

RISKY BUSINESS



Welcome to the April Edition of Risky Business!

April is Stress Awareness Month. Stress can be debilitating, and it can cause and/or aggravate health problems. Since stress is a normal part of human existence — nobody is immune to it — it's important to arm ourselves with knowledge so that we recognize when stress rears its ugly head. Check out this month's Lifeservices EAP Webinar on Understanding Resilience starting on demand April 16th. The Medpoint clinics will be having a Sports Physical Saturday on May 4th at Stewarts Creek Clinic, student athletes will be seen on a first come first serve basis starting at 11:00 am. See the flyer for more details. Lastly, don't forget to take time this month to schedule your preventative screenings and check out the new enhancements to the 2019 Incentive Campaign!

THIS APRIL 2019

Stress Awareness Month

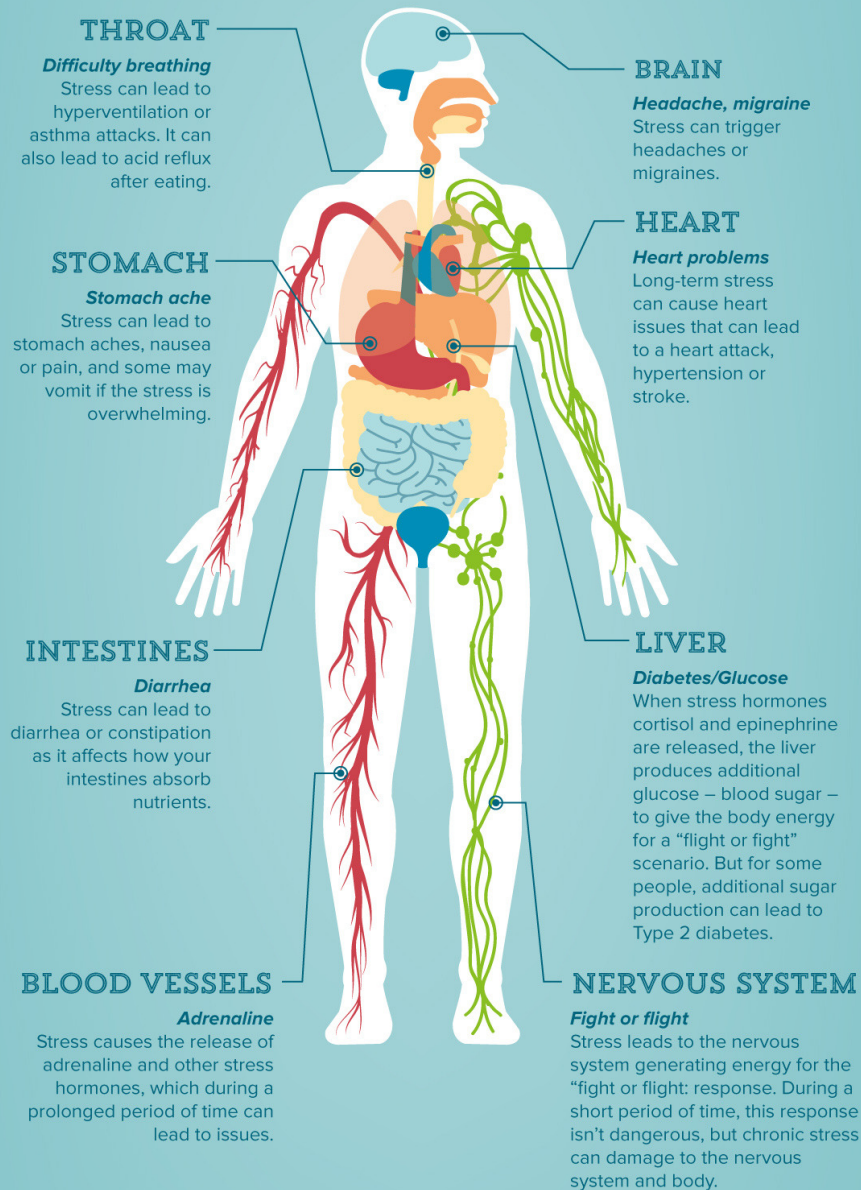


The Effects of

STRESS

on the Human Body

Stress affects various parts of the human body in different ways. Here's a look at how stress affects some of our major organs:



SOURCES

apa.org
healthline.com



Jefferson
Philadelphia University +
Thomas Jefferson University

Take simple steps to reach your \$300 plan discount for 2020.

All actions must be completed between 1/1/2019 - 9/30/2019.

HEALTHY ACTION	DESCRIPTION	POINTS EARNED
Complete your annual physical	An annual exam can identify health concerns before they become more serious	2
Complete your health assessment at myCigna.com or through the myCigna app	A confidential online survey that provides a personalized assessment of your current health	1
Get a biometric screening	Check your blood pressure, cholesterol, blood sugar level, and your body mass index (BMI)	1
Get a mammogram	For early detection of breast cancers	1
Get your annual OB/GYN exam	Can identify early ovarian and cervical cancers, as well as HPV (human papillomavirus)	1
Get a colon cancer screening	Colon cancer can be treated when detected early	1
Get a cervical cancer screening	Pap and HPV tests can help detect changes that can lead to cervical cancer	1
Get a prostate screening	Can detect changes that may lead to prostate cancer	1
Get a flu shot	The flu can lead to more serious issues, help protect yourself and others	1

The maximum plan discount that can be earned per household is \$300. If you have a spouse, you and your spouse must each earn 3 points to qualify for the \$300 maximum reduction.

2019 Wellness Challenges:

- › **January-March:** Cruise to Lose
- › **April-June:** Going the Distance
- › **July-September:** Mighty Macros Challenge
- › **October-December:** Jingle through the Holidays

Look in your monthly Risky Business Newsletter for updated information regarding all programs.

2019 Lifestyle Management Classes:

- › **January 17:** Breakfasts on the Go
- › **March 7:** Build Your Own Workout
- › **May 9:** Lunch on the Go
- › **July 11:** On the Job Workouts
- › **September 19:** Keeping Meals Fun!
- › **November 14:** Healthy Holidays



Mark your calendars
for our **Annual
Rutherford County
Employee Wellness Fair!**

**FRIDAY, OCTOBER 18
FROM 3-7 PM**

Stop by for door prizes, giveaways, and lots of local wellness vendors - plus flu shots will be available.



ATTN: Rutherford County Employees enrolled in a RC Medical Plan

Do you have a student athlete? If so, please join Stewarts Creek for:

Sports Physical Day

May 4th, 2019

7:00 am- 11:00 am

Stewarts Creek MedPoint Clinic

202 Red Hawk Parkway, Smyrna, TN



Please obtain and complete the Pre-Participation Physical Evaluation Form prior to arriving to the clinic.

You may obtain the form your coach or by visiting:

<http://tssaa.org/wp-content/uploads/Forms/med01.pdf>

Athletes will be seen on a first come, first serve basis until 11:00AM.

An appointment during regular clinic hours and a further examination will be required if you have a medical condition, previous injury, or potential concerns are uncovered during the history of the Participation Physical Evaluation.



VitaMin



Vital health information in a minute

Pinpoint the pain: Four headache types

Knowing the symptoms of different types of headaches can help you get the appropriate treatment. Here's a look at four headache types.

Tension headaches may feel like a tight band wrapped around your head. They are the most common type of headache and may be caused by emotions, tension or stress.¹

Headache help: Tension headaches can often be treated with over-the-counter pain medications.

Migraine headaches can cause intense, throbbing pain that lasts for hours or even days. You may also have nausea, vomiting and extreme sensitivity to light and sound. Migraines affect 10% of people worldwide and are more common in women than in men.²

Headache help: If you feel the symptoms of a migraine coming on, rest in a quiet, dark room. A hot or cold compress on the forehead can help, too. If home remedies don't work, talk to your doctor about other treatments.

Chronic headaches may be a sign of other health problems, so it's important to get checked out. Headaches are considered chronic when they occur more than 15 days a month for several months.³ In some cases, chronic "rebound" headaches may be caused by taking too much pain medication.

Headache help: If you experience chronic headaches, your doctor may run tests and examine you for signs of illness or other health conditions.

Cluster headaches are painful headaches that come in clusters or cycles. They occur as an intense pain centering around one eye on one side of the head. Cluster headaches are rare, affecting less than 1% of the population, mostly men.⁴

Headache help: A doctor may prescribe preventive medication for cluster headaches.

Seek medical care right away if:

- Your headache is sudden and severe
- You have a fever, stiff neck, confusion, seizure, double vision, weakness, numbness or difficulty speaking
- You had a head injury
- Your headache gets worse even with rest and pain medication

Help find the cause of the pain

Keeping a headache diary can offer important clues to what may be triggering your headaches. Jot down the date and time of each headache. Take note of your diet, activities, stress, pain medications and other details. Bring it with you to discuss with your doctor.

Sources:

1. MedlinePlus. "Tension headache." <https://www.nlm.nih.gov/medlineplus/ency/article/000797.htm> (last reviewed/updated Nov. 5, 2014)
2. National Institute of Neurological Disorders and Stroke. "NINDS Migraine Information Page." <http://www.ninds.nih.gov/disorders/migraine/migraine.htm> (last reviewed/updated Nov. 3, 2015)
3. Mayo Clinic. "Chronic daily headaches." <http://www.mayoclinic.org/diseases-conditions/chronic-daily-headaches/basics/symptoms/con-20025386> (last reviewed/updated March 10, 2015)
4. Cleveland Clinic. "Cluster Headaches." https://my.clevelandclinic.org/health/diseases_conditions/hic_Cluster_Headaches (last reviewed/updated July 22, 2014)

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice before undertaking a new diet or exercise program.



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YOUR EMPLOYEE SUPPORT PROGRAM

WHATEVER YOU NEED,
WE ARE HERE TO HELP.



Promotional Calendar

	THEME	ONLINE SEMINAR	DESCRIPTION
			Seminars can be found on your home page, or you can search for them by title.
JAN	Workplace Relationships	<i>Building Positive Relationships at Work</i> Available on Demand Starting Jan 15th	Examine patterns in our workplace relationships and how we can alter our approach to make them positive.
FEB	Recognizing a Need for Support	<i>Mental Health First Aid</i> Available on Demand Starting Feb 19th	Recognize the signs of someone who might be facing emotional concerns, and learn best practices for offering support.
MAR	Respecting Each Other	<i>Interpersonal Communication: Social Skills for Success</i> Available on Demand Starting Mar 19th	Explore verbal and nonverbal communication to better understand how interpersonal communication may be interpreted by others.
APR	Resilience	<i>Understanding Resilience</i> Available on Demand Starting Apr 16th	Delve into techniques for becoming more resilient, and understand that the first step is acknowledging one's own feelings.
MAY	Prioritizing Wellbeing	<i>Healthy Mind Toolkit</i> Available on Demand Starting May 21st	Learn practices for restful sleep, balanced nutrition, healthy relationships, regular mindfulness practice, and more, as practical tools in your "healthy mind toolkit."
JUN	Mindfulness and Focus	<i>Mindfulness Matters</i> Available on Demand Starting Jun 18th	Explore basic mindfulness principles and learn some techniques that you can put to immediate use.
JUL	Managing Pressure and Balancing Priorities	<i>Making a Life While Making a Living: Work-Life Balance</i> Available on Demand Starting Jul 16th	Identify strategies to be more effective and more satisfied with both home and work lives.
AUG	Tools for Financial Wellbeing	<i>Effective Budgeting</i> Available on Demand Starting Aug 20th	Develop better skills for tracking spending, reducing debt, and developing a personal plan for financial success.
SEP	Making the Best Use of Your Time	<i>Maximizing Your Day: Effective Time Management</i> Available on Demand Starting Sep 17th	Better understand basic time management principles and what characteristics make effective time managers.
OCT	Positive Emotional Health	<i>Emotional Wellness: Building Better Mental Health</i> Available on Demand Starting Oct 15th	Gain coping strategies for dealing with adversity in a constructive way, and develop structured mechanisms for building better mental health.
NOV	Support for Caregivers	<i>The Sandwich Generation: Meeting the Challenges of Multigenerational Caregiving</i> Available on Demand Starting Nov 19th	Identify common family dynamics, gain insight on knowing when it's time for additional caregiving support resources, and explore self-care techniques.
DEC	Creating Stronger Relationships	<i>Examining Relationships: Healthy vs. Unhealthy</i> Available on Demand Starting Dec 17th	Examine different types of relationships – from family and friendship, to romantic and professional – while learning to recognize healthy and unhealthy relationships.

Available any time, any day, your Employee Support Program is a free, confidential benefit to help you balance your work, family, and personal life. For professional assistance, just call or log on.

TOLL-FREE: **800-822-4847**

WEBSITE: www.lifeserviceseap.com

USERNAME: **rutherford** | PASSWORD: **employee**

VitaMin



Vital health information in a minute

Photo: Hector Manuel Sanchez

ALL THE GREEN THINGS SALAD

Yield: Serves 8 (serving size: 1 cup)

Total time: 25 minutes

Ingredients

- › 1 ½ cups frozen green peas
- › 1 pound asparagus, trimmed and cut diagonally into 2 ½-inch pieces (4 cups)
- › 12 ounces sugar snap peas, trimmed (about 4 cups)
- › 3 tablespoons minced shallots
- › 3 tablespoons extra-virgin olive oil
- › 1 ½ teaspoons grated lemon rind
- › 2 tablespoons fresh lemon juice
- › 1 tablespoon Dijon mustard
- › ¾ teaspoon kosher salt
- › ½ teaspoon freshly ground black pepper
- › 4 ounces pea tendrils, pea shoots or watercress (about 5 cups)
- › 1 cup loosely packed fresh flat-leaf parsley leaves
- › ½ cup torn fresh mint leaves
- › 1 firm, ripe avocado, cubed

How to make it

1. Bring a large Dutch oven filled with water to a boil over high. Add green peas, asparagus and sugar snap peas; boil until crisp-tender, about 3 minutes. Drain and rinse well with cold water; drain well.
2. Whisk together shallots, oil, rind, juice, mustard, salt and pepper in a large bowl. Add blanched vegetables; toss well to coat. Add pea tendrils, parsley leaves, mint leaves and cubed avocado; toss gently to combine.

Nutrition information

Amount per serving

- › Calories: 137
- › Fat: 7.9 g
- › Saturated fat: 1.1 g
- › Monounsaturated fat: 5.4 g
- › Polyunsaturated fat: 0.9 g
- › Protein: 5 g
- › Carbohydrate: 14 g
- › Fiber: 6 g
- › Cholesterol: 0.0 mg
- › Iron: 3 mg
- › Sodium: 251 mg
- › Calcium: 63 mg
- › Sugars: 5 g
- › Est. added sugars: 0 g

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VitaMin

Vital health information in a minute



SHOP AROUND TO HELP SAVE MONEY ON SURGERY

The costs of surgery can vary a lot from one provider to the next. For example, hip or knee replacement surgery may cost thousands of dollars more (or less), depending on where you go. You have a lot to gain by shopping around for quality care at a lower cost, especially if you're paying a portion of health care costs out of your own pocket.

Here are some steps you can take if you want to find out how much you'll pay for a medical procedure:

Ask for a cost estimate. Ask about the type of procedure your doctor recommends and how much it will cost. Find out if there are additional costs beyond the doctor's fee. For example, you may be charged separately for lab tests, imaging scans, anesthesiology or other services. While your doctor can give you an idea of what to expect, there's always a possibility that you may require additional care.

Find out if it's inpatient or outpatient surgery. This affects how much you pay. With an inpatient procedure, you're admitted to the hospital and there's usually at least one overnight hospital stay. With an outpatient procedure, you're not admitted to the hospital. You typically return home the same day. Outpatient procedures may cost less because you don't pay for a hospital stay.

Compare costs with different providers. Find out the exact name of the procedure and how it's referred to in the medical billing system. With that information, you can call another provider's office and ask about pricing. You can also check with your health insurance company about tools and resources they might have to help compare treatment pricing and provider quality. That way, you can make your choice based on cost and quality.

Check your coverage. Review your health insurance plan to find out what portion of the costs you may be responsible to pay. Doing so can help you feel confident and prepared, so you won't be surprised by medical bills after your surgery.

This is general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

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CHRISTI'S CORNER

According to the Centers for Disease Control and Prevention, up to one-third of U.S. workers report high levels of stress at work. Two-fifths (40%) say their jobs are very stressful, and more than one-fourth (26%) report being “often burned out or stressed” by their work.

What can be done to help relieve some of this harmful stress? Here are some things to try:

- Talk about stress and its effects – lets work together to reduce the stigma that is associated with stress by talking about the topic openly and freely with friends, family and colleagues.
- Share your coping mechanisms – if something has worked for you why not share it. It might benefit someone you care about and in the meantime it might help you take your focus off your own challenges.

- Be nice to those who are stressed and anxious – we are all undoubtedly going to experience stress and anxiety in our lifetime so treat others going through it with compassion and empathy.
- Look after yourself – we all need to think more about self –care. Take time out of your day to relax or do something that you enjoy. Don't forget to exercise and eat well, even when you feel too stressed. The most crucial thing you can do when you are stressed or anxious is to make sure you are continuing to look after yourself. Make time to relax when you need to and learn to say no to requests that are too much for you.

WE ARE HERE TO HELP



➔ Leigh Smith

➔ Hilary Keen

➔ Chuck Chapa



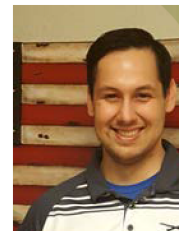
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