

STATE of MAINE

SOURCE

for
EMPLOYEE BENEFITS & WELLNESSYour Health &
Wellness NewsletterBrought to you by the State of Maine's
Division of Employee Health & Benefits

KEEP YOUR HEART HEALTHY

WHAT IS CARDIOVASCULAR DISEASE?

Cardiovascular disease, such as heart disease, is the leading cause of death for men and women in the United States. To understand heart disease, we need to understand how our heart works. Our heart needs enough blood supply to provide oxygen to our muscles so they can contract and pump. The heart delivers blood to the rest of our body through our coronary arteries. When arteries narrow, it puts stress on the heart muscle, making it unable to perform at its full potential, causing chest pain and shortness of breath.

There are many different types of heart disease although, the most common heart disease in the United States is coronary heart disease (CHD), which can lead to a heart attack. Once the coronary artery becomes completely blocked, blood supply to the heart is stopped and causes a portion of the heart muscle to die. When this happens, it causes a person to have a heart attack or myocardial infarction.

WHAT CAUSES CARDIOVASCULAR DISEASE?

There are some steps you can take that could reduce the risk of cardiovascular disease. Prevention includes:

Quitting smoking. Smoking is a habit that can be very difficult to stop. Letting friends and family members know you are trying to quit will help you get through rough times. Your health insurance plan covers up to eight (8) tobacco cessation counseling visits (per 12 months), and the first two 90-day



treatment regimens for certain medications at **no cost**. You can also talk to your doctor to find out what alternatives there are to help you quit.

Lowering cholesterol. Reading the labels on food packaging can help scale back on high cholesterol foods. Eating heart healthy foods, such as fish, may help prevent high cholesterol.

Controlling high blood pressure. By reducing sodium and cutting caffeine in your diet, you may lower high blood pressure.

Maintaining a healthy weight. When you exercise, you burn calories. Regular physical activity will help you maintain a healthy weight reducing your factors of heart disease.

WHAT ARE THE STATISTICS?

According to Centers for Disease Control and Prevention website, about 610,000 people die of heart disease in the United States every year. That's one in every four deaths.

- More than half of the deaths due to heart disease in 2009 were men.
- Coronary heart disease (CHD) is the most common type of heart disease, killing over 370,000 people annually.
- Every year, 735,000 Americans have a heart attack.

ARE YOU GETTING ENOUGH SLEEP?

Sleep plays a very important role in overall good health throughout your life. Getting the right amount of sleep protects your mental health, physical health and quality of life. The way you feel throughout the day depends on the amount of quality sleep you get. In children and young adults, sleep helps support growth and development. Sleep can affect how well you think, react, work, learn and interact with others.

HOW SLEEP HELPS

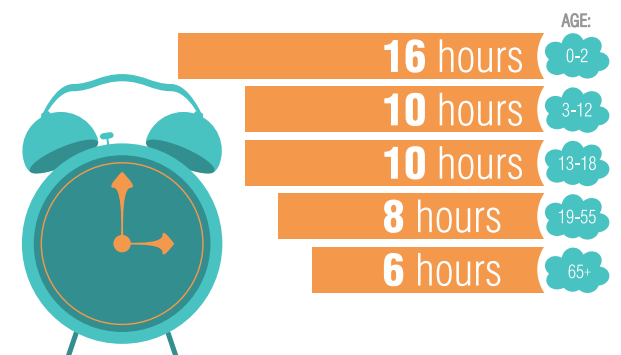
Physical Health. When you sleep, your body is healing to repair your heart and blood vessels. Sleep deficiency is linked to increased risk of heart and kidney disease and high blood pressure. Not getting enough sleep also increases the risk of obesity, especially in young adults.

Daytime Performance. Your body relies on sleep. Having a sleep deficiency will cause less productivity throughout the day. When performing everyday tasks, such as driving or having a conversation, a person with sleep deficiency may think they are paying attention, but their mind actually isn't processing all of the information. In the case of driving, this could not only be harmful to that person, but also to the people around them.

WHY IS SLEEP SO IMPORTANT?

Sleep plays an important role in **good health**

According to The Better Sleep Council, our sleep duration changes as we age along with our sleep patterns. Sleep plays a vital role in promoting physical and emotional health.



A FEW STEPS CAN MAKE A DIFFERENCE

Walking is a simple exercise that offers significant benefits to our bodies. It's known as a weight-bearing exercise because you are carrying your own body weight. Walking is a great way to improve our health because it is low impact, requires no equipment, and can be done at your own pace.

GET MOTIVATED, STAY MOTIVATED!

Getting motivated may be hard; staying motivated can be even harder! Walking with a group can help you stick with it for some added fun and excitement. Try walking in a scenic area that you don't travel often. Walking only 30 minutes a day at a good pace will help improve your overall health.

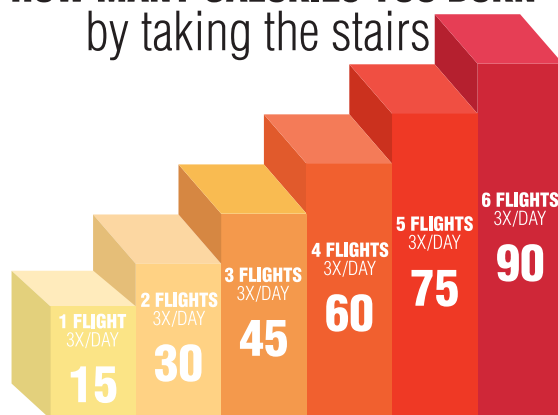
When you are on your own, use these simple adjustments to build walking into your daily routine:

- Start taking the stairs instead of elevators.
- Walk your dog instead of just letting him/her out. It will benefit both of you!
- Park farther away from the entrance when going to work or out running errands.

Use technology to get motivated! Make a playlist of your favorite songs to pass the time and keep up your pace. There are tons of apps and devices for tracking your daily steps each day. Try one out, and see how far you go. To get the most health benefit, it is recommended that you take 10,000 or more steps each day.

Buy new apparel! Buying a new pair of sneakers or new workout outfits can motivate you to make walking a hobby. Just make sure you buy the right apparel that offers the appropriate support for walking.

HOW MANY CALORIES YOU BURN by taking the stairs



(an average flight of stairs = 12 steps)

THERE IS NO ELEVATOR TO SUCCESS. YOU HAVE TO TAKE THE STAIRS.

Taking the stairs, instead of the elevator, can be a great workout for your lower body – in particular, your quads, hamstrings, glutes, hips, calves and feet. Taking the stairs contributes an extra 30 minutes to your total daily physical workout and burns twice as many calories as walking.

DO YOU DRINK ENOUGH WATER?

Drinking the recommended eight 8oz. glasses of water per day offers these benefits:

- 1. Increases energy and relieves fatigue.** If you are not hydrated, your heart works harder, making you feel tired.
- 2. Promotes weight loss.** Drinking water flushes the fats out of your body.
- 3. Flushes out toxins.** Water helps fight against bad toxins in your body and boosts your immune system.
- 4. Improves skin complexion.** Water helps replenish and hydrate the skin.
- 5. Maintains regularity.** Drinking water regulates your metabolism and helps in digestion.
- 6. Natural headache remedy.** Headaches and cramps are a common side effect of dehydration.
- 7. Prevents cramps and strains.** Staying properly hydrated helps lubricate joints and muscles.
- 8. Puts you in a good mood.** If your body is hydrated, it feels healthy and happy.

What happens when you are dehydrated?

When your body doesn't have enough water, you get symptoms such as tiredness, migraine, constipation, cramps, kidney problems and dry skin.



A PERSON SHOULD DRINK
8 glasses of water a day to keep from dehydration.



STAY ACTIVE



Sometimes, it can be difficult to fit physical activity into your busy schedule; however, it's vital to your overall health. Exercising regularly can potentially decrease your risk of disease and avoid injuries and improve your physical and mental health. According to the 2008 Physical Activity Guidelines for Americans, it is recommended that we participate in both moderate-intensity aerobic activity (like fast walking) and muscle-strengthening activities each week.



TRY THESE PHYSICAL ACTIVITIES THIS SUMMER!

WALKING HAS MORE BENEFITS THAN YOU REALIZE...

- 1. WALKING CAN HELP PREVENT TYPE 2 DIABETES.** In a study from The Diabetes Prevention Program, walking 150 minutes per week and losing 7% of your body weight can reduce your risk of diabetes by 58%.
- 2. WALKING CAN STRENGTHEN YOUR HEART.** Your heart is a very strong muscle. Walking increases our heart rate which pumps blood and oxygen to our muscles, keeping it strong.
- 3. WALKING IS GOOD FOR YOUR BRAIN.** Walking is a good opportunity to let your mind wander. Meditation is the key to good mental health.
- 4. WALKING IS GOOD FOR YOUR BONES.** Because walking is a weight-bearing exercise, you are increasing the stress on your bones (especially your hips), strengthening them.
- 5. WALKING HELPS ALLEVIATE SYMPTOMS OF DEPRESSION.** A person does not have to run a marathon to alleviate symptoms of depression. A short, simple walk daily can help ease anxiety.
- 6. WALKING MAY REDUCE RISK OF CANCER.** Most cancers are caused by lifestyle factors. Exercise is one of the most important actions to help guard against many types of cancer.
- 7. WALKING IMPROVES OVERALL FITNESS.** Walking keeps your muscles moving, burns calories and eases the mind! It's a great way to cover all the bases to improve your overall well being.

EMERGENCY ROOM OR URGENT CARE/CLINIC?

Your primary care doctor is the best place to seek care when you are sick or injured. But what about those times you need treatment when the office is closed?

While in some cases, an emergency room visit is warranted, there are quicker and less expensive options available for getting care in non-emergency situations. Urgent care centers and walk-in clinics are convenient, cost-saving alternatives to a hospital emergency room.

WHAT'S THE DIFFERENCE?

Many times, those with less urgent needs may have a long wait at the emergency room in order for those with more serious conditions to be treated first. At urgent care centers and walk-in clinics, patients are treated on a first-come, first-serve basis. Urgent care and walk-in clinics are also often less expensive than the emergency room, and you still receive care from a qualified health care provider.

COST DIFFERENCE

EMERGENCY ROOM	URGENT CARE FACILITY	WALK-IN CLINIC
\$300 copay*	\$25 copay**	\$25 copay**

*Waived if admitted to in-patient status

**Deductible and coinsurance will apply when seeking care outside the Aetna network.

WHEN TO GO WHERE?

Use the chart below for some general guidelines.

ER	URGENT CARE	WALK-IN CLINIC
<ul style="list-style-type: none"> • Major broken bones (such as leg or hip) • Chest pain • Continuous bleeding • Difficulty breathing • Head or neck injury • Severe burns • Convulsions or seizures • Loss of consciousness 	<ul style="list-style-type: none"> • Cuts requiring stitches • Fever or flu • Sore throat or cough • Minor broken bones (such as fingers or toes) • Minor burns • Minor animal or insect bites • Bladder infections • Upper respiratory infections • X-rays and lab tests 	<ul style="list-style-type: none"> • Cold and flu • Minor cuts • Skin conditions • Immunizations • Annual physicals • Health screenings

To find an in-network urgent care center or walk-in clinic, visit www.AetnaStateofMaine.com, use the DocFind® link (see Toolkit) or contact Aetna Member Services at 1-855-850-0039.

AETNA DISCOUNT PROGRAMS

Your health and wellness are a priority, but maintaining good health can get pricey. The Aetna Discount Program can save you money on a variety of health and wellness resources.

FITNESS DISCOUNTS

Save on:

- Gym memberships
- Brand-name home fitness products
- Nutritional products

WEIGHT MANAGEMENT DISCOUNTS

Save on:

- At-home weight-loss programs
- One-on-one health coaching services
- Most popular weight-loss programs and meal plans, such as CalorieKing®, Jenny Craig® and Nutrisystem®

The Aetna Discount Program is offered at no cost to plan members. Start saving today! Log into Aetna Navigator, your secure member website, at www.AetnaStateofMaine.com (see Toolkit) for more details on these discounts and the many more available.

AETNA'S INFORMED HEALTH® LINE

Aetna offers a 24/7 Informed Health® Line at no cost to plan members. Get your health questions answered anytime, anywhere. Simply call 1-800-556-1555.

Use this 24-hour nurse line to:

- Get information on a wide range of health and wellness topics
- Get emails from a nurse with videos that are relevant to your question or topic
- Make smarter health care decisions
- Find out more about a medical test or procedure
- Get help preparing for a doctor's visit

Log into Aetna Navigator for more health information and tools. Choose "Health Programs," then "24-Hour Nurse Line."

REMINDER: HEALTH PLAN COVERAGE CHANGES EFFECTIVE JULY 1, 2016

The following plan changes went into effect on July 1, 2016:

OFFICE VISIT COPAYS

Preferred Primary Care Provider (PCP).....	\$20 copay
Participating PCP.....	\$40 copay
Specialist.....	\$30 copay

DEDUCTIBLES

In-Network Deductible.....	\$600 individual/\$1,200 family
Out-of-Network Deductible..	\$3,000 individual/\$6,000 family

New Aetna ID Card

You should have received a new Aetna ID card which reflects the new copays. If you did not receive a new ID card, contact Aetna Member Services at 1-855-850-0039.

If you have changed your address recently, please make sure to update your information with Aetna, MainePERS and our office at Employee Health & Benefits.



State of Maine
Division of Health & Benefits
 114 State House Station
 Augusta, ME 04333-0114



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 Newsletter

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The State of Maine
Division of Health & Benefits

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Executive Director:
 Christine Brawn

Mailing Address:
 114 State House Station
 Augusta, ME 04333-0114

Location:
 111 Sewall Street, Augusta, ME

Phone:
 Main: (207) 624-7380
 Toll-Free: 1-800-442-4503
 TTY: Maine Relay 711

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