing exercise which is good for preventing or minimizing osteoporosis. Some other benefits include:

- Increased cardiovascular and pulmonary (heart and lung) fitness.
- Reduced risk of heart disease and stroke.
- Improved management of conditions: hypertension (high blood pressure), high cholesterol, joint and muscular pain or stiffness, and diabetes
- Stronger bones and improved balance.
- Increased muscle strength and endurance.
- Reduced body fat.

To prevent boredom, challenge yourself. Whether you use telephone poles, driveways or blocks, try walking fast to one landmark, then walk your fastest to the next, then walk a slower pace to the next one; then repeat. Enjoy your walk with a friend or take a solo trek and enjoy the scenery.





## Roasted Chickpea Snack

### Nutritional Facts (per serving):

Yield: 3, Serving Size: 1/3 cup,  
Amount Per Serving: Calories: 144  
calories, Total Fat: 1g, Saturated  
Fat: 0g, Cholesterol: 0mg, Sodium:  
84mg, Carbohydrates: 26g, Fiber:  
6g, Sugar: 1g, Protein: 8g

Source: [www.skinnytaste.com](http://www.skinnytaste.com)

### Ingredients

15 oz can chickpeas, drained  
olive oil spray  
1/8 tsp kosher salt  
1/4 tsp chili pepper powder  
1/4 tsp ground cumin  
1/4 tsp paprika  
1/4 tsp ground coriander  
1/4 tsp curry powder  
1/4 tsp garlic powder

### Directions

Preheat oven to 375°F. Drain chickpeas in a colander and let them dry completely. Pat dry with a paper towel if needed. Leave them on the counter an hour to make sure they are very dry.

Arrange on a baking sheet in a single layer and roast for about 35 to 45 minutes, shaking the pan every ten minutes. All ovens are different so make sure they don't burn. They will be golden brown and crunchy on the inside when done, not moist.

In a medium bowl, combine all the spices. Remove chickpeas from oven when done and spray with olive oil. Immediately toss with spices while hot. Eat at room temperature.

**Cook Time: 45 minutes**

**A great, addictive, crunchy snack,  
and an excellent source of protein!**

## Wellness Your Way!

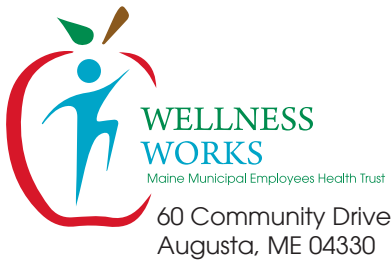
Are you up for the challenge? All MMEHT members can participate! Each quarter a new wellness topic will be featured. The goal of this feature is to give all participants a wellness topic to focus on during that quarter.

Log your progress toward the goal for one week (see the back page of this newsletter for a log card). Simply track your progress toward the goal for a week, and submit the log to us. Each quarter three log cards will be drawn at random and prizes will be mailed to the lucky winners! See the log card on the back page for details of how to submit your log, and for the due date this quarter.

The goal of this Wellness Your Way challenge is to do one kind thing for someone else each day! It doesn't have to be over the top or cost any money – just going out of your way to be nice or do something kind for someone else can have huge rewards. Kindness is contagious. Not only does it make you feel better doing good for others, but it improves the mood of others receiving it. In most cases, those receiving the kindness will pay it forward!

### Tips to help you meet this weekly challenge:

- Hold the door for others.
- Take the time to thank a co-worker for pitching in during a time of need or for a job well done.
- Let someone with fewer groceries (or kids in tow) go ahead of you in the checkout line.
- Stop for pedestrians in crosswalks. Not only is this the kind thing to do, but it is also a law!
- Call someone who doesn't get out often and invite them over for dinner.
- Leave a bigger tip than you normally would for a server who is doing a great job.
- Bring good customer service to the attention of the employee's supervisor or store manager.



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## Wellness Your Way – Kindness

**Today, I was kind to someone else by...**

Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Above is your log card to keep track of your acts of kindness for one week. Write a short note in the box each time you make an effort to be kind to someone during this week. See page 7 for details of this program.

Take a picture of your log card and email it to: [wellness@memun.org](mailto:wellness@memun.org) or mail the log card to MMEHT, Attn: Wellness Department, 60 Community Drive, Augusta, ME 04330.

\*Log cards must be turned in by May 15, 2018. Three lucky winners will be drawn at random to win a hand warming mug!

Name: \_\_\_\_\_

Employer: \_\_\_\_\_

Address: \_\_\_\_\_