



NEWS AND NOTES

Spring 2013

EAST END HEALTH PLAN SETS NEW PREMIUMS EFFECTIVE JULY 1, 2013

The East End Health Plan Board of Trustees have approved new rates for the 2013/2014 School Year. A priority of the Plan has always been to provide comprehensive benefits at a cost effective price. The Trustees will continue to closely monitor the operations in order to maintain premiums as low as possible. The monthly rates which will go into effect as of July 1, 2013 through June 30, 2014 will be:

Individual Policy: \$813.00

Family Policy: \$1,839.00

In addition to the above rates, the monthly rates for those retirees in the Plan who have Primary Coverage through Medicare will be as follows:

Individual Covered by Medicare: \$613.00

One Spouse covered by Medicare/One Not covered by Medicare: \$1,639.00

Both Spouses Covered by Medicare: \$1,439.00

COBRA RATES:

Individual Policy: \$829.26

Family Policy: \$1,875.78

READ THE FOLLOWING CAREFULLY

REMEMBER THAT IF YOU PAY YOUR PREMIUMS DIRECTLY, SUCH AS RETIREES, COBRA ENROLLEES OR IF AS AN ACTIVE ENROLLEE, YOUR DISTRICT REQUIRES THAT YOU PAY A PREMIUM CONTRIBUTION, THE AMOUNT YOU PAY DEPENDS ON THE CONTRACT AGREEMENT THAT YOU HAVE WITH THE SCHOOL DISTRICT WHERE YOU ARE/WERE EMPLOYED. IF YOU HAVE QUESTIONS REGARDING YOUR CONTRIBUTION TO THE HEALTH INSURANCE PREMIUM, PLEASE CONTACT THE HEALTH PLAN COORDINATOR AT YOUR DISTRICT.



IS NOW



ProAct has announced that the mail order division of ProAct, Inc., *Health Direct Mail-Order Services*, will now be known as *ProAct Pharmacy Services*. You may receive materials that portray a combination of both logos (old and new) in an effort to ease the transition to the new name.

We want you to know that only the name is changing and you will continue to receive the same great service. You can continue to utilize Health Direct reorder forms and business reply envelopes throughout this transition.

There is no change in phone number; ProAct can continue to be reached at 1-866-287-9885.



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Can eating certain mineral-rich foods help to lower blood pressure?

You're hoping to get your blood pressure down, and limit (or perhaps avoid) medication. Your doctor probably told you to lose weight, exercise more, reduce stress ... and one more thing: Are you following the DASH (Dietary Approach to Stopping Hypertension) diet? Along with limiting sodium, the DASH diet promotes eating foods rich in potassium, magnesium and calcium. Potassium is known as a major player in reducing blood pressure. Promising research on magnesium and calcium is in the works. People who will benefit the most from the DASH diet are those with low intakes of these minerals to start with. Using food sources (versus supplements) is usually advised in order to get the maximal nutritional benefit. Here is the low-down on which food sources provide ample amounts of these three minerals. Note how many of them overlap and are found in all three "groups."

Potassium is found in abundance in various fruits, vegetables, dairy foods and animal foods, including:

- Apricots, avocado, bananas, prunes, oranges and orange juice, cantaloupe, kiwi
- All meats, poultry and fish
- Milk, yogurt
- Dry peas and beans
- Green beans, pumpkin, spinach, stewed tomatoes, sweet and white potatoes, winter squash

Calcium. Dairy foods are great sources of calcium, but be sure to choose skim or low-fat varieties. On top of saving on calories, lower-fat products have more calcium than the high-fat versions. You can find a lot of calcium in:

- Greens such as Swiss chard, spinach and turnip greens
- Cheese, milk and yogurt
- Mackerel, salmon
- Tofu (made with calcium sulfate)

Magnesium. Studies are not consistent, but it seems that the magnesium-blood pressure connection is strongest for magnesium obtained from food, not supplements. Magnesium is found in whole grains, green leafy vegetables, nuts and dry peas and beans, such as:

- Beans and legumes such as Lima, black and pinto
- Greens such as broccoli, Swiss chard, okra and spinach
- Halibut, salmon and scallops
- Pumpkin, sunflower and sesame seeds
- Almonds and cashews
- Whole grains such as millet, quinoa and brown rice
- Whole-grain cooked cereals and breads

As you can see, these minerals are found in a wide range of food sources, which gets back to the age-old advice to eat a varied diet. No one food or group of foods is a cure-all for any condition. But a combined approach using healthy, nutrient-rich foods and regular exercise can go a long way in reducing and/or preventing blood pressure problems.

View the original [Can eating certain mineral rich foods help to lower blood pressure?](#) article on [myOptumHealth.com](#)

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