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BenefitsWise

"Better Benefits Through Collaboration"

1 in 5 Deaths Worldwide Associated With Poor Diets

According to a recently published study, 11 million deaths in 2017 were attributable to dietary risk factors. That total number translates to one-fifth of the world's total deaths. The study defines dietary risk factors and poor diets as ones that are heavy in sugar, salt and trans fats.

While this study reveals startling numbers, it's a well-known fact that eating healthy can help reduce your risk of developing chronic conditions like heart disease or Type 2 diabetes. By keeping such conditions at bay, you can maintain your overall health and be well on your way to living a long, healthy life.

Here are some tips to help you start eating healthier:

- Balance your plate with a variety of foods;
- Get a personalized eating plan;
- Beware of sweetened drinks; and
- Read food labels carefully.

For more information on how you can improve or maintain a healthy diet, contact your doctor.

Brought to you by our Brand Partners at Lockton.



Chat with a Wellbeing Partner

The Resources for Living online chat gives you quick access to a professional who can help you with non-emergent support such as:

- Offering a brief overview of your Resources for Living benefits
- Reviewing your Behavioral Health benefits
- Helping you identify and access services

Give live chat a try between 8 a.m. and 8 p.m. ET Monday - Friday and between 8 a.m. and 5 p.m. ET on Saturdays. Simply click on the "Live Chat" icon at www.resourcesforliving.com. Username: ICUBA; password: 8773985816



Note: Live chat is not a substitute for professional health care and is not meant to replace the advice of health care professionals.

For more information, please contact an Aetna Wellbeing Partner at 1-877-398-5816!



Remember to visit our website—<http://ICUBAbenefits.org>

This user friendly site is your one stop shop for all things benefits! Visit our single sign-on section located below the scrolling banner and gain access to ICUBA's Brand Partners including BCBS My Health Toolkit, Rally, OptumRx Prescription Drug Portal, Resources for Living EAP, SurgeryPlus, Aetna Navigator and the ICUBA MasterCard!



Travel Benefits and your SurgeryPlus Care Advocate

Navigating the healthcare system is complex and confusing, which is why SurgeryPlus provides you with a dedicated Care Advocate who will be your single point of contact throughout your surgical journey. SurgeryPlus Care Advocates provide you with empathy, expertise and the tools required to understand, anticipate and solve your medical needs and questions. It is the goal of the Care Advocate to provide you with information and education which enables you to make the best decisions for yourself and your family. At SurgeryPlus, your Care Advocate is able to help you; from evaluating provider options to identifying the appropriate facility for your care needs.

Your dedicated Care Advocate will locate the best-fitting surgeons, schedule all appointments, coordinate medical records and book travel if necessary. When you elect to use a participating Surgeon of Excellence, member financial obligations for the initial consultation, surgery, and follow up visits with your surgeon up to 90 days will be waived, potentially saving you thousands. Sometimes travel is needed to ensure you have access to the best possible provider and may include mileage allowances, hotel, flights and per diems for food. And as we know, your care continues after the surgery. Your Care Advocate will also assist you post-procedure with scheduling follow-up needs you may have. We will even help make sure your surgery medical records are provided to your primary care provider for continuity of care. Your health and satisfaction are our priority.

Call SurgeryPlus at 1-855-200-2119 to speak to a Care Advocate today!

Weeknight Recipe in 25 Minutes or Less

Do your dinner plans seem to get derailed a lot? Maybe schedule changes, work obligations, or kids' sports practices get in the way. Or maybe you're just worn out at the end of the day, too tired to cook. Regardless of the reason, for many of us — myself included — ordering takeout often sounds a lot more appealing than spending an hour slaving over the stove.

Check out the recipe below, which is kid-approved and perfect for hectic weeknights. It's also healthy, satisfying, and in my humble opinion, delicious.

Greek Turkey Burgers

Ingredients

- 1 (16-oz.) pkg ground turkey (93% lean)
- 1 cup finely chopped baby spinach leaves
- ¼ cup finely chopped red onion
- ¼ cup crumbled feta
- 2 tsp. chopped fresh oregano
- 1 tsp. Greek seasoning
- ¼ tsp. salt
- 4 whole-wheat hamburger buns
- Lettuce leaves, tomato and onion slices (optional)

1. Combine turkey, spinach, onion, feta cheese, oregano, Greek seasoning, and salt in a bowl. Combine ingredients well using hands. Shape turkey mixture into 4 (1/2 to 3/4-inch thick) patties. Refrigerate until ready to cook.
2. Heat a grill pan or skillet over medium-high heat. Coat grill pan with cooking spray. Add patties; cook 5 minutes on each side or until done.
3. Serve burgers on buns; top with lettuce, tomato, and onion slices if desired.

Excerpt from Rally article by: Carolyn Williams, PhD, RD May 7, 2019. For more information visit Rally through the SSO at BCBS My Health Toolkit.

