

Benefits Express

A publication of the Western States Health and Welfare Fund of the OPEIU

<http://www.westernstates.aibpa.com>

VOLUME 2, ISSUE 1

APRIL 2008

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www.lifewiseor.com

Express Scripts
Customer Service
800-782-8452
www.express-scripts.com

PacifiCare
Customer Service
800-932-3004
www.pacificare.com

Willamette Dental
Appointment Center
503-644-3200
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Patient Relations
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www.willamettedental.com

Trust Dental Plan
Eligibility
800-547-4457 ext. 1678
Claims
800-547-4457 ext. 1665

VSP
Customer Service
800-877-7195
www.vsp.com

A Spring Check Up for a Clean Bill of Health

Western States' Medical Plans offer variety of wellness benefits

As the weather warms up, and you get ready to do some spring cleaning, think about a Spring check up for your body by taking advantage of your health plan's wellness benefits.

This year, the Trustees of the Western States Health and Welfare Plan want to encourage you to utilize your wellness benefits. Recent studies of wellness programs show that every dollar spent for wellness benefits saves a health plan more than five dollars. This, in turn, leads to lower overall health care premium costs, and more regular check ups can lead to a healthier you!

No matter what Health Plan you subscribe to (LifeWise, Kaiser Permanente, or PacifiCare), wellness benefits are available to you.

For those in the **LifeWise PPO Plan**, a routine physical exam costs you just the \$15 co-payment, and is not subject to the deductible. Additionally, you might not be aware of the Community Wellness Benefit available on the LifeWise Plan. You are entitled to reimbursement of up to \$250 per year (after a 20% co-payment) for wellness classes on topics ranging from back care to healthy heart exercises offered at local hospitals. To find classes at a LifeWise network hospital, contact LifeWise customer service at 800-596-3440 or visit the

LifeWise web site at www.lifewiseor.com.

If you are a member of **Kaiser Permanente**, routine physical exams are covered in full after the \$15 co-payment. Additionally, Kaiser Permanente is working to make sure you "Stay Well Balanced." Some of the benefits available to Kaiser members include the Healthyroads program, which offers health information, discounts on health and wellness programs, and on-line tools for getting and staying healthy. Kaiser also offers a free health consultant service via the telephone. The health consultants can help you set goals towards living a healthier life. More information regarding these programs is available by calling Kaiser Permanente at 800-813-2000 or by visiting Kaiser on-line at

www.kaiserpermanente.org.

Those of you enrolled in the **PacifiCare HMO plan** pay just a \$15 co-payment for a routine office visit to your primary care physician. PacifiCare offers the "Virtualhealthclub" at www.pacificare.com, where you can find Personal Health Improvement Training (PHIT) Plans, on-line health and nutritional coaching, and general health and wellness information. If you have questions about PacifiCare's wellness programs, visit the web site or call them at 800-932-3004.

Don't forget that good dental health is also key to good overall health.

In the next issue of *Benefits Express*, we will highlight your dental benefits.

Your Medical Plan	Routine Physical Exams	Additional Wellness Benefits
LifeWise PPO	\$15 co-payment (not subject to deductible)	\$250 per year Community Wellness Benefit
PacifiCare HMO	\$15 co-payment	"Virtualhealthclub" at www.pacificare.com
Kaiser Permanente	Covered in full after \$15 co-payment	"Healthyroads" program at www.kp.org

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Simple Exercises for Better Fitness at Work

Nine Ways to Boost Your Energy and Relieve Tension While on the Job

Believe it or not, if you sit still at a desk all day long, experts say you are doing harm to your body.

Here are Nine of the best exercises for easing back pain and boosting your energy at work, according to *WebMD* and Dr. Angela Smith, an orthopedic surgeon at Children's Hospital of Philadelphia and the former president of the American College of Sports Medicine:

1. Stand up and sit down, without using your hands.

2. Shrug your shoulders for tension release in your neck and shoulders.

Inhale and lift your shoulders up to your ears. Hold and then release and drop.

3. Make air circles with your hands.

Make fists with your hands. Stretch both hands in front of you, make circles in the air and count to 10. Reverse direction and be sure to shake out your hands at the end.

4. Simply point your fingers.

Stretch one of your hands out in front of you and use your other hand to apply pressure to the first hand, while pushing it downward. Repeat by switching hands.

5. Help your upper body by twisting at the torso.

Take a deep breath, grab the back of your chair with your right hand and the arm of the chair with your left hand. Looking forward, and using your the chair twist your body as far back as possible. Repeat using the left side of the chair.

6. Leg Extensions for your abs and legs.

Simply grab the seat of your chair and put

your legs out in front of so they are parallel with the floor. Point your toes out and flex several times.

7. A back stretch with a simple hug.

Grab the left side of your upper back with your right arm and the right side with your left arm, effectively hugging yourself.

Then take several deep breaths and feel the tension release between your shoulders.

8. Work your shoulders and upper back by crossing your arms.

Put one arm out in front of you and use your other hand to grab your elbow. Then bring the elbow in towards your chest to stretch your shoulder. Repeat on the other side.

9. Do not eat at your desk and walk instead of emailing a colleague.

Dr. Smith says that walking over to the person in your office you were addressing in your email is a great way to get a bit more exercise. She also suggests instead of a meeting in your office that you walk to a local deli and "get more oxygen to the brain."

These tips may just make you both feel better at work and be more productive!

Source: "Stretching Exercises at Your Desk: 12 Simple Tips," WebMD.

Disclaimer: These exercises may not be appropriate for everyone. Please consult your personal health provider for more tips for exercising at work and to determine if these exercises are right for you.



Recipe Corner...

Looking for a healthy alternative to high-fat, high-calorie snacks? Try this flavorful treat:

Select any vegetable-carrots, celery, broccoli, mushrooms, pea pods. Wash the vegetables and cut them up into snack-sized pieces.

Use any dry Italian dressing packet and instead of adding oil, use only water.

Mix the dressing and pour over the vegetables and store in your refrigerator in an air-tight container. Enjoy!!