



Bene-Facts



"YOUR EMPLOYEE MEDICAL AND DENTAL RESOURCE"

NOVEMBER, 2010

Four Healthy Lifestyles To Improve Your Health

A research study shows practicing the following four healthy lifestyle characteristics will prevent chronic disease and have great health benefits.

Out of 153,000 Americans surveyed,



- 76% were non-smokers
- 40% met the healthy weight guideline (BMI of 18.5 to 25)
- 23% consumed 5+ fruits/ vegetables per day
- 22% exercised regularly (30 minutes, 5 days/ week)






But only 3% practiced all four of the above healthy lifestyle characteristics.

Bottom Line: Based on the survey, most Americans need to make a change to adopt a healthier lifestyle.

Source: Reeves & Rafferty, *Healthy lifestyle characteristics among adults in the U.S. 2000*, *Archives of Internal Medicine*, 2005; 165:854-857. BRFSS 2000 data, n=153,000.

You can change! Help is available for you. Health Coaches Online

-  Do you need support to stop smoking?
-  Do you need motivation to exercise?
-  Do you want help changing your diet?

How Do I Begin Using www.healthspane-coach.com?

Select Join
Complete information and enter
Coupon code: BHP
Select Submit



(Note: When you logon for the first time, a nurse coach will e-mail you. If you prefer using the online fitness program on your own, let the coach know. You may use the web site for health information only and use the coach at any time in the future.)



Quotable

"There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them."

- Dr. Denis Waitley

"Some people grin and bear it; others smile and do it."

- Anonymous

"Exercise and application produce order in our affairs, health of body, cheerfulness of mind, and these make us precious to our friends."

- Thomas Jefferson

"A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world."

- Paul Dudley White

HealthReports™

MRI – Lumbar Spine Example	
Facility	Total Price
A	\$600
B	\$1,000
C	\$1,600
D	\$3,050



Knee Replacement Example	
Facility	Total Price
A	\$22,500
B	\$25,700
C	\$30,100
D	\$38,900

Logon to HealthReports Today and Take Charge of Your Money & Future



Share Feedback on Your Health Care Experience

1. Go to www.butlerhealthplan.org
2. Select the HealthReports link under BHP Partners
3. USERNAME: Unique ID number from the Butler Health Plan ID card (ZZ number)
4. PASSWORD: bhp (lowercase) Passwords are case sensitive. You will be required to change it the first time you login.
5. Select Login to access HealthReports

Butler Health Plan is a self-insured plan. This means we assume risk for every dollar of health care expense our employees and their families incur. Butler Health Plan is not making a profit by providing health insurance coverage to you. Every dollar of premium collected is used to pay claims and the administrative expenses of the Plan. When employees and their dependents make choices to use cost-effective, quality providers it saves the Plan and the member money and ultimately impacts future premium costs.

Have you noticed a new number on your grocery store labels?



Meijer has adopted the NuVal™ food scoring system to help consumers see at a glance the nutritional value of food that they buy. Other grocery chains are testing other nutrition systems to roll out to help consumers identify the nutritional value of foods.

What is the NuVal™ Nutrition Scoring System?

NuVal™ compares the overall nutritional value in one simple number between 1-100. The higher the NuVal™ score, the better the nutrition. It's that easy.

Why are grocery stores adding the nutrition scores to labels?

Consumers want an easy way to identify healthy foods. Stores are trying to meet the needs of their customers.

How is the score calculated?

The NuVal™ System takes into consideration more than 30 nutrients, including carbohydrates, protein, fat, fiber, vitamins, minerals and antioxidants. It accounts for how these nutrients influence health and how they relate to recommendations from USDA dietary guidelines and Institute of Medicine Dietary Reference Intakes. Some of the nutrients used to arrive at a NuVal™ score are:

Generally Favorable

- Fiber
- Folate
- Vitamin A
- Vitamin C
- Vitamin D
- Vitamin E
- Vitamin B12
- Vitamin B6
- Omega-3 Fatty Acids
- Total Bioflavonoids
- Total Carotenoids

Generally Less Favorable

- Saturated Fat
- Trans Fat
- Sodium
- Sugar (Total/Added)
- Cholesterol

Sources: www.nuval.com and meijermealbox.com/healthy-living