

Be Well!

The Tolland Buzz

To ER or Not to ER?

Times have changed.... But a recent study reflects that we are not keeping up with the resources available to us. Years ago if you had an urgent medical need (especially after 5pm) the hospital ER was the only option for care. In a Rand Corp. study published in 2010, it was noted that up to 17% of ER visits could have been taken care of outside of a hospital setting.

Times have changed. Today in our communities many local physician offices are open evening hours, and there are retail clinics and urgent care centers available to treat many medical issues after hours.

[CLICK HERE to find walk-in clinics and urgent care centers near you in the Cigna network](#)



Find in-network doctors, facilities, and more with CIGNA mobile. Go to www.cigna.com or www.mycigna.com from your mobile device

Save time & money:

Visiting an emergency department for less-urgent issues like strep throat or an ear infection could take 3+ hours and incur a cost to insurance of \$580 compared with \$90 at an urgent care center. These cost savings do impact long-range cost of premiums for members. You can also save on out-of-pocket expenses because ER co-pays can range from \$50 - \$200, compared with \$15 - \$25 for retail health clinics and urgent care centers.

While many symptoms **DO require a visit** to an Emergency Department, we want to empower you to make an informed decision about where to seek care when your doctor is not open.

Most insurers have a toll-free 24/7 hotline where you can talk with a nurse about non-emergency medical issues - check your insurance card for the #. Cigna's 24/7 number is:

800-cigna24



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FREE Cigna Wellness Seminar

My Aching Back!

with

Sandra Cloutier, PhD

Learn about muscle groups that keep the back healthy, prevent or alleviate low back pain, & get ideas for preventing low back pain.

November 17th

3:45

Tolland Intermediate Lecture Hall

[Register HERE](#)
(walk-ins welcome)

November is American Diabetes Month

Diabetes is a condition where there is too much glucose (sugar) in the blood. Diabetes is a serious disease. If it isn't managed, it can damage many parts of the body, leading to heart attacks, strokes, amputation, blindness, kidney failure and nerve damage. But there is good news: diabetes complications can be prevented or delayed by properly managing blood glucose, blood pressure and cholesterol levels. Eating healthy, being physically active and quitting smoking also can help lower the risk of diabetes complications.

Are you at risk for prediabetes? Prediabetes is a condition in which individuals have blood glucose levels higher than normal but not high enough to be classified as diabetes. People with prediabetes have an increased risk of



developing type 2 diabetes, heart disease, and stroke.

How do you know if you are at risk? There are several key risk factors, with some being weighted higher than others. Having a family member with diabetes increases your risk, but three risk factors have a more significant impact: being overweight, getting little or no regular physical activity, and being between 45 and 64 years of age.

3 things you can do to reduce your risk:

- Share risk factors or possible symptoms with your health care provider
- Eat a healthy diet
- Get regular physical activity

Health Tip!

Beethoven's Fifth symphony would sound like noise if there were no pauses.

~*~*~

Sometimes life turns into random noise when we don't pause.

Create a less-stressful life:

Take time for quiet moments.

Be Well !

4 South Eagleville Rd.
Mansfield, CT 06268

Phone: 860.429.3361
Fax: 860.429.3321
Email: be_well@ehhd.org
www.ehhd.org/be_well

An EHHD Wellness
Program

Get a rebate for
entering the 2011
Manchester Road Race!
(Ask Be Well how)



An EHHD Wellness Program

Healthy Chili

Modified from Allrecipes.com

2 T olive oil
1 green bell pepper, diced
2 cloves garlic, minced
1/2 teaspoon ground black pepper
2-3 tablespoons chili powder
1 tablespoon distilled white vinegar
1 package firm tofu, drained and cubed
2 (15.5 ounce) cans black beans, drained
1 (15 ounce) can crushed tomatoes

6 servings
1 large onion, chopped
1 red bell pepper, diced
1 cup frozen corn (optional)
1 teaspoon ground cumin
1 tablespoon dried oregano

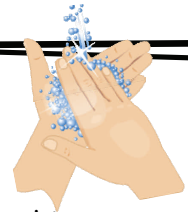
Directions

1. Heat the olive oil in a large skillet over medium-high heat. Add the onion; cook and stir until they start to become soft. Add the green pepper, red pepper, garlic and tofu; cook and stir until vegetables are lightly browned and tender, the whole process should take about 10 minutes.
2. Pour the black beans into the slow cooker and set to low. Stir in the sautéed vegetables, corn and tomatoes. Season with salt, pepper, cumin, chili powder, oregano, and vinegar. Stir gently and cover. Cook on Low for 6 to 8 hours.

Serve with tossed salad, whole grain bread, & fresh fruit

The Power of Prevention

Don't underestimate the value of washing your hands to minimize your exposure to flu germs. Reduce the spread of the flu by washing after sneezing or coughing, after blowing your nose, and after being in public places where hands have been in contact with common areas (hand rails, benches, or doorknobs). Also, avoid touching your mouth, nose & eyes with your hands.



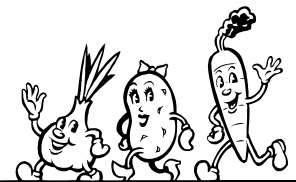
SLEEP APNEA AND OTHER SLEEP DISORDERS

Although the possible causes of sleep disorders can range from A to ZZZ, there are several common issues that interrupt sleep. Sleep apnea is reported to effect 18 million Americans (National Sleep Foundation), and insomnia impacts up to 40% of adult Americans in any given year (National Institute of Health). Considering that many have another adult in the room while they sleep, your chances of being directly or indirectly effected by some form of sleep disorder is fairly high. Learn more at www.sleepfoundation.org

Be Well is an employee wellness program provided through the Eastern Highlands Health District, and offered at your worksite through grant funding from your employer. The goal of this program is to improve the overall health and wellness of employees through wellness initiatives that target risk factors and wellness issues that influence health.

Nutrition Facts per serving:

Calories: 394
Total fat: 12 g
Saturated fat: 2 g
Cholesterol: 0 mg
Sodium: 107 mg
Fiber: 17 g
Protein: 26 g
Carbohydrate: 53 g



Vegetables can be used in creative ways to increase the nutrient value of the meals you eat.

Active Living Tip:

Push-ups are often called the single most effective full body fitness tool. When done properly, they provide weight lifting, muscle strengthening, a cardiovascular workout, and stretching all in one no-cost exercise!

Those who are not experienced in doing push-ups can get started by just holding the position. It will work muscles and get you ready to start some reps!