



BENEFITS BULLETIN

Official Publication of the
Cement Masons and
Plasterers Health and
Welfare and Pension Fund



Pre-diabetes risks

Stop the progression to type 2 diabetes

There are 57 million people in the United States who have high blood sugar levels, a condition called pre-diabetes.

Research shows that some long-term damage to the body, especially the heart and circulatory system, may already be occurring during pre-diabetes.

Obesity is a major risk factor for developing pre-diabetes.

Progression from pre-diabetes to type 2 diabetes isn't inevitable, however.

With healthy lifestyle changes — such as eating

healthy foods, including physical activity in your daily routine and maintaining a healthy weight — you may be able to bring your blood sugar level back to normal.

Eat more whole grains, vegetables and fruit, heart-healthy fats, fish and other omega-3-rich foods (such as walnuts and enriched eggs). Choose lean protein when possible and water instead of sugary drinks for hydration.

Eat less saturated fats, trans fats (check the nutrition facts on foods), sugary drinks and sodas, and salt and salty foods.

Benefits Bulletin is the quarterly publication of the Cement Masons and Plasterers Health and Welfare and Pension Fund. Each issue will inform Fund participants about new developments and help them make the best use of their medical benefits.

For more information:

Call BeneSys at **(702) 415-2190**

Ask for the Cement Masons and Plasterers Customer Service Department.

This newsletter describes particular benefits and does not include all governing provisions, limitations and exclusions. Refer to the Summary Plan Description for governing information. The information in these articles is for general use only and should not be taken as medical advice. In an emergency, you are advised to call 9-1-1.

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How sleep affects your overall wellness

Eating well and exercising are the two things people most readily associate with a healthy lifestyle, but there are many additional factors contributing to overall wellness.

Sleep — how many hours you get and the quality of those hours — is among them.

Studies examining “short sleepers” — those who sleep six hours or less — show they are more likely to be obese than people who sleep longer. After two days of “short sleep,” participants in the study were hungrier than they were when allowed to sleep longer. They were also more likely to get their calories from high-carb snacks like chips, cookies and candy.

Research links insufficient sleep to many health problems, including diabetes, sleep apnea, Alzheimer’s disease and even cancer.

“Sleep duration, over the last three or four decades, has decreased by an hour and a half to two hours,” Eve Van Cauter, Ph.D., Director of the Sleep, Metabolism and Health Center at the University of Chicago, told the International Foundation of Employee

Benefit Plans.

“There is a stigma in our current society, strangely, against getting the amount of sleep you actually need, and this really has to change.”

Among Van Cauter’s rules for good sleep include:

- Avoid napping during the day. It can disturb the normal patterns of sleep and wakefulness.
- Avoid stimulants such as caffeine and nicotine, as well as alcohol, close to bedtime.
- Keep the bedroom dark, cool and quiet. No TV, computer or tablets.
- Avoid eating right before sleep. A two- to three-hour delay between dinner and bedtime is a good idea.
- Establish a regular relaxing bedtime routine. Avoid emotionally upsetting conversations just before going to bed.

Experts recommend seven to nine hours of sleep each night, consistently, for the greatest health benefits. If you have trouble falling or staying asleep, speak with your health care provider.



ER vs. Urgent Care

In an emergency situation, you should always call 9-1-1 or visit an emergency room. However, if you feel your condition could be treated by your primary care provider or by an Urgent Care center, take advantage of those options to help keep our Fund healthy for the future.

Personalized care before and after hospital visits

The **Care Assist Program (CAP)** coordinates the care surrounding an outpatient procedure to make the process as efficient as possible.

CAP services bring a proactive approach to care by ensuring that your scheduled procedure progresses according to plan and you are able to get answers to any questions you may have.

The **Transition Care Program (TCP)** helps make your hospital stay and transition back home as smooth as possible.

If you or a dependent are admitted to a Las Vegas hospital, you will be assigned a Navigation Specialist who will visit or contact you during your hospital stay and assist you with your discharge needs as an outpatient.

Participants using either program are welcome to call the Navigation Specialist hotline at (702) 534-6380.