

# SMART LIVING

a publication of the Public Education Health Trust



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## HEALTHY LIVING FOR A HEALTHY HEART

You've heard it before... and you know why it's important. You're aware that eating well, exercising, and limiting alcohol and tobacco use can help you stay healthier for longer. However, it's difficult to make healthy choices every day, even when we know those choices affect the length and quality of our lives. In fact, poor lifestyle choices can increase risk for heart disease and heart attack.

Concentrate on what you can control. If you have a family history of heart disease, high blood pressure, or diabetes, there's nothing you can do to change that. However, you can meet mini-goals throughout the day. Check out some pointers to motivate you as you make choices to keep yourself healthy.

**Plan your meals.** It won't only help you count your calorie intake, but it can also help you stay on top of your grocery budget. Diets high in saturated fats, trans fat, and cholesterol are tied to heart disease. So make a change! You can wake up in the morning and choose to stick to your food plan. Pack healthy lunch and snack options the night before your work day. Microwave your oatmeal first thing when you get out of bed. You can choose what you consume, so make choices that help you.

*Continued on the next page....*



AMERICANS PAY \$207  
BILLION EVERY YEAR IN  
HEART DISEASE-RELATED COSTS,  
INCLUDING HEALTH CARE, MEDICATIONS,  
AND LOST PRODUCTIVITY.

**Mentally prepare to make physical activity a part of your day.** Regular exercise can lower your risk for heart disease. Schedule your gym days at the beginning of each week, so you know what you can fit into your schedule. Buy a new gym shirt or a fun fitness tracker to motivate you to put it to work. Try out a new machine or class each visit to the gym. Or, skip the gym and shovel snow, instead. Experts recommend exercising for at least 30 minutes daily, most days of the week. However you choose to be active, know it's a positive choice you've made for yourself.

**Redesign your "me" time.** Does your designated time-to-yourself involve a tub of ice cream with your favorite Netflix series? Or does your vice involve alcohol or tobacco products? Obesity, alcohol, and tobacco increase the risk for heart disease. Each time you reach for your comfort food, drink, or other product, find a healthier option. Give yourself a pedicure; snuggle your dog; work on that hobby you've been neglecting. Redirect your consumption of choice with another way to stay busy so you can meet your goals.

Making lifestyle changes doesn't have to happen instantly. Consider choosing one change to incorporate at a time. Maybe this month, you'll get up a little earlier to go on a quick walk, or maybe you'll make it to the gym three times per week instead of once. In February, take a look at your meals and snacks. Maybe pack a small fruit for a snack at work instead of leftover Valentine's Day treats. Day by day, you can make healthy choices. You're the only person who can control your diet, exercise, and personal time, so make your choices work in your favor.

Sources: <https://www.cdc.gov/heartdisease/behavior.htm>, [https://www.cdc.gov/heartdisease/family\\_history.htm](https://www.cdc.gov/heartdisease/family_history.htm), <http://www.mayoclinic.org/diseases-conditions/heart-disease/basics/definition/con-20034056>



## PEHT FREQUENTLY USED RESOURCES

*You can feel both prepared and supported as you navigate your healthcare journey. Below you will find a list of all of the resources available to you.*



### **PUBLIC EDUCATION HEALTH TRUST GROUP NUMBER**

0000350

### **VISION PLAN INFORMATION**

#### ***Vision Service Plan (VSP)***

800-877-7195

P.O. Box 385018, Birmingham, AL 35238-5018

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

### **MEDICAL AND DENTAL NETWORK**

***Aetna Signature Administrators® PPO, by Aetna***

***Aetna Dental® Administrators***

[www.aetna.com/asa](http://www.aetna.com/asa)

### **PHARMACY PLAN**

#### ***Optum Rx®***

855-395-2022

[www.optumrx.com/mycatamaranrx](http://www.optumrx.com/mycatamaranrx)

Rx BIN: 005947

Rx PCN: CLAIMCR

Rx GRP: NEAAKHP

### **PROVIDER CONTACT INFORMATION/CLAIMS SUBMISSION**

#### ***Employee Benefits Management Services, Inc. (EBMS)***

P.O. Box 21367, Billings, MT 59104-1367

406-869-5555

### **MEMBER CONTACT INFORMATION**

#### ***Claims and Benefit Information***

Log into miHealth Manager at [www.ebms.com](http://www.ebms.com).

Call 866-247-1443.

#### ***SupportLinc MAP***

888-881-5462

### **PRE-NOTIFICATION**

#### ***CareLink Pre-Notification***

866-894-1505

#### ***Hospital Pre-Notification***

CareLink must be notified of all hospital admissions.

#### ***Urgent Air Ambulance Services***

800-228-9118 (U.S. only)

614-582-9254 (24/7)

Pre-approval is mandatory.

### **24/7 PHYSICIAN CONSULTATIONS**

#### ***Teladoc***

1-800-DOC CONSULT (362-2667)

[Teladoc.com/mobile](http://Teladoc.com/mobile)

# LEARN MORE ABOUT YOUR TELADOC BENEFITS



## THREE WAYS TO COMPLETE YOUR MEDICAL HISTORY DISCLOSURE (MHD)

### ONLINE

The fastest and easiest option. Log into [MyDrConsult.com](http://MyDrConsult.com) and complete the “My Medical History” section.

### MOBILE APP

Log into your account on your mobile device and complete the “My Health Record” section. Visit [Teladoc.com/mobile](http://Teladoc.com/mobile) to download the app.

### CALL TELADOC

Call Teladoc if you would like a customer service representative to help you complete your MHD over the phone.

#### WHY SHOULD I FILL OUT THE MHD?

Your MHD must be completed prior to requesting a consult and updated each year. The Teladoc doctor will review your MHD prior to a consult, just like the clipboard of medical questions answered at your primary care physician’s office.

#### CAN MY COMPANY VIEW MY MHD?

No. All information is confidential, HIPAA compliant, and will not be shared. Only you and the consulting doctor can view your medical data.

#### HOW QUICKLY CAN I TALK TO A DOCTOR?

A Teladoc doctor will call you back within an hour, guaranteed.

#### CAN I GET A PRESCRIPTION OR A PRESCRIPTION REFILL?

Yes. When medically appropriate, Teladoc doctors prescribe medication for treatment of your illness and also can prescribe short term prescription refills. Teladoc doctors do not prescribe DEA controlled substances.

**MEMBERS OF MEDICAL PLANS A-G HAVE ACCESS TO TELADOC FREE OF CHARGE**  
**MEMBERS OF MEDICAL PLAN HDHP HAVE ACCESS TO TELADOC WITH A CONSULT FEE OF \$45**

 [MyDrConsult.com](http://MyDrConsult.com)

 **1-800-TELADOC**

 [facebook.com/Teladoc](https://facebook.com/Teladoc)

 [Teladoc.com/mobile](http://Teladoc.com/mobile)

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# HEALTHY RECIPE TURKEY & LEEK SHEPHERD'S PIE

Makes: 6 servings  
Active Time: 45 minutes  
Total Time: 1 1/4 hours

The mashed potato-covered shepherd's pie was originally created to use up the leftovers from a festive roast. This version blends peas, leeks and carrots with diced turkey, all in a creamy herb sauce. The dish is a perfect way to create a second meal with the holiday turkey but if you like, use leftover roast chicken, duck or goose.



## INGREDIENTS

### FILLING

- 2 teaspoons extra-virgin olive oil
- 2 large leeks, white and light green parts only, well washed and thinly sliced
- 1 1/2 cups thinly sliced carrots
- 3 cloves garlic, minced
- 1/3 cup dry white wine
- 3 tablespoons all-purpose flour
- 2 teaspoons chopped fresh sage, or 1/2 teaspoon dried, rubbed
- 2 cups reduced-sodium chicken broth
- 2 cups diced cooked turkey, or chicken
- 1 cup frozen peas
- 1/4 teaspoon salt
- Freshly ground pepper to taste

### MASHED POTATOES

- 2 pounds potatoes, preferably Yukon Gold, peeled and cut into chunks
- 1/2-3/4 cup nonfat buttermilk
- 1/4 teaspoon salt
- Freshly ground pepper to taste
- 1 large egg, lightly beaten
- 1 tablespoon extra-virgin olive oil

## PREPARATION

1. To prepare filling: Preheat oven to 425°F. Heat 2 teaspoons oil in a large skillet or Dutch oven over medium heat. Add leeks and carrots and cook, stirring, until the leeks soften, about 7 minutes. Add garlic and cook, stirring, 1 minute more.
2. Pour in wine and stir until most of the liquid has evaporated. Add flour and sage and cook, stirring constantly, until the flour starts to turn light brown, about 2 minutes. Stir in broth and bring to a simmer, stirring constantly, until the sauce thickens and the carrots are barely tender, about 5 minutes.
3. Add turkey (or chicken) and peas and season to taste with salt and pepper. Transfer the mixture to a deep 10-inch pie pan or other 2-quart baking dish and set aside.
4. To mash potatoes and bake pie: Place potatoes in a large saucepan and add cold salted water to cover. Bring to a boil over medium heat. Cook, partially covered, until the potatoes are tender, about 10 minutes. Drain and return the potatoes to the pan. Cover and shake the pan over low heat to dry the potatoes slightly, about 1 minute. Remove from the heat.
5. Mash the potatoes with a potato masher or whip with an electric mixer, adding enough buttermilk to make a smooth puree. Season with salt and pepper. Stir in egg and 1 tablespoon oil.
6. Spread the potatoes on top of the turkey mixture. With the back of a spoon, make decorative swirls. Set the dish on a baking sheet and bake until the potatoes and filling are heated through and the top is golden brown, 25 to 30 minutes.

## Nutrition Facts

Servings Per Recipe 6	
Amount Per serving	
Calories 327	
	% Daily values *
<b>Total Fat 7g</b>	11%
<b>Saturated Fat 2g</b>	10%
<b>Trans Fat 0g</b>	
<b>Monounsaturated Fat 4g</b>	
<b>Cholesterol 71mg</b>	24%
<b>Potassium 1 063mg</b>	0%
<b>Sodium 493mg</b>	21%
<b>Total Carbohydrate 42g</b>	14%
<b>Dietary Fiber 5g</b>	20%
<b>Sugars 6g</b>	
<b>Protein 22g</b>	44%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrients	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate	Equals	300g	375g
Dietary Fiber	Equals	25g	30g

Source: <http://recipes.millionhearts.hhs.gov/recipes/turkey-leek-shepherd%E2%80%99s-pie>

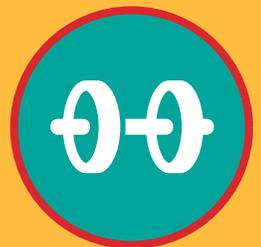
## WORKPLACE WORKOUT: CUBICLE CROSS TRAINING

Who says your New Year's resolution of working out more has to chip away at your off-time? Fit in your workout at work, and you'll find yourself being more productive with your professional duties. You can even complete these workouts without your next door cubicle mate noticing!

**Arms:** Pump both of your arms over your head for 30 seconds. You may feel silly at first, but then you'll feel pumped, literally.

**Glutes:** Squeeze your glutes as tightly as you can and hold for 10 seconds. Release and repeat 10 times, five times per day. (You can even do this during a meeting, and no one will ever suspect it.)

**Quads:** While sitting, extend your right leg until it is level with your hip. Keep it there until you're no longer comfortable. Release and alternate. You'll feel the burn, and you'll love the results.



# LABEL NAVIGATION: THE LOW DOWN



Knowing how to read a label can feel a little daunting, so we're giving you the low down so you can be prepared the next time you're on the hunt for some grub. Sure, it may add a few minutes to your grocery shopping trip, but the nutritional rewards will be worth it.

First, check out the **servicing size** at the top of the label. Pay attention to how many servings there are in the food package. One container of food may contain more than one serving.

Next, take a glance at the calories per serving. Calories measure the amount of energy you get from a serving of the food. Consider the following recommendations from the U.S. Food and Drug Administration, based on a 2,000-calorie diet:

- 40 calories is low
- 100 calories is moderate
- 400 calories or more is high

Underneath the calories section, you'll find a list of nutrients. The American Heart Association suggests limiting the section in **orange**. Eating too much fat, saturated fat, trans fat, cholesterol, or sodium may increase your risk of chronic diseases.

The **red** section indicates nutrients that are important to consume. Eating enough of them can improve your health and lessen the risk of some diseases.

Don't forget the **fine print**! This section shows the suggested dietary advice for all Americans and is not specific to a certain food product.

Consider visiting [www.fda.gov](http://www.fda.gov) for a variety of details regarding nutrition and food labels. In the meantime, once you get in the groove at the grocery store, you'll know which foods work for you and which foods don't. So your shopping experience will get smoother over time.

Sources: [http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Understanding-Food-Nutrition-Labels\\_UCM\\_300132\\_Article.jsp#WE7X5vm9Jc](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Understanding-Food-Nutrition-Labels_UCM_300132_Article.jsp#WE7X5vm9Jc), <http://www.fda.gov/Food/IngredientsPackagingLabeling/FoodAdditivesIngredients/ucm079609.htm>

## PUBLIC EDUCATION HEALTH TRUST NOTICES

All your PEHT Legal Notices are available to you on the PEHT website. Simply go to [www.pehtak.com](http://www.pehtak.com) and hover over the **Forms** tab and select "**Notices.**" Scroll down the page and you will find the Public Education Health Trust Notices. Here you will find **Medicare Part D Disclosure, Notice of Privacy Practices, Medicare Drug Coverage, Woman's Health and Cancer Rights Act 1998** and **COBRA Continuation Coverage.**

## Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container about 2

### Amount Per Serving

**Calories** 250      Calories from Fat 110

	% Daily Value*
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Proteins</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

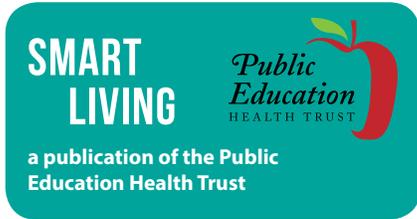
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

For educational purposes only. This label does not meet the labeling requirements described in 21 CFR 101.9.



P.O. Box 21367 • Billings, MT 59104-1367

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**NOVEMBER/DECEMBER QUIZ WINNER:  
KIM ROSKAM**

**HOW MUCH DO YOU KNOW?**

COMPLETE THE QUIZ AND WIN A \$50 GIFT CARD!



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Education Health Trust**

Follow us on Twitter and Like us on Facebook to take a short five question quiz about the information presented in this edition of **smart living** for your chance to be entered into a drawing for a \$50 Visa Gift Card!