

FOR YOUR BENEFIT

Winter 2011

High Blood Pressure Pt. 2: Prevention and treatment

□ This is the second article in a three-part series on hypertension, focusing on its symptoms, its prevention, its treatment and long-term maintenance.

The risk of high blood pressure, also called hypertension, increases with age. And with it comes more risk of heart attack, heart disease, stroke and other health problems.

But that doesn't mean one should give up hope. Quite the contrary! Here are some ways to control hypertension, even as you age.

Eat a healthy diet

Eating a healthy diet can reduce your risk of developing high blood

pressure and the diseases associated with it.

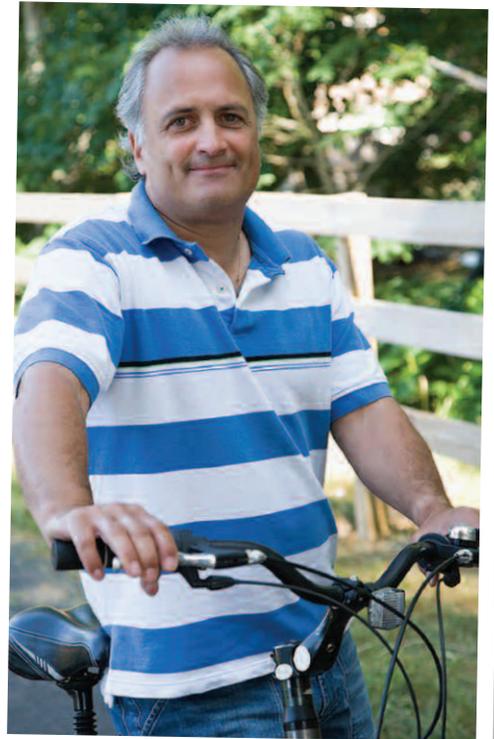
Strive for a diet rich in fruit, vegetables, whole grains and high-fiber foods. When eating dairy, look for fat-free and low-fat products.

Eat fish at least twice a week, especially fatty fish like salmon or trout that contains omega-3 fatty acids.

Beans, skinless poultry and lean meats also should be an important part of your diet.

Whatever you eat should be low in sodium. For most people, the more salt they eat, the higher their blood pressure. Always read food labels to make

(Continued on page 3)



For Your Benefit is a quarterly newsletter designed to keep all members informed about how to use their benefits most effectively.

Members also may contact their Union's Benefit Clerks or call the Trust Fund office directly:

(800) 552-2400

Phone hours for the Trust Fund's Member Services Department are 7:30 a.m.-5:30 p.m., Monday-Friday.

www.ufcwtrust.com

ALSO IN THIS ISSUE

- HRQ is coming
- Use screenings to stay healthy
- Tips to stay awake on the job

UFCW & Employers Benefit Trust
P.O. Box 8086
Walnut Creek, CA 94598-8086



Prsrt Std
US Postage
PAID
Permit #89
San Ramon CA

Annual Verification: Important reminder for all participants

Open enrollment is over. Even Plan participants who did not participate in Open Enrollment **must** participate in the Annual Verification process.

Verification of personal and family information is required each year. Failure to provide and/or verify this information annually through Open Enrollment or Annual Verification will result in the denial of all claims, including sick leave and prescription drugs, in 2011 until the required information is provided.

Call (866) 827-2116 from 5:30 a.m. to 5:30 p.m. PST, Monday-Friday or visit www.ufcwtrust.com at a time that is convenient to you to complete the Annual Verification.



For Your Benefit is the official publication of the UFCW & Employers Benefit Trust. This bulletin describes particular benefits and does not include all governing provisions, limitations and exclusions, which may vary from plan to plan. Refer to the Summary Plan Description and Evidence of Coverage and Disclosure Form for governing information.

1277 Treat Blvd., 10th Floor
Walnut Creek, CA 94597

2200 Professional Dr., Suite 200
Roseville, CA 95661

(800) 552-2400

www.ufcwtrust.com

HRQ coming Feb. 2011

All eligible participants and spouse/domestic partners enrolled in the PPO medical plan will receive their annual Health Risk Questionnaire (HRQ) for 2011 beginning in February.

The HRQ is designed to help you identify potential health risks early so you can seek proper care and make necessary lifestyle changes. The results are confidential and are available only to you.

Active PPO participants covered under the 2007-2011 collective bargaining agreement



(not retirees) who complete and return their HRQ form will receive an additional contribution to their HRA account.

Changes? Notify us!

Participants must notify the Fund whenever their address or status changes. The Fund also should be notified of participants' current telephone numbers and email addresses.

If your address changes, or if you marry, remarry, divorce or have a child, be sure to update your information. This is not done automatically, even if you have notified your employer.

Participants who do not have their current information on file will miss out on important benefit communications from the Fund and cause avoidable expense as the Fund



researches the participants' most recent data.

Visit www.ufcwtrust.com and click on "Forms" to download a Change of Contact Information form. You'll also find other forms that you might need.



Blood pressure Pt. 2

(Continued from front page)
the best choice.

The American Heart Association recommends consuming no more than 1,500 mg of sodium daily. Studies have shown that, on average, Americans consume two to three times that amount.

Lose weight

Weight loss is the single most important non-drug treatment for the prevention of hypertension. Blood pressure rises as body weight increases. Losing even 10 pounds can lower blood pressure — and it has the greatest effect for those who are overweight and already have hypertension.

Being overweight or obese is also a risk factor for heart disease, high blood cholesterol and diabetes.

Limit alcohol intake

Studies show that heavy drinking makes it more difficult to control blood pressure and that a reduction in alcohol consumption can help lower blood pressure.

Don't smoke

According to the American Lung Association, more than 400,000 Americans die of smoking-related illnesses each year. This figure includes those affected

by secondhand smoke and babies born prematurely due to maternal smoking.

The nicotine in cigarettes causes the blood vessels to constrict. This narrowing of the vessels increases blood pressure.

Exercise

Getting enough exercise is another important way to control high blood pressure. For some people, exercise can lower blood pressure enough so they do not need medication.

You don't have to spend hours in the gym every day. Adding moderate physical activities, such as walking the dog, taking the stairs instead of the elevator, or even vacuuming briskly to your daily routine can do the trick.

Try to get 30 minutes of aerobic activity most days of the week. Walking, jogging, swimming and bicycling are excellent ways to get the activity you need to help prevent hypertension.

Remember, before you begin any exercise program, check with your health care provider, start slowly and build up your activity level gradually.

When prevention efforts fail and blood pressure remains high, medication is indicated for long-term treatment. That will be covered in the next issue of *For Your Benefit*.

Prevention: Screenings save lives and keep the Fund strong

The adage that “an ounce of prevention is worth a pound of cure” holds true now more than ever. Annual exams and preventive diagnostic tests on a regular basis will help you maintain your health and help find any problems before they become significant or even life-threatening.

Heart disease is the number one killer of Americans. A variety of screening tests included in your benefits can help your treating physician determine if you are at risk. These include a simple test for high blood pressure.

The risk for cancer generally increases with age, but many common cancers, including breast, colon, prostate and cervical cancer, can be detected, and cured, if caught in the early stages. Fairly simple, inexpensive tests and physical examinations can save your life.

Prevention saves the Trust Fund money so that more benefits will be there for everyone when they are needed.

Please refer to the Summary Plan Description handbook to learn about preventive services available through your benefits plan. Encourage your friends and loved ones to do the same.

Be alert!

Tips for staying awake on the job — even at 3 in the afternoon

All of us have times when it seems we can't stay awake, especially at work.

Staying alert is not only important for airline pilots or train engineers. Grocery clerks also need to stay alert throughout the work day to fulfill their duties.

No matter what your job, it's never a good idea to get sleepy while at work. Think about what your employer would say!

Here are some tips that can help keep you awake and alert:

- Always begin the day with a

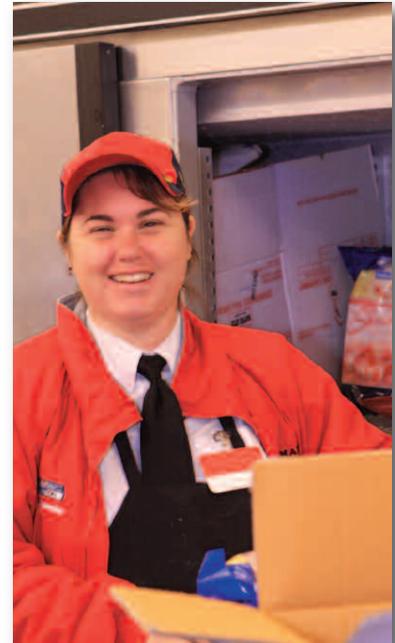


healthy breakfast. Studies have shown that eating breakfast improves alertness and concentration and helps you feel better, both mentally and physically.

- Eat a light lunch. Eating a big lunch may make you more likely to get sleepy during the afternoon as your body struggles to digest it.
- Avoid sugary snacks. It's better to snack on whole-wheat crackers and low-fat cheese. This will give you a lasting stream of energy for your body.
- Make sure you get enough sleep, about seven to 10 hours a night.

If you still find yourself getting drowsy at work, especially during the slump that many people experience around 3 in the afternoon:

- Take some deep breaths and stretch to help circulation.
- Get up and do some sort of physical activity, like walking or stretching. If you can't move around, drum your fingers on a counter or tap your feet.
- Drink plenty of fluids: dehy-



dration can also cause fatigue.

- Go into the restroom and throw some cold water on your face.
- If you can, go to a cooler area or step outside for a few minutes. People tend to get sleepier in warm rooms or areas.

Following these simple tips could help you stay awake and avoid some serious problems on the job.

See your doctor if you find that you consistently fall asleep during the day. You may have a serious medical condition.