

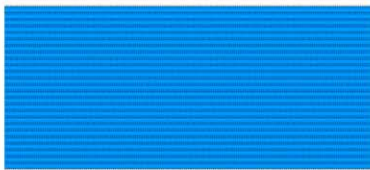
Live Well, Work Well

Healthy employees = happy employers

Addressing your employees' health and wellness matters can benefit your company's productivity and bottom line. Ask your Benefit Management Solutions Inc. representative about the complete line of *Live Well, Work Well* flyers, including:

- Fight Cancer with Food
- Emergency Room or Urgent Care?
- High Blood Pressure
- Eating Out Can Be Healthy
- Saving Money on Prescriptions
- Healthy Portion Sizes
- Test Your Stress
- Fitness First: Walking
- Men's Health: Preventive Screenings, Parts 1 and 2
- Women's Health: Preventive Screenings, Parts 1 and 2
- Smoking and Your Health
- Time Management
- Dental Care: Oral Health and Wellness
- Food Labels: The Breakdown
- Children's Health: Exercise
- Holiday Stress: Sticking to Your Budget

Make sure to ask your representative about the popular series of *Live Well, Work Well* newsletters too.



live well, work well

Health and wellness tips for your work, home, and life—brought to you by the insurance and healthcare specialists.

Emergency Room or Urgent Care?

How to choose

According to some estimates, more than three-quarters of the people who visit an emergency room do not need to be there. Many of these patients are likely better candidates for a visit to an urgent care center.

Do You Really Need the ER?

Emergency rooms are located in hospitals and are staffed by medical doctors who use sophisticated equipment to handle life-threatening injuries and illnesses, and other serious medical conditions such as difficulty breathing or sudden severe pain. Patients at the emergency room are sorted, or triaged, according to the seriousness of their condition. For example, a patient with a broken leg would wait longer than a patient with a heart attack.

immediately. You should go directly to the nearest emergency room if you experience any of the following:

- Chest pain
- Shortness of breath
- Severe abdominal pain following an injury
- Uncontrollable bleeding
- Confusion or loss of consciousness, especially after a head injury
- Poisoning or suspected poisoning
- Serious burns, cuts, or infections
- Inability to swallow
- Seizures
- Paralysis

situations. Rather, they handle instances which require immediate attention – those where delaying treatment could cause serious problems or discomfort.

Some examples of conditions that require urgent care are:

- Ear infections
- Sprains
- Urinary tract infections
- Vomiting
- High fever

Urgent care centers are usually more cost-effective than ERs for these conditions. In addition, the waiting time in urgent care centers is usually much shorter.

Holiday Stress: Sticking to Your Budget

Money problems are the leading cause of holiday stress for Americans, according to a survey conducted by the American Psychological Association (APA).

Stress-free Holiday Budgeting Tactics

- **Start shopping early.** Smart shoppers enter the holiday gift season into each month's budget, and they buy presents here and there throughout the year. However, if you wait until the last minute, you'll have to spend a lot of money in a short period of time. Start shopping early, and you'll have more time to shop and compare prices.
- **Make a list and check it twice.** Revisit your shopping list. Does everyone have an item they need? Is there a sale item that you can take advantage of?
- **Set limits.** Write down a maximum dollar limit for each gift.

Smoking and Your Health

How people would disagree that smoking is hazardous to their health, yet millions continue to smoke and die each year.

The Scary Truth

According to the American Lung Association (ALA), smoking kills an estimated 430,700 people each year, and the ALA expects that number will continue to rise. Smoking causes or worsens many health conditions, including:

- Chronic obstructive pulmonary disease (COPD)
- Lung cancer
- Heart disease
- Stroke
- Diabetes
- Depression
- Pregnancy complications
- Premature aging
- Poorer vision
- Reduced sense of taste and smell
- Increased risk of infection
- Higher risk of complications from surgery
- Higher risk of complications from anesthesia
- Higher risk of complications from dental procedures
- Higher risk of complications from dental X-rays
- Higher risk of complications from dental fillings
- Higher risk of complications from dental crowns
- Higher risk of complications from dental bridges
- Higher risk of complications from dental dentures
- Higher risk of complications from dental implants
- Higher risk of complications from dental root canals
- Higher risk of complications from dental extractions
- Higher risk of complications from dental cleanings
- Higher risk of complications from dental checkups
- Higher risk of complications from dental X-rays
- Higher risk of complications from dental fillings
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- Higher risk of complications from dental checkups

Fight Cancer with Food

Nutrient-rich foods good for preventing cancer

A healthy lifestyle is instrumental in disease prevention, and a diet rich in certain foods can really go the extra mile. In fact, there are several foods that are extremely beneficial in the fight against cancer.

To further assist in your disease prevention efforts, consider incorporating these body-strengthening foods into your diet to reap their disease-fighting benefits:

- **Beans:** Beans contain a number of phytochemicals, which have been shown to prevent or slow genetic cell damage. Beans' high fiber content has been connected with a lower risk of digestive cancers. Research suggests beans are especially potent in preventing prostate cancer.
- **Berries:** Berries contain ellagic acid (found commonly in strawberries and raspberries) and anthocyanins (found in blueberries and blackberries).
- **Dark, Leafy Green Vegetables:** Vegetables like romaine lettuce, mustard greens, chard and Swiss chard contain carotenoids, a form of antioxidant that removes cancer-causing free radicals from the body. These vegetables are also rich in folic acid, which has been shown to reduce the risk of lung and breast cancer.
- **Fenugreek:** Eating fenugreek in the form of tea and food is believed to reduce the risk of breast, skin and prostate cancer.