

2010 Wellness Campaign

You have spoken, and we have listened. We conducted a survey of the members who generally participate in the wellness programs to determine their interest with regard to this year's program. The overwhelming response was to again have a blood draw. Our members understand that early detection saves lives and leads to lower health care costs!

This year, the MEIT Board of Trustees has approved a **more comprehensive** blood screening. In addition to the previous blood wellness screening we have conducted in the past which helped with early disease detection for kidney, liver and metabolic disorders, we are including the following tests, **FREE OF CHARGE** to all members and spouses that participate in one of the **MEIT Medical Programs**:

- **Prostatic Specific Antigen Test (PSA)**
– detects a protein in blood of individuals that could have prostate cancer
- **Thyroid Screening (TSH)** - indicates how the Thyroid is functioning
- **C Reactive Protein** – elevated levels detect damage or change to the walls of the arteries in the heart or brain. Can detect risk of heart attack or stroke.
- **A1C Hemoglobin** – estimated Glucose level for the 3 past months
- **Vitamin D** – used to detect deficiency in blood that has a direct impact on osteoporosis, heart disease, cancer and chronic pain

New this year....everyone can participate.....

In the past if your municipality was too small and you couldn't join with another municipality you were unable to participate in previous blood draws. Beginning this year, if you would like to participate, Apple Occupational Health Services will provide you with a prescription for "Quest Diagnostics" where you can go to any "Quest

Diagnostics" Laboratory and have your blood drawn (at no cost to you). You can also take advantage of the Quest Script if your municipality is conducting a blood draw, but you are not available on that date.

Also new this year....Quest Care360.....

Care360 offers convenient and innovative tools to help encourage patient compliance.

- Flowsheets and graphs educate patients on importance of following treatment protocols
- Email and/or Standing Order Reminder Service automatically send reminders to patients requiring regular lab tests
- Patient appointment scheduling accommodates patient's calendar, location, date and time
- Patients can access health information and lab results anytime, anywhere via their secure Google Health account, or obtain educational material from their comprehensive online Patient Health Library

Physical Challenge

This year Mockenhaupt Benefits Group's physical challenge will be the "**Game On**" **Diet Challenge**. This challenge helps you shed pounds, as well as incorporate healthy lifestyle changes. Points are earned, and lost, for drinking water, eating right, exercising, getting enough sleep, etc.

For those of you who would also like to incorporate a physical challenge into your wellness program, give Judy a call or send her an email for the "Game On" Diet Challenge rules and tracking sheet.

Schedule your Comprehensive Screening Now!

Contact Judy Ghion at the **MEIT** today to schedule your blood draw.

Judy.ghion@mbqbenefits.com
(412) 394-6710
MEIT Wellness Stories

The employees of Richland Township, Allegheny Township, participated in the "Walk with MEIT...10,000 Steps to Better Health" contest. Jeff Walzer and his wife Pat along with Grace Portuesi and her husband Jack walked miles around Richland Township and the Pittsburgh North Hills area to qualify for an award of \$200. When given the option of what to do with the award, Jeff and Grace suggested the money be used to purchase trees from the North Area Environmental Council to plant in the Richland Community Park and around the township. The 220 trees are currently growing in a nursery area – carefully prepared in advance by the Richland Works Department – awaiting permanent planting.
[NAEC May '10](#)

"This has been a wonderful program for those who accepted the challenge and stuck with it. "
[Amy Pampiks, Twp of Pine](#)

"I really enjoyed the challenge. I started a weight loss program last January incorporating walking in March. This challenge helped me transition through the fall and start of winter to keep going and add a morning walk to my evening walk. To date, I have lost 52 lbs."
[Lori Ziencik, Frazier Twp.](#)

My story began in 2001, when I awoke one September morning and had an overwhelming feeling that I needed to make changes in several areas of my life. This 6' 3" tall 33 year old (at the time) weighed in at 230 pounds, was ready to graduate into a waist size 40 pants and had a lifestyle that included a poor diet, low self esteem, a bad case of psoriasis, alcohol consumption, inadequate rest, stressful job and was 6 months into a divorce. In addition to the emotional aspects of the divorce, financial issues had me struggling to pay the mortgage. In short, I was overwhelmed and overweight, had no muscle, exercise program or knowledge of nutrition. The bottom had dropped out and my life was a mess.

The first thing I did to promote positive change was to begin searching the internet for something that would help my psoriasis because the many prescriptions, including Methotrexate; a toxic drug used on people with cancer as well as psoriasis, did not work for me. In my search, I discovered a book titled "Psoriasis Can Be Cured" and placed the order. At the time, I had no idea that this book would be my foundation of nutritional knowledge and the beginning of my thirst for knowledge on the subject. My terrible diet of processed foods that came in a box, can or fast food bag changed into a diet that included lean

meats, fresh water fish, whole grains, distilled water, green tea, nuts, vegetables and low sugar fruits.

Second on my agenda was to replace the beer and associated bar scene with another activity that reduced stress. This began with giving beer up for lent and lead to the beer being replaced with a weight set and bench. It was tough in the beginning, but after a few months, my food preparation skills improved and I was in an exercise routine that included 90 minutes of weight training 3 days per week and walking 3 to 4 miles, Monday through Thursday, during my lunch hour at work. Eight months into this lifestyle change, I noticed my skin began to clear of the psoriasis as my body detoxified, my strength had increased considerably and I lost approximately 30 pounds. Life was improving and despite the fact that I was a one man army who was trying to keep up with all the responsibilities of maintaining a home, I made my diet and exercise routine priority after work, no matter how tired I was or how bad of a day I had. I can still remember the many evenings when I would have rather done just about anything other than exercise, cook dinner, clean up, mow the lawn, prepare my lunch and clothes, etc. for the upcoming work day.

Time continued to pass and my knowledge of nutrition continued to increase along with exercise concepts. The new way of life had become the normal way of life and the cravings for junk food and beer were a memory. I continued to expand my knowledge by reading books and/or articles in the evenings or watching Cornerstone Television, a local Christian station, which provided guidance and a sense of comfort on circumstances beyond my control.

September 2009 marked 8 years since my lifestyle change and the month I became 41 years of age. I have had a 32 inch waist for 6 years, maintained an average weight of 180 pounds and remain nearly psoriasis free. My financial situation has improved and I re-married a very attractive lady who is also my soul mate. I continue to read about fitness/nutrition, watch Cornerstone Television/Food Network, work out in my basement gym, walk during my lunch hour and advance in my culinary skills. Proper nutrition, adequate rest, consistent exercise, Christian principals, living within my means and taking time to relax and enjoy life have allowed me to achieve balance. What began as tragedy became triumph, God has blessed me. [Glenn Prokopovitch](#)
[Canonsburg, PA](#)