

SMART LIVING

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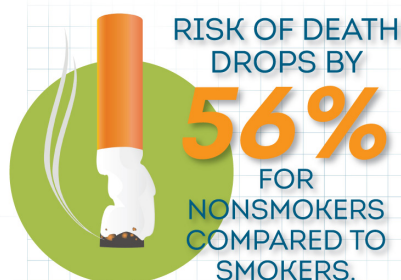
SMOKING CESSATION: THE NEW SOCIAL NORM

Tobacco has deep roots in American culture, and it quickly became the average daily necessity. During the Revolutionary War, George Washington summoned to the Continental Congress, "If you can't send money, send tobacco." In the 1800s, Lewis and Clark used tobacco in their social strategy, offering it as gifts to whomever they encountered on their adventure. The 20th century was infiltrated with the Marlboro Man and Virginia Slims, adding to the allure of tobacco as a key component of American culture.

Social acceptance of smoking has changed dramatically over the years, as Americans have become more informed about the health consequences of tobacco use. Now, if you're a smoker, you may feel eye rolls as you step out for a smoke break. Perhaps you've noticed you're included in fewer get-togethers, as your friends fear the second- and third-hand smoke that accompanies you. If so, you're feeling the social repercussions of NOT kicking your addiction.

More than 60 percent of Alaskan smokers have tried to quit in the last year. This is one movement you definitely want to join... and finish. Let your social life lead the charge as you take the steps to quit smoking once and for all.

YOU'LL FIND A NEW ROUTINE. You may be used to the comfort of holding a cigarette between your fingers. So, replace your old habits with positive



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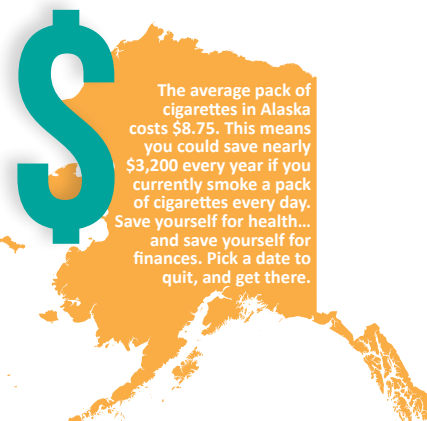
behaviors. Trade that cigarette for a fun, fashion-forward ring. Watch a movie. Go for a walk. Instead of reaching for a cigarette, reach for your new, favorite piece of gum... or for a chair at a smoke-free establishment. You'll escape smoking triggers as you develop your new routine.

YOU'LL DEVELOP A HEALTHIER SOCIAL GROUP. At one time, offering a light may have been your favorite ice breaker. However, by joining the non-smoking crowd, you'll have more allies who will encourage your healthy lifestyle change. You may notice that you're invited to more game nights. You may even have more people who accept invitations into your home, now that it's smoke-free. Enjoy the fun that comes with not smoking. It outweighs the rush of meeting new people by the outdoor ashtray as you grab one more smoke before dinner.

YOU'LL DISCOVER NEW PLACES. Think about how much easier, socially, it will be not to smoke. With Alaska's smoking law, smoking is prohibited inside public vehicles and indoor places. Your options for smoking locations are already limited, so embrace the new normal. Go to a museum without needing to check the clock for your smoke break time. Fly across the country without worrying if you will have enough time between flights for a cigarette. Enjoy your child's basketball game without hearing the whispers about the smoke on your clothes after halftime. Quitting this habit will give you freedom to discover new normals.

As America's social norms continue to evolve, the smoking sensation will come to an end. In fact, it already has. You can create your new culture, and it doesn't have to involve smoking. Friendships don't start and end over a cigarette anymore, and your life shouldn't start and end with one, either.

Sources: http://dhss.alaska.gov/dph/Chronic/Documents/Tobacco/PDF/2016_AKTobaccoFacts.pdf, https://www.cdc.gov/tobacco/data_statistics/state_data/state_highlights/2010/states/alaska/index.htm, <http://www.newsweek.com/american-smoking-culture-cash-crop-public-scourge-451078>, https://dash.harvard.edu/bitstream/handle/1/3372904/Brandt_Cigarette.pdf?sequence=1, https://www.sharecare.com/health/wellness-healthy-living/article/lifestyle-changes-that-can-save-your-life?utm_content=42247817&utm_medium=social&utm_source=twitter, <https://www.smokefree.gov/steps-on-quit-day>, <https://www.tobaccofreekids.org/research/factsheets/pdf/0202.pdf>



MAKE MARCH MADNESS MATTER

It seems like we just made it through the over-indulgent holiday gatherings, the gluttonous Super Bowl parties, and the sweet treats involved with Valentine's Day. That's why it's hard to believe it's already March Madness season. Yes, it's hard to deny the temptations of pizza, nachos, and various other yummy foods that come with watching the games this time of year.

Every season – and almost every month – has an opportunity that allows us to overdo it in the food department and not get enough exercise. We could always have an excuse for why we didn't keep off the pounds; every season has a reason. So, use March Madness as a practice round to help yourself gain momentum to make it through the next temptations around the corner.

CREATE ACTIVITY

Go for a pre-game walk with your buddies. Do five pushups for every commercial that airs. Dedicate yourself to doing squats or jumping jacks throughout the game. Get in a couple of sets of stairs during halftime. Your fitness tracker – and your body – will thank you.

STICK TO HEALTHY FOODS

Fill up on a healthy meal before you arrive for your friends' March Madness festivities. Or, bring a healthy snack to the get-together so you have something to enjoy while the others dive into the calorie-seeping appetizers. You could also promise yourself that you'll just have one food out of the counter full of options – and keep that promise. You won't regret limiting yourself on the extras.

You can make March Madness work for you. By keeping up with your workouts and healthy eating, you can skip the March Madness pounds and stay on track with your health goals.



Expert Radiology. Exceptional Care.

Imaging Associates is an in-network provider for members of the Public Education Health Trust. We understand that many of you received a letter that left some questioning if they were no longer a preferred provider. Alaska State Employees Association and the state of Alaska have made benefit modifications for their members. Their modifications do not impact the members of our Trust. Imaging Associates offers an array of advanced, state-of-the-art diagnostic imaging and vascular services.

Imaging Associates has two convenient locations to serve members of the Trust.
3650 Piper Street, Anchorage AK • 907-222-4624
2280 South Woodworth Loop in Palmer, AK • 907-746-4646



miBenefits is a state-of-the-art, 24/7 health portal offered to you through your benefit plan. Enrolled plan members can access a variety of healthcare resources and benefit plan information.

- View recent claims.
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- View the status of medical and flexible spending accounts.
- Request an ID card or a certificate of coverage.
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- Retrieve forms.
- Chat online with EBMS' Client Services Representatives during normal hours of operation.

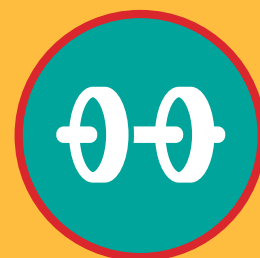


Find all of this and more by logging into your miBenefits account at www.ebms.com.

Do you need to register for miBenefits? It's as easy as 1, 2, 3!

1. Visit www.ebms.com and click "Log In" on the top left-hand side of the screen. Then select the "Not a Registered User" option.
2. Use your insurance card to complete our simple registration form.
3. EBMS will validate your eligibility status, giving you full access to the site!

WORKPLACE WORKOUT: STRETCH IT OUT



It's common knowledge that we create many of our own problems, including those body aches we get from sitting at our desks, slouching at a computer for at least eight hours every day. You may be noticing new aches and pains, or maybe you've had them for a while and have just accepted them. Regardless, it's time to do something about it... and you can take action at work! Try these stretches while you're working on that uber-important report, and you may find some inspiration that can help you to keep on keepin' on.

- This trick works great if you have knots in your shoulders and back. Keep a tennis ball in your desk drawer. Simply place the tennis ball next to the area in which you would like to loosen those muscles, and then lean it up against the wall. Roll into it as intensely or loosely as you prefer. Be careful, as this can become addictive. It's like having a massage in the office – for free – minus the cost of the tennis ball!
- Grab onto your chair... you're in for a heck of stretch with this one. While holding onto your seat, extend your legs in front of you, keeping them parallel to the floor. Then flex and point. It will be a mini workout for both your abs and legs, and it will get your blood pumping to make it through your next task.
- Stand up and sit down without using your hands. You can do it while chatting with your colleague across the room, while talking on the phone, and even while brainstorming for a new project. Make it a part of your work routine.
- Hug it out. Place your right hand on your left shoulder and your left hand on your right shoulder. Take big breaths in and out, and feel the stretch between your shoulder blades. This is a great one to use to prep right before a meeting or just after drafting a long-winded email.
- Keep your chin up... literally! Look up while sitting in your chair or standing, and extend your arms toward the ceiling. Link your fingers together and turn your palms up for an even deeper stretch. You'll get a boost of energy that will keep you motivated to continue on for the day.

Taking a minute or two to care for yourself during the work day can lead to an even more productive experience at work. Consider getting your coworkers involved, too! You can agree to do a quick stretch before your weekly meeting or set a time every day in which you stretch together. Make stretching social... or just make it about you. Focus on loosening up those muscles so you can be in a healthy place.

Source: <http://www.webmd.com/fitness-exercise/features/stretching-exercises-at-your-desk-12-simple-tips#1>

HEALTHY RECIPE PECAN-CRUSTED CHICKEN

Makes: 4 servings
Active Time: 30 minutes
Total Time: 30 minutes

This recipe coats tender chicken breasts with a buttery pecans flavored with spicy chipotle and zesty orange. Serve with a spinach salad.



INGREDIENTS

- 4 boneless, skinless chicken breasts, (1-1 ¼ pounds), trimmed (see Tip)
- ½ cup pecan halves or pieces
- ¼ cup plain dry breadcrumbs
- 1 ½ teaspoons freshly grated orange zest
- ½ teaspoon salt
- ¼ teaspoon ground chipotle pepper
- 1 large eggwhite
- 2 tablespoons water
- 1 tablespoon canola oil, divided

PREPARATION

1. Working with one piece of chicken at a time, place between sheets of plastic wrap and pound with a meat mallet or heavy skillet until flattened to an even ¼-inch thickness.
2. Place pecans, breadcrumbs, orange zest, salt and ground chipotle in a food processor and pulse until the pecans are finely ground. Transfer the mixture to a shallow dish. Whisk egg white and water in a shallow dish until combined. Dip each chicken breast in the egg-white mixture, then dredge both sides in the pecan mixture.
3. Heat 1 ½ teaspoons oil in a large nonstick skillet over medium heat. Add half the chicken and cook until browned on the outside and no longer pink in the middle, 2 to 4 minutes per side. Transfer to a plate and cover to keep warm. Carefully wipe out the pan with a paper towel and add the remaining oil. Cook the remaining chicken, adjusting the heat as needed to prevent scorching. Serve immediately.

TIPS

It can be hard to find individual chicken breasts small enough for our recommended 4-ounce (uncooked) portion size. If yours are closer to 5 ounces each, remove the tender (about 1 ounce) from the underside to get the correct portion size. Wrap and freeze the leftover tenders; when you have gathered enough, use them in a stir-fry, for chicken fingers or in soups.

SOURCE: <http://recipes.millionhearts.hhs.gov/recipes/pecan-crusted-chicken>

Nutrition Facts

Servings Per Recipe 4

Amount Per serving

Calories 270

% Daily values *

Total Fat 15g	23%
Saturated Fat 2g	10%
Trans Fat 0g	
Monounsaturated Fat 8g	
Cholesterol 63mg	21%
Potassium 271mg	8%
Sodium 411mg	17%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 26g	52%

* 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

HEALTHY WORK SNACK OPTIONS

The New Year health buzz may be wearing off, but you can still work toward making healthy choices when dealing with your office hunger spurts. All you need to do is go to the grocery store about once a week and set aside 15 minutes before bedtime to get your snacks ready for the next day!

- Keep a container of peanut butter in your desk drawer. Limit yourself to two tablespoons to keep this snack under 200 calories. It's sweet, healthy, and hits the spot just when that 3 p.m. hunger pain strikes.
- Nibble on half a cup of cottage cheese with a banana. This snack is about 200 calories of wholesome goodness.
- Enjoy an apple! Slice it up or take a bite... and try it with that peanut butter you have hidden in your drawer! A medium apple is about 80 calories.
- Greek yogurt is sweet and has an extra dose of protein, too. In fact, a six-ounce container of Chobani Greek yogurt is 140 calories and has 14 grams of protein.
- Stay toasty on the cold, winter office days by warming up a half cup of oatmeal, which is about 150 calories. Don't feel the urge to add sugar; just combine it with Greek yogurt. That bit of sweetness will do the trick!
- Two celery sticks is only about 15 calories. Have some fun by adding a tablespoon of peanut butter and a few raisins for a filling snack that's less than 200 calories.
- Three ounces of turkey is close to 100 calories and just the boost you need to make it through that afternoon meeting. Measure your portions at home and only bring what you need for the day. It's an easy, healthy, grab-and-go snack!
- Keep a bunch of bananas at your desk. Shop for them on Sunday, bring them to work on Monday, and have one ready for each day of the work week. One banana is about 100 calories.
- You can peel and wash your hard-boiled eggs before you leave for the office, or do it on your break at work. One hard-boiled egg is about 80 calories and will reenergize you for the remainder of your work day.



Now you can skip the vending machine and walk right past those homemade chocolates in the breakroom. The healthy snacks you'll have on hand will fit into your calorie budget and get you through the work day.

Source: www.fitbit.com

LIVING WITH DIABETES: FOOT CARE CONTROL

Many diabetics have poor blood flow to their feet, as well as diminished feeling, as a result of nerve damage. This can lead to tingling, pain, and weakness. Foot ulcers and infections can quickly become a problem for diabetics, sometimes even resulting in amputations.

You can help prevent the worst-case scenarios by properly caring for your feet. Consider the following recommendations to take control of your foot care:

1. Complete daily checks of your feet. Be aware of changes in color, shape, and feeling. Contact your provider if you see something new, such as red spots, cuts, swelling, or blisters.
2. Wash your feet daily and dry between your toes. Apply a thin layer of unscented cream, but not between your toes.
3. Always wear socks and shoes. Do not walk barefoot.
4. Don't smoke, as it threatens blood vessels. Smoking reduces blood flow to your feet and results in injuries healing more slowly.
5. Keep your feet safe from hot and cold conditions.
6. Trim your toenails across and file the sharp edges.
7. Don't remove calluses yourself. Chat with your provider about their care.
8. Consider exercising to increase blood flow to your feet.

Your provider should look at your feet annually. Talk to him/her about your personalized action plan to care for your feet.



Sources: <http://www.diabetes.org/>, <http://www.benefitnews.com/news/what-medical-conditions-are-driving-employer-healthcare-costs>, http://info.healthways.com/hubfs/Gallup-Healthways%20State%20of%20American%20Well-Being_2015%20Diabetes_vFINAL.pdf?t=1483567603927

BRIDGEHEALTH BENEFITS

BridgeHealth is a surgery benefit program that is offered to you through PEHT. The suite of tools, services and dedicated Care Coordinators are available to help you when considering a planned surgery. Then, if surgery is right for you, this program may actually lower your out-of-pocket costs while improving the quality of care and the entire experience.

BRIDGEHEALTH IS OFFERED TO YOU AT NO EXTRA COST – YOU'RE ALREADY ENROLLED!!

- **Gain access to decision support:** If you are considering surgery, that's when to contact BridgeHealth. It's at this important juncture that you can start off with less anxiety and focus more fully on your options. No worries. That's the BridgeHealth way.
- **Get top-quality care:** If you decide to have surgery, you want the best care. BridgeHealth's stringent standards in selecting providers, verified by external data, deliver top-tier options.
- **Save Money:** BridgeHealth has pre-negotiated agreements with care providers that lower your plan sponsor's healthcare costs, as well as those of the actual surgery. These savings, which can be significant, are passed on to you.
- **Let your Care Coordinators help:** BridgeHealth provides you with dedicated Care Coordinators who will guide you toward your most informed decision.

FEEL NO PAIN IN YOUR WALLET!!

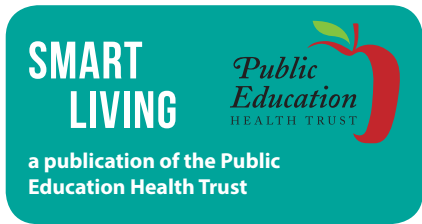
How? BridgeHealth pre-negotiates rates for a wide variety of surgical procedures with top tier providers across the nation. These rates translate to lower costs for you. More reasons to take advantage of BridgeHealth include: You'll know about any costs upfront — no surprises after surgery! Your health plan offers the BridgeHealth surgical benefit to deliver more value, quality and cost savings to you.

Refer to your PEHT Plan Benefits Booklet to learn more about your BridgeHealth Surgery Benefit or call the BridgeHealth Staff at 888.387.3909 with any questions you may have!



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

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JANUARY/FEBRUARY QUIZ WINNER: REGINA MURRAY

HOW MUCH DO YOU KNOW?

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



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