

JUNE 2024

Through the WIRE

LOCAL 26 IBEW-NECA JOINT TRUST FUNDS

YOUR
HEALTH CARE PLAN

protecting your family

June Honors Men With **MEN'S HEALTH MONTH**

June is National Men's Health Month and just like women, men have a Top 10 list of their own when it comes to the health risks they face.

The **Top 10** health risks challenging men today are:

1. Cardiovascular Disease
2. Diabetes
3. Skin Cancer
4. Prostate Cancer
5. Testicular Cancer
6. Colon Cancer
7. Alcohol-Related Issues
8. Respiratory Illness
9. Viruses
10. Injuries

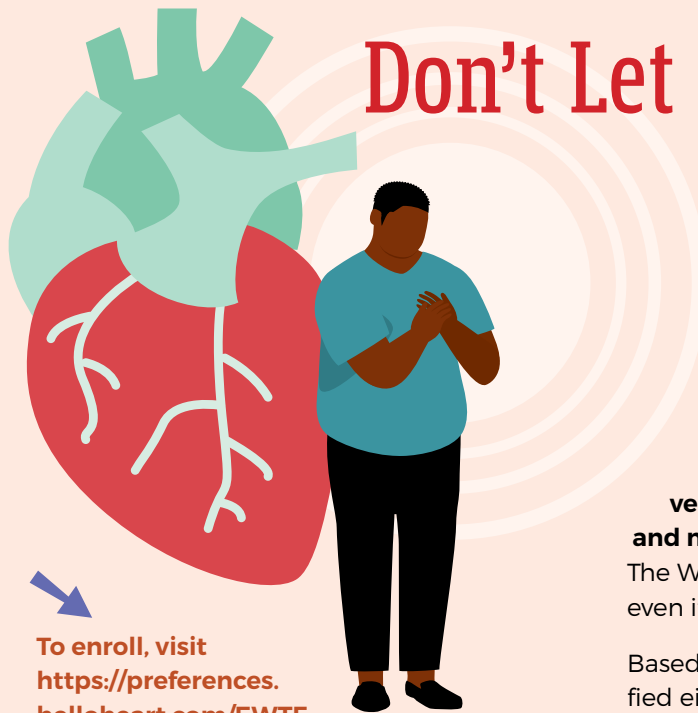
Many of the Top 10 are either preventable or highly treatable with early detection (we're lookin' at you colon cancer, prostate cancer and skin cancer). But, listen up, guys; you need to do your part and take advantage of your **EWTF health care benefits** which cover doctors' visits, screenings/tests, and treatment. Attend to your body as if it's the only one you've got...because it is!

To learn more about your EWTF Health Care Plan benefits, go to www.ewtf.org/health-care-plan



SCAN this QR code to access all of the valuable links mentioned in this issue of *Through the Wire*.

Don't Let Your Heart Skip a Beat



A stressed-out heart can become a heart without a beat if you give in to cardiovascular disease, which can result in heart attack or stroke if left unchecked and uncontrolled. The phrase “cardiovascular disease” is really an umbrella term for any number of heart-related health issues that affect the heart or the blood vessels that support it. The World Health Organization (WHO) says that 20.5 million people die each year from cardiovascular disease.

While some cardiovascular disease can be the result of heredity versus lifestyle choices, all cardiovascular disease can be improved, and maybe even reversed, through manageable lifestyle adjustments. The WHO even states that 80% of cardiovascular disease is preventable, even if mom or dad passed on to you an inherited cardiac condition.

Based on a 2022 study, the American Heart Association has identified eight lifestyle modifications that can offset a high genetic risk for heart disease and offer “as many as 20 extra years of life free from heart disease.” The American Heart Association’s Life’s Essential 8 include:

- ♥ Eating better
- ♥ Managing weight
- ♥ Being more active
- ♥ Controlling cholesterol
- ♥ Quitting tobacco
- ♥ Managing blood sugar
- ♥ Getting healthy sleep
- ♥ Managing blood pressure

To enroll, visit https://preferences.helloheart.com/EWTF_

All EWTF participants are eligible to enroll in the Hello Heart program, at no additional cost, to monitor and improve cardiovascular health.

Swap & Save Calories & Fat



Is your idea of a perfect Sunday grilling sausages and cracking open a beer on the deck? Yes, it’s not a *bad* way to spend your day of rest, but that kind of diet isn’t doing anything *good* for your body. While we wouldn’t dare tell you to give up all of the things you love about summer cuisine, we are suggesting that you consider some reasonable swaps to save some calories, cut out some fat, and treat your body a little better.

MEN AND CANCER: Prevent, Screen, Treat

While some cancers are obviously gender-specific cancers (think prostate/testicular and ovarian/uterine cancers) some cancers simply affect one gender more than the other. Men take first place when it comes to colorectal, lung, and skin cancer. (Prostate cancer is the second most common cancers

among men behind skin cancer.) Despite the statistics stacked against men, there are some things men can do to prevent certain types of cancer or, at the very least, detect cancers early for the best chance of treatment.

Go to www.ewtf.org/through-the-wire/your-health-care-plan/men-and-cancer-prevent-screen-treat/ to learn about screening for colorectal, lung, skin, prostate, and testicular cancer.

Periodic cancer screenings are covered by your EWTF Health Care Plan.

To learn more about your EWTF Health Care Plan, go to <https://www.ewtf.org/health-care-plan/plan-OVERVIEW>



KIDS' CORNER

Here's to Dad

In honor of Men's Health Month, unscramble the words below.

ADD _____ PAHPY _____

ABSNDUH _____ HCPKCEU _____

RHTEA _____ EFARTH _____

COUOKTO _____ YELHTAH _____

Answers: dad, husband, heart, happy, checkup, father, healthy

Instead of regular beer (around 150 calories or more), try a light beer (usually less than 100 calories), a hard seltzer (usually less than 100 calories), a vodka and club soda (around 130 calories), a tequila with lime (less than 100 calories), or a gin and diet tonic (less than 130 calories). Even better yet, try a non-alcoholic beer, which also has fewer calories than regular beer and cuts out the alcohol that can impair you.

While nothing screams summer quite like grilling out, don't turn a healthy way of cooking into a dietary landmine by throwing

high-fat, high-sodium food on the fire. **Go to www.ewtf.org/through-the-wire/your-health-care-plan/swap-save-calories-fat/** to learn about healthier options to grill.

Regardless of what you throw on the grill, be mindful of portion sizes. Choosing a lower fat protein does not give you license to eat more. A healthy portion size is about three to four ounces which is about the size of a smartphone!

For more information on healthy diet choices, especially if you have

Type 2 diabetes or are at risk of developing Type 2 diabetes or wish to lose weight, consider joining **Virta, a EWTF benefit available at no cost to EWTF participants.** Virta is more than a weight loss program and more than a diabetes program; it's a lifestyle program that helps you change your approach to food, resulting in lowering your blood sugar, reducing or even eliminating dependence on medication and shedding weight.



To learn more, visit virtahealth.com/join/ewtf



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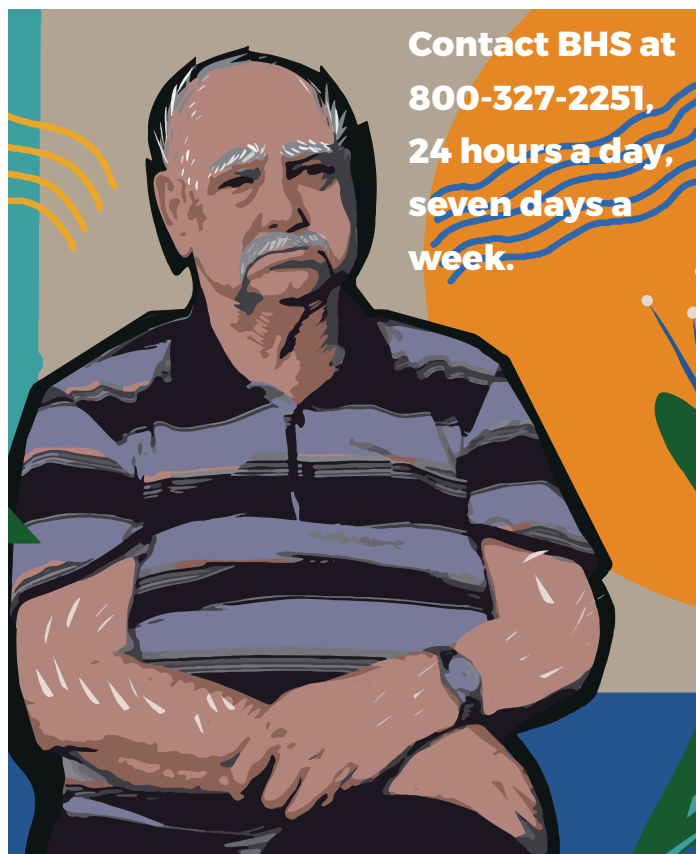
protecting your family

The Retirement Blues Are Real

Since the day you started on the job you've been working on your retirement. That's right; every hour you've worked has put you that much closer to a robust retirement, to the ability to retire on your terms. But what really happens the day after your hang up the toolbelt? For most people, the only things that are different the first day of retirement are being able to wake up without an alarm clock and being able to do whatever you want or nothing at all during the day. For many, especially men, retirement can signal a spike in depression, especially in the first few years or retirement.

The difference between reality and expectations can hit a new retiree pretty hard. Most people don't jet off traveling the world the day after retirement and many people actually find that they miss the work and, most importantly, the camaraderie that came with their job. Men, in particular, seem to link their self worth and identity to their profession. To avoid the retirement blues, take care of your physical health, socialize, try volunteering, learn a new skill or take on a new project, work a part-time job, and/or talk about your feelings.

BHS, our employee assistance provider, can help you through feelings of depression, or other mental health or life challenges. Contact BHS at 800-327-2251, 24 hours a day, seven days a week. All calls are answered by licensed medical providers and are 100% confidential.



To learn more about your Employee Assistance Program, go to <https://portal.bhsonline.com/auth/hashcode/> (user ID: IBEW)