



your **HEALTH** *your* **WELFARE**

TEAMSTERS LOCAL 170 HEALTH & WELFARE

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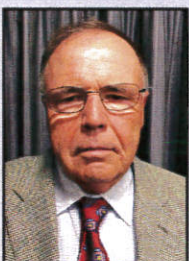


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Did you participate in the 2017 Wellness Challenge?

This was our most successful one to date with 915 people participating this year which is an increase of over 50%!

Members were given a Fitbit Charge HR2, an activity and sleep wristband that tracks steps, distance traveled, stairs climbed, and monitors how long and how well you sleep and wakes you with a silent vibrating alarm, monitors all-day calorie burn, maintains workout intensity, accesses real-time run stats like time distance and pace, will allow you to set goals and see progress/trends on the online dashboard, will share and compete with friends and family in challenges on the leaderboard, maximizes training and optimizes health. It syncs stats wirelessly and automatically to your computer and to over 60 leading smartphones and is water resistant. The Fitbit Charge HR2 will also allow you to log food, weight and workouts on Fitbit's mobile and online dashboard.

The following are the results of the challenge:

- The number of participants who registered for the challenge: 934.
- The number of participants who met the challenge goal of 7,000 steps per day: 783 (84%)
- The average daily steps per person: 9,982 (4.99 miles)
- **The total number of steps for Teamsters Local 170: 391,588,814 or 195,794 miles which is equivalent to circling the earth nearly 8 times!!!!**

But now that the challenge is over don't let all these wonderful benefits go to waste!

- Research shows you're likely to live longer if you walk 5.5 miles per week. Walking this much at a slow pace of 2 miles per hour can be enough to lower your risk of things like heart attacks, strokes, and heart failure by 31%. People who walked farther and faster got even more benefit, in case you needed some extra motivation.
- Women who walk 30 minutes a day may cut their risk of stroke by 20-40%. Just a little can do wonders to help your blood move through your body the way it should. Any time you can spend walking is good, but push yourself a little: Getting your heart rate up can strengthen it and lower your blood pressure.
- If you walk 10,000 steps you've gone about 5 miles. This is a good goal for overall health. If you can't quite make that, any walking you do helps. You can work your way up slowly: Use a pedometer to count your steps, and try to kick it up by at least 500 each week.
- Brisk walking counts as cardio exercise. Ideally, you should log at least 150 minutes of exercise that raises your heart rate every week. Walking can definitely count toward this goal. You don't need any special equipment (except a decent pair of shoes), and you can do it practically anywhere. But to get cardio credit, you have to do more than stroll to the fridge and back. If you can belt out a song, you need to pick up the pace.
- Walking is as good for your heart as running. It turns out that brisk walking is just as good when it comes to cutting your risk of high blood pressure, high cholesterol, and

Did you participate in the 2017 Wellness Challenge?

CONTINUED FROM PAGE 1

- diabetes - as long as you do about twice as much of it.
- You should do about 300 minutes of brisk walking each week if you want to lose weight. That may sound like a lot, but it breaks down to less than 45 minutes a day - a reasonable target if you're serious about shaping up.
- Take your dog for a half-hour walk and you may burn about 100 calories.
- To boost your mood, try taking a walk in a leafy, natural area.
- Exercise like walking lowers your risk of breast cancer because it lowers the estrogen in your bloodstream. Women who are active are 30% to 40% less likely to get breast cancers. Women and men who walk briskly or do other physical activities regularly are much less likely than others to have colon cancer. To cut your cancer risk, try to walk at least 30 minutes almost every day.
- Walking is good for people who have type-2 diabetes because: it helps the hormone insulin get sugar out of your bloodstream and into your cells, where it can be used for energy. This can lower your risk of complications from diabetes, like nerve damage and kidney disease.
- If you have arthritis, you should walk regularly for exercise. For starters, your joint fluid moves around when you do, and that gets oxygen and nutrients to your joints and cartilage and helps prevent friction. It also strengthens your leg and core muscles. When your muscles do more of the work your joints hurt less. A regular walk may also help you slim down, and a thinner body means less pressure on your joints.
- If you have back pain you should walk 20 to 40 minutes two or three times a week.
- Walking is good for your bones because its weight-bearing exercise. Activities that make you bear the weight of your own body against gravity are more important because they stress your bones, and that leads them to make more cells and become more solid.

Between work commitments, family responsibilities, and the stress of everyday life, we have legitimate reasons to fall short of our fitness goals. Two and a half hours a week of moderate intensity exercise is what is recommended by the American College of Sports Medicine and the American Heart Association. There are obvious benefits to exercise. People feel better, they look better, and they perform better in all aspects of their lives when they exercise regularly.

That's why there's a push to include exercise, as determined through a fitness tracker, as a fifth vital sign along with height, weight, pulse and blood pressure. Movement promotes health and wellness, so why not keep tracking it?



**JUST BECAUSE THE
CHALLENGE IS OVER
DON'T STOP USING
YOUR FITBIT**

IT COULD SAVE YOUR LIFE!

A 73-year-old woman called 911 after her Fitbit tracker showed an elevated heart rate. A scan revealed dangerous blood clots in both her lungs.

Patricia Lauder, a 73-year-old retiree from Connecticut knew that something was seriously wrong in mid-January after her Fitbit tracker displayed a resting heart rate of 140 beats per minute. She had been battling a sinus infection and suspected a case of walking pneumonia. After several doctor visits, Lauder was awaiting the results of diagnostic tests to determine the cause of her symptoms.

"Finally, my resting heart rate got to the point where a simple chore was a big effort," she said.

Over the next few days, Lauder noticed that her resting heart rate was steadily rising from her normal 60 to 70 beats per minute to over 100. Because of the data her Fitbit had saved, Lauder knew that this was abnormally high for her. She dialed 911 and was taken to the emergency department. During the ride, first responders confirmed what the device on her wrist had been telling her. They measured her heart rate above 140 beats per minute while she was lying down.

"When I got to the hospital, they did a series of tests and found that I had blood clots in both Lungs," Lauder said.

A blood clot occurs when platelets and insoluble proteins combine to form a gel-like mass that can stop bleeding. Typically, they form near cuts or injuries, but in an artery or vein, a clot can decrease blood flow.

Lauder's doctors aren't sure whether her clots were linked to her respiratory infection, but researchers say people with respiratory infections may have a temporary increased risk of developing clots. In Lauder's case the blockage in both lungs caused her heart to work significantly harder to continue circulating blood. "My heart had enlarged to about 65% beyond its (normal) capacity," Lauder said.

After taking a look at Lauder's CT scan results, doctors decided to quickly intervene and apply clot-busting drugs directly into the lungs' blood clots through a catheter. Within 24 hours, Lauder's clots were gone, and her lung and heart function returned to normal.

"I had the procedure on Friday, removed the catheter on Saturday and was home Monday evening," she said. "I think the Fitbit actually helped her decide whether or not this was a serious condition at the time," replied her doctor. He noted that several of his patients wear fitness trackers, but in this situation, it could have been life-saving. "This condition is very critical," he said, "and she may have actually died if she had not sought medical attention."

MEET OUR STAFF

your HEALTH your WELFARE



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KEEP THE FUN IN YOUR SUMMER &
UV RAYS **OUT** OF YOUR EYES

UV PROTECTION

tips for SUMMER SAFETY



UV (ultraviolet) rays are constantly emitted from the sun and not only cause damage to your skin, but eyes as well. **Wear wide-brimmed hats, caps, sunglasses with UV coating or Transitions® lenses** to provide protection for your eyes.



Know the different types of UV rays which can be harmful to your eyes. **UV-A rays** are more likely to cause long-term damage, increasing the chances of vision loss. **UV-B rays** can cause minor sunburns to your skin and surface of your eyes which is painful though not permanent. **The preventative measures listed above offer a safe and easy way to maintain your eye health in the sun.**



Stay aware of your environment. Although the sun is an obvious indicator that UV rays are present, **many of them still travel through clouds and fog.** UV rays even reflect off **bright surface such as snow, pavement, water, and white sand.** **Be mindful of sun protection year-round.**

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Sources: Prevent Blindness America, American Optometric Association, Vision Monday, U.S. News & World Report, The Canadian Press

Did you know that a good night's sleep could help you lose weight?

Trucker-turned-fitness-instructor Siphiwe Baleka is sleeping better and getting his body in shape for the long haul. Baleka is the founder of Fitness Trucking and has discovered his niche, training truck drivers to get in shape and improve their health. In 2008, Baleka became a long-haul truck driver. The job allowed him to make a steady income while satisfying his urge to travel. But the sedentary occupation caused the former swimmer to put on 15 pounds in just two months. To get back into shape the trucker worked out at rest stops, gas stations and parks on his downtime. Baleka states "There is a fitness and nutrition program for everyone in America except long-haul truck drivers". Getting back in shape inspired Baleka to found Fitness Trucking, an award-winning fitness program for truck drivers. Baleka knew from experience that truckers are faced with a unique set of challenges. According to him, not only are they sedentary for long periods of time, but they lack one of the most vital components of a healthy metabolism: sleep.

(According to a published report Fitness Trucking provides various coaching packages for drivers, carriers, and the entire industry that help drivers lose weight and reduce medication; help carriers reduce the associated costs of obesity, and helps the industry make safer highways by making healthier, safer drivers.)

The National Sleep Foundation recommends between 7 and 9 hours of sleep for adults. Truckers are among the country's most sleep deprived getting less than five hours a night on average. Truckers all have severe limitations and restrictions with their schedules that are always changing, and it throws off circadian rhythms, and has an effect on hormone production and in particular the hormones that regulate the bodies metabolism. The hormones that regulate hunger are produced while we sleep. When you don't get enough sleep, you don't get enough of the hormones that maintain a healthy, efficient metabolism. The result is that the circadian rhythms are disrupted, and the hormone production is thrown out of whack and drivers literally lose the ability to regulate their metabolism or their hunger. The sleep-deprived put on pounds as these hormonal imbalances throw the metabolic system out of whack, causing them to overeat or skip meals entirely.

According to Baleka you can speed up your metabolism by taking the right steps to improve your night-time habits.

- 1 Track your sleep: purchase a wearable sleep tracker that can help track your sleep and measure fatigue levels throughout the day.
- 2 Create a sleep routine: Going to bed at the same time every night and waking up at the same time every morning establishes a routine for a normal sleep pattern.
- 3 Light-stimulation from electronic devices trick the body into thinking it's still daylight, it's important to wean yourself off about an hour before bed. By turning off the electronics you're not exposing yourself to those light rays that can keep you up.
- 4 Respect the sleep environment: take the electronics out of your bedroom and only use your bed for sleeping or sex.
- 5 Keep a book on your nightstand: Baleka recommends a cup of chamomile tea (known for its calming effects), and reading a book before hitting the sack.
- 6 Keep it consistent: If you do all of these steps and you are consistent, you will train your body to think that when I enter this environment, that's the signal for me to go to sleep.



your HEALTH your WELFARE

FRESH FRUIT MAY REDUCE RISK OF DIABETES

People who often eat fresh fruit are at a lower risk of developing diabetes and related major vascular complications than people who rarely eat fruit. The findings were published in the U.S. journal PLOS Medicine, came from a seven-year study of half a million adults in China where fresh fruit consumption is lower than in the United States and other developed countries.

Although the health benefits of eating fresh fruit are well established, the sugar content of fruit has led to concerns about its potential harm for people with diabetes and consequently Chinese people diagnosed with diabetes tend to restrict their fruit intake.

In the new study, researchers studied 500,000 adults aged 35 to 4 years from 10 urban and rural areas across China, tracking their health through hospital records of illness and death registries.

During seven years of follow-up, the study found nearly 10,000 new cases of diabetes among participants who did not have the condition at the start of the study.

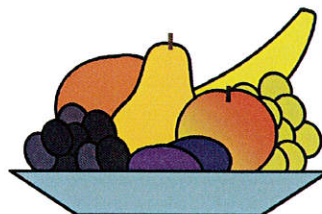
Among over 30,000 participants with pre-existing diabetes when they joined the study, there were 3,400 deaths and 11,000 cases of vascular diseases.

About 20 percent of the study participants reported eating fresh fruit daily, mainly apples or oranges, and six percent never or rarely ate fresh fruit.

The proportion of non-consumers was about three times higher in people with previously diagnosed diabetes than in those without diabetes: 19 vs 6 percent. Compared with non-consumers, those who ate fresh fruit daily had a 12 percent lower risk of developing diabetes.

Among participants with diabetes, higher fresh fruit consumption also showed health benefits, with a 100g portion of fruit per day (roughly about the size of a medium apple) associated with 17 percent lower overall mortality, 13 percent lower risk of developing diabetes-related complications affecting large blood vessels such as ischemic heart disease and stroke and 28 percent lower risk of developing complications affecting small blood vessels such as kidney and eye diseases.

The study provides strong supporting evidence for the existing dietary guidelines, including those for diabetes patients that recommend a higher level of fresh fruit consumption. If this represents a real protective effect, it should help to improve prevention and management of diabetes in China and elsewhere.



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The Women's Health and Cancer Rights Act (WHCRA) Notice

The Women's Health and Cancer Rights Act of 1998 requires group health plans to make certain benefits available to participants who have undergone a mastectomy. In particular, a plan must offer mastectomy patients benefits for:

- All stages of reconstruction of the breast on which the mastectomy was performed
- Surgery and reconstruction of the other breast to produce a symmetrical appearance
- Prostheses
- Treatment of physical complications of the mastectomy including lymphedema

The Fallon Health Plans and The Blue Cross Blue Shield Plans comply with these requirements. Benefits for these items generally are comparable to those provided under The Fallon Health Plans and The Blue Cross Blue Shield Plans for similar types of medical services and supplies. Of course, the extent to which any of these items is appropriate following mastectomy is a matter to be determined by the patient and her physician. The Fallon Health Plans and The Blue Cross Blue Shield Plans neither impose penalties (for example, reducing or limiting reimbursements) nor provide incentives to induce attending providers to provide care inconsistent with these requirements. If you would like more information about WHCRA required coverage, you can contact the plan administrator, Fallon Health at 1-800-868-5200 or the plan administrator, Blue Cross Blue Shield at 1-800-217-7878.

LET'S KEEP YOUR RECORD STRAIGHT.....

Any changes in status
need record updating as soon as possible!

This includes: marriage, a new baby, dependent social security numbers, change of beneficiary, new email, addresses and/or phone numbers, divorce, or updating/changing your primary care provider with Blue Cross or Fallon to name a few.



When you keep
up-to-date,
your service
is not
interrupted!!