SCHEDULE YOUR SCREENINGS FOR THE YEAR

Preventive screenings help you detect a chronic condition or illness in its early stages so you can learn how to manage it and stay healthy. These screenings are also an excellent way to check how well you are managing an already diagnosed condition. To get screened, visit your doctor or go to an 1199SEIU health fair at your worksite.

Your Benefit Fund’s Chief Medical Officer recommends that you follow these screening guidelines.

<table>
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<tr>
<th>Screenings</th>
<th>Beginning at age</th>
<th>How often?</th>
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<tr>
<td>Physical Exams</td>
<td>All ages</td>
<td>At least every year</td>
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<tr>
<td>Eye Exams</td>
<td>Age 40+</td>
<td>Every 2 to 4 years</td>
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<tr>
<td>Blood Pressure Screening*</td>
<td>Age 18+</td>
<td>At least every year</td>
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<tr>
<td>Cholesterol*</td>
<td>Age 18+</td>
<td>Every 5 years</td>
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<td></td>
<td>If your initial test results were abnormal or if you’re at higher risk of heart disease</td>
<td>As directed per your doctor</td>
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<tr>
<td>Glucose/Blood Sugar</td>
<td>Age 45+</td>
<td>Every 3 years</td>
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<tr>
<td>Screening for Diabetes*</td>
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<tr>
<td>Bone Density (osteoporosis screening)</td>
<td>Women age 65+, as well as younger postmenopausal women who have risk factors or who have had a fracture as an adult</td>
<td>Once, then as directed per your doctor</td>
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<td></td>
<td>Men 65+</td>
<td>Discuss with your doctor</td>
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<tr>
<td>Cancer Screenings**</td>
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<tr>
<td>Colorectal Cancer</td>
<td>Age 45+</td>
<td>Colonoscopy every 10 years or Fecal occult blood test every year or Cologuard every 3 years Ask your doctor which test is best for you.</td>
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<tr>
<td>Cervical Cancer:</td>
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<tr>
<td>PAP Test</td>
<td>Women age 21–65</td>
<td>Every 3 years</td>
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<tr>
<td>HPV and PAP Test</td>
<td>Women age 30–65</td>
<td>Every 5 years (or just PAP test every 3 years)</td>
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<tr>
<td>Breast Cancer:</td>
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<td>At your regular checkup</td>
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<tr>
<td>Clinical Breast Exam Mammography</td>
<td>Women age 20+</td>
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<td></td>
<td>Women age 40+</td>
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<tr>
<td>Prostate Cancer</td>
<td>Men: Discuss with your doctor</td>
<td>Discuss with your doctor</td>
</tr>
</tbody>
</table>

* Talk to your doctor if you smoke; are overweight; have high blood pressure, diabetes or a history of gestational diabetes; have a family history of diabetes, heart disease or stroke; or are at risk for coronary artery disease.

** For all cancer screenings, talk to your doctor about your history and see if you need to get additional tests at an earlier age.

Sources: American Academy of Family Physicians; American Cancer Society; U.S. Department of Health and Human Services

IMPORTANT CONTACTS

Benefit Fund Member Services (in NYC)  
(646) 473-9200

Benefit Fund Member Services (outside NYC)  
(800) 575-7771

Wellness Member Assistance Program  
(646) 473-6900

Our Website (in English)  
www.1199SEIUBenefits.org

Nuestro Sitio Web (en Español)  
www.1199SEIUBenefits.org/es

Our Facebook Page  
www.Facebook.com/1199SEIUBenefitFunds

Our Instagram Account  
@1199SEIUBenefitFunds

Teladoc  
(800) TELADOC (835-2362); www.Teladoc.com

2020 Screenings & Information

OTHER RESOURCES

American Cancer Society  
www.Cancer.org  
(800) ACS-2345 or (800) 227-2345

American Diabetes Association  
www.Diabetes.org  
(800) DIABETES or (800) 342-2383

American Heart Association  
www.Heart.org  
(800) AHA-USA1 or (800) 242-8721

American Lung Association  
www.Lung.org  
Call (800) LUNG-USA or (800) 586-4872 to speak to a lung professional or find a center near you.

American Stroke Association  
(888) 4-STROKE or (888) 478-7653

Calories Burned per Hour  

Choosing Wisely  
www.ChoosingWisely.org

Exercise and Calorie Calculator  

National Alliance on Mental Illness (NAMI)  
www.NAMI.org

NYC Well Mental Health Hotline  
Call (888) NYC-WELL (692-9355) or text “WELL” to 65173

New York State Smokers’ Quitline  
www.NYSmokeFree.com  
(866) NY-QUITS or (866) 697-8487

USDA MyPlate  
www.ChooseMyPlate.gov

Remember, the tips in this calendar are all general guidelines. Check with your doctor about your specific health needs. You should always consult with your doctor before beginning a diet or exercise program.
The New Year is the perfect time to commit to improving your health. But don’t make resolutions that are impossible to keep—that is an easy way to set yourself up for failure. Instead, start small. Make one healthy change to your diet and keep it going throughout January. Next, start adding short amounts of exercise to your day. As you begin to feel the positive changes in your body, you will want to keep going. Then build on it. Add another healthy food change and more exercise. Before you know it, you will reap the rewards of better health!

Ring in 2020 with Healthy Goals!

The New Year is the perfect time to commit to improving your health. But don’t make resolutions that are impossible to keep—that is an easy way to set yourself up for failure. Instead, start small. Make one healthy change to your diet and keep it going throughout January. Next, start adding short amounts of exercise to your day. As you begin to feel the positive changes in your body, you will want to keep going. Then build on it. Add another healthy food change and more exercise. Before you know it, you will reap the rewards of better health!

Did You Know? You can make a resolution to start the year off right by registering online for My Account. Access information about your health benefits, get a pension estimate, apply for your pension, find out the status of claims, and more. To register, visit www.1199SEIUBenefits.org.
We’ve all heard about the magic number of 10,000 steps a day as the goal for better health. But more isn’t always better. A recent study found that those who walked an average of 4,400 steps a day—a more realistic goal—still experienced significant health benefits. So if you think you can add more steps to your day, try some of these tips: take the stairs, get off the train or bus one stop earlier, schedule workday walks, deliver messages in person instead of emailing or texting, and try adding music to your walk!

**Find New Ways to Get Extra Steps**

Most adults don’t get enough calcium, which supports a healthy heart, muscles and bones. Boosting your calcium levels without dairy is easier than you may think! Try eating more turnips, collard greens or kale, which are all calcium-rich. Other good sources are garbanzo, kidney and navy beans, as well as papayas, dried figs and oranges.

**Did You Know?** You don’t have to let money issues stress you out and affect your well-being. Take control of your financial health with our free Financial Wellness webinar series. For more information, visit www.1199SEIUBenefits.org/takecharge or email us at TakeCharge@1199Funds.org.
After a long day of work, coming home to a hearty soup or stew is a comforting way to make sure you eat a nutritious meal. A good idea is to start a pot of soup or stew on your day off—making a base with whatever protein you choose. Store it in small batches. When you get home from work, you will just have to heat it up, adding extra vegetables and grains to suit your mood that day. It’s an easy way to have a healthy meal—and adaptable so you get more than one meal out of it without being bored.

Cook a Healthy Soup to Warm Up Your Day

The next time you feel tired—now, this may sound strange—take the stairs! Climbing stairs may wake you up more than having a cup of coffee or other source of caffeine. So skip the elevator and walk up the stairs—and add a calorie burn to your energy boost.

Fitness Fact

The next time you feel tired—now, this may sound strange—take the stairs! Climbing stairs may wake you up more than having a cup of coffee or other source of caffeine. So skip the elevator and walk up the stairs—and add a calorie burn to your energy boost.

Did You Know? Your Benefit Fund holds health fairs at your worksite and quarterly wellness workshops at Funds Headquarters, where you can get valuable tips on staying healthy. Look for our schedule at www.1199SEIUBenefits.org, check us out on Facebook at www.facebook.com/1199SEIUBenefitFunds and follow us on Instagram @1199SEIUBenefitFunds.
There’s a direct connection between an active body and a happy life. Exercise like walking, running or biking releases chemicals into your brain that make you feel positive. These mood boosters relieve anxiety and promote relaxation. Moving gives you energy and improves your focus, which helps you perform better at work and home. So the next time you feel like life is getting away from you, take care of yourself and get moving!

Get Moving to Boost Your Mood

Does it feel like work is conspiring against your goal to eat healthier? You’re not alone. Making simple changes to your daily routine can improve the quality of your diet. Try these tips: beware of the vending machine—bring healthy snacks from home, replace candy with fruit, don’t eat lunch alone and drink plenty of water.

Did You Know? You can get important tips on protecting your health by watching our Healthy Living Spotlight video series featuring our Chief Medical Officer, Dr. Van H. Dunn. You’ll learn how to recognize the warning signs of diabetes, what you can do to prevent hypertension, and more. To view the videos, visit www.1199SEIUBenefits.org/dr-dunn.
As the weather warms up, fresh fruit and vegetables become more delicious and abundant, so increase your portions of each. A healthy diet rich in fresh produce helps prevent chronic illnesses, such as heart disease, diabetes and cancer. Make your meals healthier by adding fresh vegetables and fruit—it’s quick, simple and the key to lifelong success in maintaining a healthy weight.

Make the Most of Fresh Fruit and Vegetables

High-intensity interval training (HIIT) can improve health and fitness for just about everyone. Try adding higher-intensity intervals to your walking program by alternating between three minutes of fast walking and three minutes of slow walking.

fitness fact

Did You Know? When you need a prescription filled, you should always refer to the Benefit Fund’s Preferred Drug List to avoid out-of-pocket costs. Just visit www.1199SEIUBenefits.org/pdl. You should fill long-term medications with The 1199SEIU 90-Day Rx Solution through Express Scripts by mail, or order and pick up your prescription at any Rite Aid, Walgreens or Duane Reade pharmacy.
Meditation soothes and strengthens your mind and can bring you peace. It only takes a few minutes, and it’s free! Try it out at home first, so that you know what to expect and are better able to concentrate. Once you get used to it, you’ll be able to do it anywhere. Sit in a comfortable position and close your eyes for five minutes. Breathe deeply, focusing on each breath. Visualize a tranquil scene and try to let the calm radiate throughout your body. Taking this time for yourself will help you bring balance to all areas of your life.

Not everyone deals with stress the same way, but reaching for unhealthy foods rarely helps. Instead, try some non-food fixes. Unwind with a cup of herbal tea after a hectic day. A brisk—or leisurely—walk after work may help clear your mind. Try setting aside time to meet a friend for lunch. Find what works for you!

**Did You Know?** If you get poison ivy, food poisoning or a nasty bug bite on your summer vacation—and you can’t get to your doctor—you can visit www.Teladoc.com or call (800) TELADOC (835-2362), to talk to a doctor about your symptoms and get the care you need by phone or video, anytime, anywhere.
When the temperatures begin to soar, it may be time to take your exercise routine indoors. And moving inside gives you the perfect opportunity to try something new—like a strength-training routine. Whether you choose to use machines or free weights, there are a lot of benefits to be gained. Strength training helps boost heart and brain health, reduce body fat, build lean muscle and burn calories more efficiently. It may also help to control blood sugar levels, reduce your risk for certain cancers, strengthen bones and improve mobility. Finally, you can do it at the gym or in your home—so start getting strong!

### Food Fact

Don’t go to extremes when limiting your fat intake. Your body needs some fat to function normally. However, all fats—including the healthy ones—are high in calories, so watch portion sizes. Focus on replacing saturated fats with unsaturated fats, which are liquid at room temperature. Try these oils: olive, safflower, peanut, canola, sunflower or corn.

### Did You Know?

Planning for your retirement is easier than you think—and you can do it online! Watch our Virtual Pension Counselor video series, which will walk you through the process, including getting a pension estimate and applying for your pension benefit. Visit our pension page at [www.1199SEIUBenefits.org](http://www.1199SEIUBenefits.org).

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**JUNE 2020**

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- **Independence Day**
- **Eid al-Adha begins**
- **“Diabetes Prevention and Management” workshop** Funds Headquarters 9:30 am to 2:00 pm RSVP (646) 473-8960
All packaged foods come with nutrition labels that let you know what’s inside. Start with the serving size and calories per serving. Next, understand the % Daily Value (DV), which tells you the percentage of a nutrient each serving provides. So if a label lists 15% for vitamin D, it means one serving provides 15% of the vitamin D you need each day. Remember, the information is based on a diet of 2,000 calories a day. You may need less or more depending on your age, gender and activity level, and whether you’re trying to lose, gain or maintain weight. In general, look for a lower % of unhealthy nutrients, like saturated fat, and a higher % of healthy nutrients, like fiber.

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**Fitness Fact**

When walking or running, try to keep your upper body relaxed. This will prevent you from tensing your arms, which can stress your neck, back and shoulders. Pretend you’re holding a butterfly in each hand: Don’t let it fly away, but cup your hand loosely so that you don’t crush it.

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**Did You Know?** If you or a loved one is struggling with mental health issues, your Benefit Fund can help. You may call the Fund’s Wellness Member Assistance Program at (646) 473-6900 for social service referrals, or you can visit www.Teladoc.com or call (800) TELADOC (835-2362), to schedule a behavioral health appointment by phone or video. Remember: you don’t have to go it alone.
A flu shot is the most effective means to avoid getting the flu. You can get one at your worksite or local pharmacy—and your Benefit Fund covers the cost. It’s quick and easy. Here are other steps you can take to protect yourself, your family, and your patients, residents or clients:

- Wash your hands often with soap and water. If not available, use an alcohol-based hand sanitizer.
- Sneeze or cough into the crook of your elbow
- Avoid touching your eyes, nose or mouth and spreading germs
- Eat nutritiously, exercise regularly, get enough sleep and drink plenty of fluids

It’s Time
to Get Your
Flu Shot

Did You Know? It’s easy to fall into a new fitness routine with your 1199SEIU member discount at local health clubs and gyms like the YMCA of Greater New York, Crunch Fitness and New York Sports Clubs. For details, visit www.1199SEIUBenefits.org.
Stress has a serious impact on your body and mind, as you deal with everyday worries like family, work or money. A body in motion is a natural stress reliever, but with a lot on your plate, it can be hard to find time to take a walk or work out.Unchecked stress can cause high blood pressure, heart disease, headaches and more—so it's important to learn how to manage it without resorting to unhealthy behaviors. The benefits of regular exercise are both physical and mental, because you're getting some movement while taking time to re-energize.

Ginger has been known to clear congestion and soothe nausea. So if you're feeling sick, try grating some fresh ginger and steeping it in boiling water. Add lemon juice, a dash of cayenne pepper and honey, and you have a delicious cold and flu fighter!

Did You Know? Your Benefit Fund’s prenatal workshops are a great way to learn how to have a healthy pregnancy, how to prepare for your due date and what to expect during labor. Partners are welcome. For more information, visit www.1199SEIUBenefits.org or call (646) 473-8960.
It’s official: An “attitude of gratitude” can have a positive effect on both your physical and emotional health! Studies have shown that focusing on the things you’re grateful for can improve your sleep, boost your self-esteem, strengthen your relationships and even help relieve chronic pain. But don’t just wait for Thanksgiving Day—practice gratitude each day by taking time to focus on all that’s good in your life, thanking people for kind acts big and small, or writing in a “gratitude journal.” You’ll be glad you did!

When the weather turns cold, your blood flow is concentrated in your body’s core. So when you exercise outdoors in the cold weather, make sure to protect your head, hands and feet.

Did You Know? Follow your Benefit Fund on Instagram @1199SEIUBenefitFunds. You can also visit us online at www.1199SEIUBenefits.org and check us out on Facebook at www.Facebook.com/1199SEIUBenefitFunds.
Big family dinners, holiday parties with friends, workplace celebrations: December is filled with festive gatherings—and challenges to healthy eating. Instead of depriving yourself of that once-a-year sweet potato pie or sausage stuffing, think portion control. At parties, use a small plate to help yourself to your favorite dish, plus a side—or two—of vegetables. Don’t “save up” your appetite for special meals—a protein-rich breakfast and a high-fiber lunch will help you feel full, so you won’t overeat later. And be sure to drink plenty of water throughout the day.

’Tis the Season to Eat Healthfully

Some people have large families, some don’t, but the holidays are a great time to connect with others. Reach out to a friend you haven’t seen in a while. Volunteer at your local library, animal shelter or food pantry. Organize a potluck dinner with co-workers. Social interaction can add years to your life—and life to your years.

Did You Know? If you’re feeling blue over the holidays and need someone to talk to, you can visit www.Teladoc.com or call (800) TELADOC (835-2362), to get the care you need, anytime, day or night.