



PHILADELPHIA & VICINITY | FEBRUARY 2019

# CARPENTERS.FUND

## HEART HEALTH

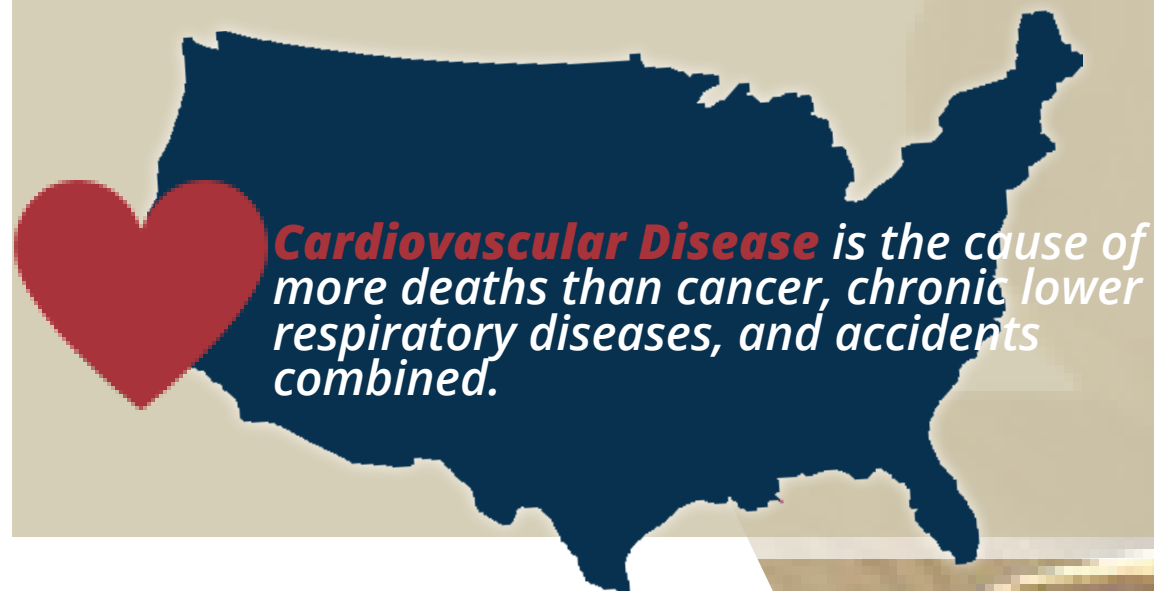
*Everything you need to know about lowering  
your risk for heart disease*

### FEBRUARY FRAMEWORK

- ***IT'S COB TIME AGAIN!*** THE FORM WILL BE AVAILABLE AT CARPENTERS.FUND MARCH 1ST. SUBMIT ONLINE BY APRIL 1, 2019 FOR A CHANCE TO WIN ONE OF THREE PRIZES!
- ***4TH QUARTER VACATION & DEPENDENT CARE PAYMENTS*** WILL BE DIRECTLY DEPOSITED INTO YOUR ACCOUNT ON FILE BY THE END OF THE MONTH.

PLUS, A DISCUSSION WITH THE AMERICAN HEART ASSOCIATION,  
AND DETAILS ABOUT THE FREE TEMPLE HEART SCAN BENEFIT!

# 735,000 AMERICANS HAVE A HEART ATTACK EVERY YEAR



**92.1 MILLION AMERICAN ADULTS** are living with some form of cardiovascular disease or the after-effects of stroke.

## RISK FACTORS

HIGH BLOOD PRESSURE • HIGH CHOLESTEROL • FAMILY HISTORY • SMOKING • UNHEALTHY DIET • DIABETES

## SYMPTOMS

CHEST PAIN • SHORTNESS OF BREATH • DIZZINESS • COLD SWEATS • HEADACHES • NAUSEA AND VOMITING • SWELLING

**Heart Disease** is a blanket term that applies to any disease affecting the heart. The most common form is Coronary Artery Disease which refers to a build up of plaque inside arterial walls. Heart Disease occurs over time for some, while others are born with a heart condition.

## WHAT IS HEART DISEASE?

## THE HEART DISEASE Q&A

**QUESTION:** True or false? Heart disease is the second leading cause of death in the United States.

**ANSWER: FALSE**

Heart disease is the leading cause of death for men and women in the United States. About 600,000 Americans die from heart disease every year—that's 1 of every 3 deaths.



**QUESTION:** How many American adults are at risk for heart disease?

**ANSWER: 47%**

About half of all American adults have at least 1 of the 3 major risk factors for heart disease - high blood pressure, high cholesterol, and smoking.



## FUND PARTICIPANT PARTICULARS

**ARE FUND PARTICIPANT HEART ATTACK CASES HIGHER OR LOWER WHEN COMPARED TO THE NATIONAL AVERAGE?**

**ANSWER: HIGHER!**

UNFORTUNATELY OUR MEMBERS HAD TWICE AS MANY HEART ATTACKS IN 2018 AS THE NATIONAL AVERAGE.





# HEART DISEASE PREVENTION

## A DISCUSSION WITH JENNIFER LITCHMAN-GREEN, VICE PRESIDENT OF COMMUNITY IMPACT FOR THE AMERICAN HEART ASSOCIATION



### Who is the American Heart Association?

We are the nation's oldest and largest voluntary organization fighting heart disease and stroke, we've been around since 1924. Our mission, which we actually updated this year, is to be a relentless force for a world of longer, healthier lives. Our mission is for everyone to have the opportunity to live a long, healthy life no matter where you live.

### What role does the AHA play in new scientific research?

We are a science-based organization so everything that we do really connects back to science. We are continuously funding research all over the country that supports improving cardiovascular health, whether that's on the prevention side or the treatment side. The funding, we've actually invested over \$4 billion dollars since 1924, has aided in the development of lots of really incredible breakthroughs. When you think about artificial heart valves, cholesterol-lowering drugs, even heart transplantation procedures and CPR techniques, all of those really came about due to funding from the American Heart Association.

### Do we now, with the help of science, understand fully how to prevent heart disease?

I don't think we'll ever fully understand how to prevent heart disease but we've certainly come a long way. There's a certain number of factors, but we also know that there's always going to be

elements that are kind of unexplainable. What we do know and what we have learned is that anyone can be their own advocate by doing a couple of things; knowing your **cholesterol, blood sugar, and blood pressure** and having conversations with your doctor about those numbers. Of course, **knowing your family history is critical**, diet is a huge component of living a heart healthy life. Thinking about adding more color to your diet, **more fruits and vegetables**, cooking at home more and cooking at home with less salt and less fat, **reducing those added sugars**, reducing your sugary beverage consumption. There's a lot of things you can do on your own on a day-to-day basis.



## CAN FOODS HELP REDUCE YOUR RISK OF HEART DISEASE?

**Yes!** In fact, the most effective way to prevent heart disease is by maintaining a healthy diet. Foods high in **sodium** or **added sugar** can raise blood pressure, which puts you at risk for stroke, heart attacks, and heart failure. Foods high in **saturated fats** cause your body to make more **cholesterol**, which can clog your arteries. Eat more of the following foods to keep your heart healthy:

**FIBER-RICH FOODS:** fruits & vegetables, whole grains, some nuts, legumes, and seeds

**PROTEIN-RICH FOODS:** nuts and seeds, fish, tofu, some vegetables like broccoli and artichokes, eggs, and meat

**UNSATURATED FAT:** avocados, olive oil, fish, nuts and seeds, dark chocolate

# YOUR HEART HEALTH BENEFITS



## SEE A NUTRITIONIST FOR FREE!



**6 VISITS PER YEAR**  
**COVERED 100%**  
**1-833-242-3330**  
[WWW.MYIBXTPAbenefits.com](http://WWW.MYIBXTPAbenefits.com)



## TAKE ADVANTAGE OF THE FREE TEMPLE HEART SCAN!

Know your risk and get your FREE heart scan today! A \$0 COST benefit provided to:

1. Men 40 and older
2. Women 50 and older

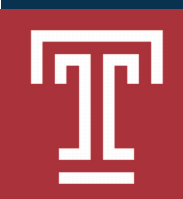
All members with a history of heart disease are eligible, regardless of age.



## HOW DO I SCHEDULE A HEART SCAN?

1. Call the Benefit Fund office at 215-568-0430 or visit [www.carpenters.fund](http://www.carpenters.fund) to obtain your authorization number.
2. Then call the Temple Access Center at 215-707-8800, Monday-Friday 8:00 am - 6:00 pm

## WHEN/WHERE IS THE SCAN PERFORMED?



**Temple University Hospital**  
3509 N. Broad Street (enter on Tioga)  
4th Floor, Boyer Pavilion  
Philadelphia, PA 19140

**Monday - Friday\***  
8:00 am - 4:00 pm

\*Some day-time Saturdays are offered for convenience.



**Attention!** The 2019 Coordination of Benefits (COB) will be **available online March 1, 2019.**

# 2019 ANNUAL COORDINATION OF BENEFITS (COB) & ENROLLMENT FORM

The Coordination of Benefits (COB) & Enrollment Form will be available on **March 1, 2019.** Even if no information has changed since you filled out the 2018 COB Form, please make sure you submit the 2019 COB Form online or to the Fund Office no later than **April 1, 2019.**

**NOTE:** If you fail to submit your 2019 COB Form by April 1, 2019, your next quarterly vacation check may be delayed.



**\*** To be entered in the random drawing, a participant must submit a completed Coordination of Benefit (COB)/Enrollment Form at [www.carpenters.fund](http://www.carpenters.fund) by 11:59 pm on April 1, 2019. If any participant is unable to submit the COB online or does not have internet access, please contact the Fund Office to make an appointment to use a Fund Office computer. Fund Office and KML employees are not eligible for the drawing. The drawing will be held on Thursday April 11, 2019, and winners will be notified by the Fund Office.

Submit your 2019  
COB Form online at  
**carpenters.fund**  
by April 1, 2019  
and you will be  
automatically  
entered to win one  
of the following  
prizes!\*



2019



CARPENTERS HEALTH & WELFARE FUND  
OF PHILDELPHIA & VICINITY

ANNUAL COORDINATION  
OF BENEFITS (COB) &  
ENROLLMENT FORM

SAVE TIME & SUBMIT ONLINE!



**CARPENTERS.FUND**

SEE REVERSE SIDE FOR DETAILS

or return in the enclosed envelope WITHIN 30 DAYS

CARPENTERS BENEFIT FUNDS OF PHILADELPHIA  
WORK BENEFITS ALL

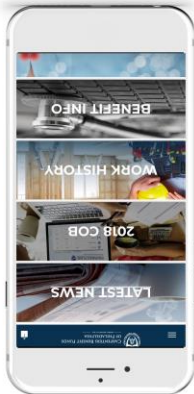


www.carpenters.fund



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