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SPRING 2015

## ANTHEM BLUE CROSS SECURITY BREACH

Last month Anthem Blue Cross announced that it was the victim of a cyber-attack resulting in a data breach affecting over 70 million people. The Operating Engineers Health & Welfare Trust contracts with Anthem for use of their provider PPO network and their HMO.

Anthem has been quick to respond to the seriousness of the situation by immediately offering two years of free credit monitoring for all individuals impacted by the breach. Letters will soon be mailed to all impacted members describing the situation more fully and how to enroll for the free credit monitoring service. In the meantime, current and former Operating Engineers Health & Welfare covered members and dependents can enroll online by clicking on <https://anthem.allclearid.com/> to quickly enroll in free identity protection and credit monitoring services. You can also call (877) 263-7995 if you prefer to enroll by phone, but it may take longer than enrolling online.

The free identity protection services provided by Anthem include two years of:

- Identity Repair Assistance
- Credit Monitoring
- Child Identity Protection
- Identity theft insurance
- Identity theft monitoring /fraud detection

For additional facts we encourage you to visit the website: [www.AnthemFacts.com](http://www.AnthemFacts.com)

We share in your concern and want to reassure our covered members and their families that security continues to be a top priority for the Fund Office. We urge everyone to always be proactive with regard to safeguarding personal information. As additional information unfolds about the Anthem breach we will continually update our website and communicate all new details with you.

### **Alert: Anthem "Phishing" Scam**

We were recently made aware of a scam where someone has created a fake email from Anthem regarding credit monitoring. We should all be aware of scam email campaigns designed to capture personal information (known as "phishing"). **Emails which include a "click here" link for credit monitoring are NOT from Anthem.**

## NEW IMMUNIZATION SERVICE

Effective January 15, 2015

Getting routine vaccines is the best defense against common illnesses like the flu, pneumonia and shingles.

To assist you in obtaining the routine vaccines you desire, the Fund has added a new service available at CVS pharmacies. This service allows you to walk into your local CVS pharmacy and receive several Immunizations directly from the immunizing pharmacist on duty, **at no cost to you.**

The following list shows the free vaccines available through this program:

- Seasonal Influenza Vaccine (available thru April 30, 2015)
- Zoster (shingles)
- Tetanus, Diphtheria Toxoids, Pertussis
- Hepatitis A & B
- Measles, Mumps, Rubella, Varicella
- Pneumococcal (pneumonia)
- Human Papillomavirus
- Meningococcal

We recommend calling your local CVS pharmacy prior to your arrival to ensure availability of the particular vaccine you need and to check if the immunizing pharmacist is on duty.

If you should have any questions about this program you can call the Fund Office Member Services Department.

### **Women's Health & Cancer Rights Act (WHCRA)**

Under the Women's Health and Cancer Rights Act of 1998, all plans like the Health & Welfare Plan for I.U.O.E., Local 12, that cover mastectomies are also required to cover related reconstructive surgery. Available reconstructive surgery must include both reconstruction of the breast on which surgery was performed and surgery and reconstruction of the other breast to produce a symmetrical appearance. Coverage must also be available for breast prostheses and for the physical complications of mastectomy, including lymphedemas. These services are elective and are chosen by the patient in consultation with the attending physician. These services are subject to the Plan's usual provisions regarding deductibles, benefit maximums, coinsurance and copayments.

The **NOTICE OF PRIVACY PRACTICES** for Protected Health Information (PHI) is available to participants on the website, [www.oefi.org](http://www.oefi.org), or by written request to:

**Director of Compliance**

Operating Engineers Funds, Inc. – P. O. Box 7063, Pasadena, CA 91109

# 10 FOODS NUTRITIONISTS LOVE

In a perfect world, everything we eat would taste delicious, be super-convenient, and offer plenty of nutritional benefits. But do such foods exist in the real world?

They certainly do — and hard-to-find specialty foods need not apply. These 10 nutritionists' favorites are versatile and delicious, and most can be prepared in a flash.

**Beans** – Calypso, scarlet, black turtle, cranberry — even the variety names of this delicious food are pretty cool.

They're such a nutrient dynamo that beans are the only food recognized in two food groups, vegetables and proteins, says Connie Evers, RD, author of *How to Teach Nutrition to Kids*.

Beans are high in low-fat protein, packed with fiber, and contain a host of nutrients and phytonutrients, the combination of which may help guard against diabetes, cardiovascular disease, and some cancers while also building and repairing muscle.

Add beans to soups, stews, and chili. Sprinkle them in salads, and add them to burritos or scrambled eggs. Or try blending beans with spices for great spreads or dips.

**Greek Yogurt** – Smooth, creamy, and extra-thick, Greek yogurt is a great source of protein, potassium, and calcium and is also an important source of probiotics.

The nutrients in yogurt help build strong bones, aid digestion, and keep your immune system going strong. Along with having less watery whey than regular yogurt — which helps make the Greek variety super-thick — Greek yogurt also has less sodium and fewer carbs than regular yogurt and packs twice the protein.

Use plain nonfat Greek yogurt as a base for salad dressings, dips, and smoothies, suggests Evers, or try topping soups, stews, nachos, or chili with it. If you like your yogurt sweet, add a teaspoon of jam and sprinkle in some nuts or seeds and you've got a quick, healthy on-the-go breakfast.

**Sweet Potatoes** – One of the most nutritious vegetables you can eat — especially if you leave the skins on — sweet potatoes are rich in heart-healthy potassium and vision-boosting vitamin A. Fat and cholesterol-free, sweet potatoes also have a rich, sugary flavor while still being low in calories.

Cubed sweet potatoes cook up quickly in the microwave, or you can toss them with a bit of oil and seasonings and roast them in the oven. Sweet potatoes can also give body to stews and a sweet flavor to lasagnas and other casseroles.

**Powerhouse Peanuts** – Like other legumes, peanuts are packed with the protein your body needs to build and repair muscle. They also contain mono- and polyunsaturated fats, important for heart health. The nutrients in peanuts possibly may lower your risk for cardiovascular disease, type 2 diabetes, and metabolic syndrome.



Eat peanuts with their thin red skins on, suggests David Grotto, RD, author of *101 Foods That Could Save Your Life!*, and you'll get the same antioxidants you find in wine and chocolate.

**Kefir** – Kefir is a fermented drink usually made with cow, goat, or sheep's milk, though it can also be made from rice, coconut, or soy milk.

Described by some as a mildly carbonated liquid yogurt, kefir is rich in calcium and protein and is also "a good source of magnesium, riboflavin, folate, and B12," says Grotto. Like yogurt, kefir contains probiotics,

which not only aid digestion but may also help manage symptoms of IBS or Crohn's disease. These probiotics may also treat or prevent vaginal or urinary infections in women.

Kefir can be a nutritious, drinkable breakfast or quick, filling snack, but you can also blend it in smoothies and shakes or add it to soups, breads, and other baked goods.

**Vitamin-C Rich Strawberries** – Strawberries may be the favorite fruit of summer. More than just juicy and sweet, strawberries also pack 160% of your daily vitamin C inside that succulent scarlet skin.

Strawberries are a great source for digestion-boosting fiber, for vitamin C, which helps keep teeth and gums in good condition, and for flavonoids, which may improve mental function and fight breast and prostate cancer.

Fresh or frozen, strawberries "are a nutrition powerhouse," Grotto says, so add them to a summer salad, make a succulent fruit salsa, or drizzle ripe, ruby-red strawberries with a bit of dark chocolate for a healthier alternative to cake.

**Mushrooms** – Mushrooms don't just add flavor to a stir-fry; they're also low in calories and an excellent source of the cancer-fighting mineral, selenium.

Additionally, these humble plants are the highest vegetarian source of vitamin D and they're high in copper and potassium, nutrients needed for normal heart rhythm, nerve function, and red blood cell production.

Mushrooms cook in a flash and pair equally well with vegetarian, vegan, or meaty meals. Slice them onto sandwiches or into salads, or put them in any recipe that could use a more toothsome texture

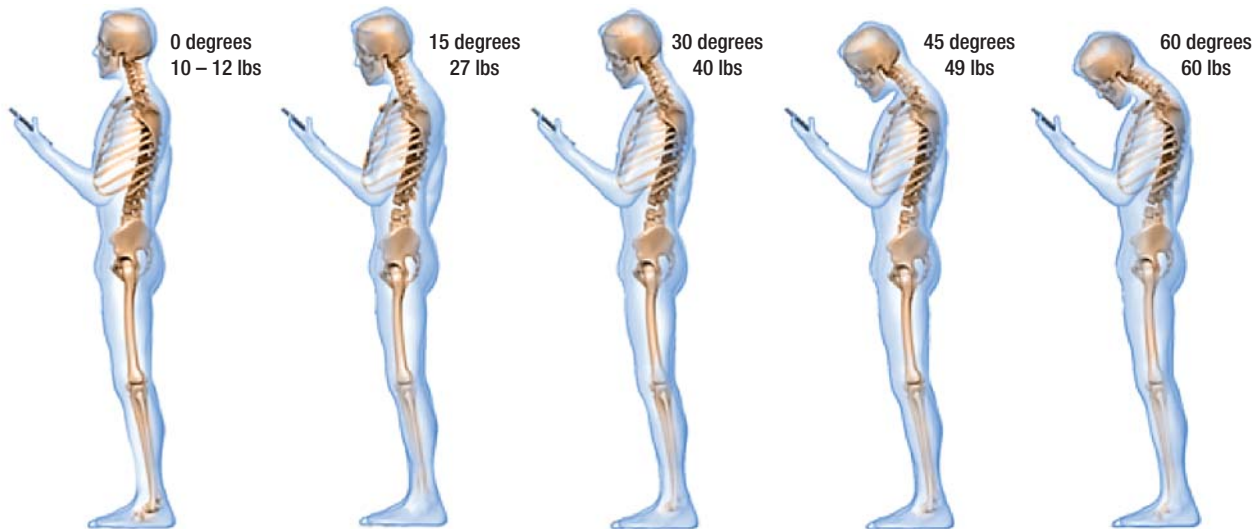
**Pineapple** – "I love pineapple!" says Elisa Zied, RD, author of *Nutrition at Your Fingertips*. A great source of vitamin C, this super-sweet fruit is also rich in minerals, fiber, B vitamins, and enzymes.

The nutrients found in pineapple — and so many other fruits and veggies — may lower blood pressure, protect against cancer, and help keep bowel habits regular.

Enjoy fresh or canned pineapple paired with other fruits in a salad or a quick smoothie. Top chicken or fish with pineapple, or use it in cakes, pies, and tarts.

*Continued on page 3*

# WHAT TEXTING DOES TO THE SPINE



A new study suggests that looking down at a cell phone is the equivalent of placing a 60-pound weight on one's neck.

## *SurgicaTechnology*

Sixty pounds is roughly the weight of four adult-sized bowling balls. Or six plastic grocery bags worth of food or an 8-year-old.

It is also, according to a new calculation published in the journal *Surgical Technology International*, the amount of force exerted on the head of an adult human who is looking down at her phone.

Kenneth Hansraj, a New York back surgeon, found this figure using a computer model of a human spine. An average human head weighs about 10 to 12 pounds, and tilting it down to check Facebook, send a text, or to Google the weight of an a human head increases the gravitational pull on said cranium.

“As the head tilts forward the forces seen by the neck surges to 27 pounds at 15 degrees, 40 pounds at 30 degrees, 49 pounds at 45 degrees and 60 pounds at 60 degrees,” Hansraj writes in the paper.

According to Nielsen, Americans spend about an hour on their smartphones each day. Unless you train yourself to stare straight ahead into your iPhone screen, you could be continually stressing your spine. “These stresses,” Hansraj writes, “may lead to early wear, tear, degeneration, and possibly surgeries.”

Of course, physical therapists have been howling about the scourge of “Text Neck” for years. But it’s certainly eyebrow-raising to learn that looking at Twitter in the supermarket checkout line is the equivalent of giving an aardvark a piggy-back ride. ■

## 10 FOODS NUTRITIONISTS LOVE – *Continued from page 2*

**Pistachio Nuts** – Pistachios aren’t just delicious. They also contain good-for-you fats, vitamins like thiamin, B6, and E as well as potassium, magnesium, and fiber — one nutrient many of us just don’t get enough of.

These tasty nuts also provide antioxidants, which help fight cell-damaging free radicals, and some research suggests they may even play a role in reducing the risk of type 2 diabetes and heart disease.

Add pistachios to stir-fries, salads, or cooked vegetables or as part of a trail mix with whole-grain cereal and dried fruit, suggests Zied. You can even substitute pistachios for pine nuts or walnuts in your next homemade pesto.

**Sunflower Seeds** – Sunflower seeds are small, but they’re mighty. They contain healthy monounsaturated and polyunsaturated fats, which may lower your cardiovascular risks and lower blood pressure, and have protein and fiber, both of which help fill you up, says Zied.

Sunflower seeds are a source of key nutrients like vitamin E, folate, thiamin, niacin, and iron and also pack in phytochemicals, plant chemicals that protect against heart disease and some cancers.

Try raw or salt-free roasted sunflower seeds on their own or in salads, stir-fries, or side dishes. You can also boost the nutrient profile of breads and muffins by adding a healthy handful.

**Crunchy Snack: Popcorn** – It’s crunchy and a bit addictive, but popcorn can be good for you.

That’s because popcorn is actually a whole grain — and most of us aren’t getting nearly enough in our diets, says Zied. Air-popped popcorn is low-fat, has only 30 calories per cup, and comes with a boost of fiber, protein, vitamins, and minerals. It even contains antioxidants that can protect against cancer.

Amp up the flavor of air-popped popcorn by sprinkling on low- or no-sodium seasonings like garlic or onion powder, grated parmesan cheese, chili powder, nutritional yeast, or cinnamon.

*Web MD.* ■



## BENEFITS OF PUZZLES AND MIND-TEASERS



Most of us are aware that we need to exercise our body regularly to keep it physically fit. Each one of us chooses an activity that we enjoy – some of us prefer swimming, some jogging or just walking every day to reduce our weight or to just tone our muscles. In a similar way, puzzles and mind teasers are developed such that they challenge our mental faculties to the limit and we have to really think deep and hard to solve them. This keeps our brain active and our mind healthy.

Most mind fitness puzzles and mind games are being designed and developed for all ages. Children should be encouraged to take up these games and puzzles as they can serve as excellent brain training exercises. By taking up this activity from a young age, one can ensure that their mind stays healthy and fit.

## FACTS ABOUT CHOLESTEROL

Cholesterol is a waxy type of fat. It is produced in your liver and it is also found in animal products like meats, eggs, and milk. For most people, the body makes all the cholesterol it needs. Unfortunately, people often eat more cholesterol than is good for them.

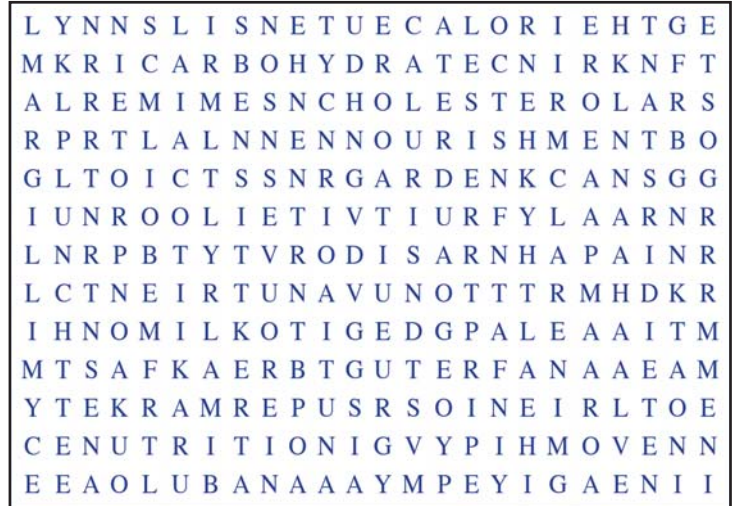
### There are 2 main types of cholesterol:

- Low-density lipoprotein (LDL). This type of cholesterol is bad for you. When it builds up, it forms a plaque that sticks to your artery walls. This plaque can clog your arteries and lead to a heart attack or stroke.
- High-density lipoprotein (HDL). This type of cholesterol is good for you. It sweeps bad cholesterol away from your arteries and takes it back to your liver to be broken down.

Your doctor can test your LDL, HDL, and total cholesterol levels. For good health, keep LDL (bad) cholesterol low and HDL (good) cholesterol high. In most cases, total cholesterol should be below 200.

## NUTRITION

Can you find the hidden Nutrition in the box?  
They may be horizontal, vertical, diagonal, forwards or backwards.



CHOLESTEROL, FAT, GARDEN, BREAKFAST, HEALTHY, LUNCH, DINNER, SUGAR, CARBOHYDRATE, STOVETOP, NUTRIENT, GRAM, VITAMIN, SERVING, NOURISHMENT, BAKE, MILK, UTENSILS, OVEN, MILLIGRAM, SUPERMARKET, NUTRITION, CALORIE, PROTEIN, MINERAL, SNACK, FRUIT, BOIL, DIET.

## CHANGE OF ADDRESS:

**You can use the form below to change your address.**

It can be mailed to the address printed at the bottom of the form or fax it to the Fund Office @ (626) 356-1047. It must include the member's signature and one of the following: register #, award #, or last 4-digits of the member's SS#.

Please note that your change of address must be received by the 15th of the month in order for your Pension Check to be sent to your new address the following month.

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Name Award#, OE# or Last 4-Digits of Member's SS#

\_\_\_\_\_

Street

\_\_\_\_\_

City State      Zip Code

\_\_\_\_\_

Member's Signature

\_\_\_\_\_

Telephone Number

**MAIL FORM TO:**  
Operating Engineers Trust Funds  
P.O. Box 7063, Pasadena, CA 91109  
or fax to (626) 356-1047