

Summer 2017

# FAM

A US FAMILY HEALTH PLAN MAGAZINE



*Celebrating  
100 Years Young with  
Major Joseph Sciacca*

**The Blended  
Retirement System**

*The Art of Getting  
Him to the Doctor*

**Is Visceral Fat  
Hiding in Your Gut?**

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The independent assessment of 4,083 US Family Health Plan members was conducted by The Myers Group (of Duluth, Ga.), an NCQA-certified survey vendor. The assessment utilized the most widely used set of metrics in the managed care industry, the Consumer Assessment of Healthcare Providers and Systems (CAHPS) 4.0H Survey, to measure performance on key dimensions of care and service.

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*See if we captured your smile.*

## Who We Are

The Uniformed Services Family Health Plan (USFHP) @ Saint Vincents is a TRICARE® Prime military health plan sponsored by the Department of Defense (DoD). We've been providing comprehensive care for military families and retirees for over 30 years. We provide the full TRICARE® Prime benefit including routine doctor visits, specialty care, hospitalization, urgent and emergent care, preventative health care services and prescription coverage—plus extras such as \$0 to low cost eyeglass benefit, annual physical exams and discounts to fitness clubs. USFHP members have access to some of the best hospitals and physicians in the nation.

We pride ourselves on providing friendly, personal service. If you have questions call us toll free (800) 241-4848. You can visit our website @ [www.usfhp.net](http://www.usfhp.net) or at <https://www.facebook.com/usfhp.net/timeline>.



A US FAMILY HEALTH PLAN  
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*Major Joe Sciacca with his wife Mary*



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From the  
**Executive  
Director**

### Happy Summer FAM!

This is by far my favorite time of the year. Summer invites happiness. It's that time of year that children are free from school and frolicking in all that the outdoors provide. Whether it is through discovering a new place to hide or climbing a tree and looking out as far as your naked eye can see, children allow adults to recapture the beauty of discovery through them. Summer can act as a catalyst to begin your health journey.

The "ikings" walking, hiking, biking are three ways to relish in the purity of nature. The smell of the earth, the feel of the air; the heat from the sun are all important elements of nature. The freedom of "ikings" keeps us in touch with our quest to have purity of heart, clarity of mind and sincerity in our actions. These three virtues are the pillar of good health. This summer, let's spend less time getting there quick and more time enjoying the ride.

"Good health is not just the absence of physical ailments or discomfort. It is complete physical, emotional, mental, and spiritual wellbeing."

**Jeff Bloom**

# SPOTLIGHT

## Major Joe Sciacca

This US Family Health Plan Spotlight features retired Major Joseph Sciacca. Joe is a native of Grant City in Staten Island, New York and has been a member since 1981. Joe Sciacca is a member of the Fort Wadsworth Family Health Center located on Drum Road on the US Coast Guard Base in Staten Island, NY.

Joe, who is approaching the century mark, was born on July 14, 1917 in an apartment on Cherry Street in the Little Italy section of Manhattan. His family occupied his present home since he was 10 years old. Joe was the youngest of five children to Salvatore and Maria Grace Sciacca, who were natives of Bronte, Sicily on the foot of Mount Etna, Italy.

Joe was employed for about four years by Rogers Peet, a Manhattan clothing store, when Uncle Sam called upon him and was drafted into the army in June of 1941. It occurred six months prior to the Japanese attack on Pearl Harbor.

“When I first joined the army, I felt like a lost child,” Joe said. “I didn’t know what I got myself into. I listened to what they told me, remained quiet and kept my wits about myself. You don’t get promoted because you look good. It’s what you do.”

Joe, who was in active duty during WWII, had the privilege of meeting General George Patton, but never served in his unit.

The young draftee was assigned to the artillery unit, where he specialized in spotting enemy artillery fire. However, it was not in the cards for him to see action. Instead, Joe served at different posts in the US, although he came close to being shipped out for the North African invasion. His name was pulled at the last minute.

While on active duty, Joe was selected to attend officers candidate school in Fort-Sill, Oklahoma. Before leaving for school, Joe would end up meeting his future wife Mary at a party at a home in Greensboro, North Carolina while on leave. They began to correspond via postcards and eventually got married on Dec. 17, 1943 and she joined him in Oklahoma.

Joe became separated as a first lieutenant in 1946 but remained in the army reserve for 25 years, where he eventually retired as a major.

Before going back into the workforce, Joe attended Fordham Law School for a short time. With the birth of his daughter Maria becoming a priority, he discontinued his studies.

After leaving the army, Joe returned to Rogers Peet for a short time before going on to Buitoni Foods. He was employed there for 42 years and retired as a regional sales manager.

Joe was a former vice chairman to the Republican Party County Committee and to this day is interested and vocal about the political landscape. His most cherished career moments were in the mid-1960s when Governor Nelson Rockefeller appointed him as the Deputy Commissioner of Boxing for the New York State Athletic Commission. He was involved in the world of boxing for 10 years. “Joe” was an integral part in the world of sports, politics and show business for decades, the highlight of his illustrious career was dubbed “The Fight of the Century.” The date of the heavyweight title bout was March 8, 1971. The fight carved its niche in history when current champ **Mohammad Ali** challenged **Joe Frazier** at Madison Square Garden — and “Smokin’ Joe” achieved victory. The then-54-year-old Sciacca knew during the morning weigh-in that Frazier would become one of his favorite acquaintances in a lifetime of rubbing elbows with the rich and famous.

Joe’s experience in the military has led him to this believe: “You keep quiet instead of making history and answer when asked a question.”

As Joe approaches his 100th birthday, we at USFHP congratulate him for reaching this milestone and thank him for his many years of service. His time as a military man, along with the knowledge he passed on to his fellow officers has been an asset to the units he served in. USFHP will continue to meet the needs of Joe and other military members by providing the benefits that they are entitled to.

by Gregory Giaconelli



Joe Sciacca at home celebrating his 100th year old milestone birthday



Former Middleweight Champion Emile Griffith & Joe Sciacca



Joe Sciacca, President George H.W. Bush and former Borough President, Guy Molinari



Joe Sciacca and actress Faye Dunaway



Joe Sciacca (right) and comedian Henny Youngman



Joe Sciacca (far right) with actress Joan Crawford

Photos: Staten Island Advance



PHOTO: WIL ACOSTA

Pictured from left to right: Carmen Colon, Juanita Webb, Raquel Hamilton-Langdon, Farah Gelin, Matthew Sung Jun, Rosa Alas, Heather Jackson.

## Promoting Good Health through Juicing

A small group of employees at US Family Health Plan NY took drinking on the job to the next level by deciding not to juice in a silo but make it a team thing! Weekly, members join an exclusive email group to discuss the BYOB (fruits, veggies, nuts) ingredients needed for the upcoming week; additionally member's team up for daily walks, runs and afternoon workouts at the local gym.

*“A few folks here at USFHP bring in fruits and veggies on a weekly basis. We all chipped in and purchased a Ninja blender and pool fruits & veggies together to create natural fruit juices/smoothies. From time to time, we pool in snacks as well like hummus and crackers. We spend most of our time in the office, so beginning to eat healthier while at work is a good start to leading a healthier lifestyle”* quoted Carmen Colon, Customer Service Supervisor.

The connection between health and job performance is widely known, and many companies are now realizing success can only be achieved by a healthy workforce. In 2015-2016 US

Family Health Plan sponsored the “Biggest Loser” challenge to its 72+ employees— resulting in a combined BMI loss of 7.8%. “That’s huge” boasted Wil Acosta one of the several employees who joined the company challenge.

“The combination of healthy living initiatives benefits both employers and employees”, stated Donna Britt Director of Human Resources. A healthy workforce results in lower absenteeism, reduced downtime, improved morale, increased productivity and higher employee retention”.

What’s even more rewarding is when employees collectively take the initiative to improve their diet and overall health. Statistics show that having team support encourages everyone to stay on course.

“Taking the first step in improving health outcomes starts with small programs promoting wellness and preventive care that can provide a long lasting positive impact on organizations and their employees”, shared Jeff Bloom Executive Director of US Family Health Plan.



# So He Refuses to Visit the Doctor?

Unfortunately this is a common problem.



A close relative of mine found out he had a spot on his lungs after a bout with pneumonia. He was so consumed with the possibility of hearing bad news that he avoided the suggested follow-up with an oncologist until it was too late for effective treatment. He passed away at the age of 55.

Even though logically there is every reason to go to the doctor, fear and anxiety can outweigh logical reasoning.

Typically, men are more likely to avoid the doctor (the dentist, too) than women because they are less comfortable than women when it comes to accepting fear and weakness. It doesn't feel macho to express worry. While women see their gynecologist routinely they are probably more comfortable with check-ups, while most men get away with not seeing a doctor until they're well into their 40s.

Another factor is that doctors' offices tend not to be designed with the man in mind. There is often a feminine decor and a female office staff. This all heightens the feeling that a man is putting himself in an alien place. Many offices start with questionnaires that call for a man to answer very personal questions — often to a woman staff member.

Outing erectile dysfunction to a female nurse could be enough to keep a man away altogether!

His reluctance may be intensified if there's a family history of some traumatic disease. If a relative had cancer, diabetes or heart disease, this can make him want to avoid hearing such news about himself.

So how can you overcome your man's reluctance? Here are some ideas:

- **Figure out what the obstacle is.** Let him know you understand how worrisome it is to hear bad news, and give him a chance to discuss why he is so obstinate and perhaps frightened.

- **Lead the way.**

Make it easy for him by locating the doctor. (I suggest you choose a male doctor.) Make the appointment at a convenient time. Go with him. Keep him company if he wants. After the appointment, do something fun, like go to dinner or a movie.

- **Be prepared.**

Write down all your questions ahead of time, along with symptoms and family history of disease.

- **Avoid nagging.**

Be loving, encouraging and analytical. Remind your man that he is leaving you in a position of worry about his health, and potentially harming you as well as him. Without your health, you have nothing.

## If you're going to the doctor, whether it's for a routine visit or if you are not feeling well, having your spouse with you can be very helpful to...

### Prepare the Frame Work for the Visit:

A head of time you and your spouse can set and then confirm the appointment. Discuss and make notes of any health information you may need to give to the doctor. Make a list of your current medications. Help assure that you get to the correct office and checked in on time and safely.

### Fill Out Paper Work:

Today's doctor visits require a lot of documentation. Not only is your personal information needed, but your medical history as well. For example, you will need to note your current symptoms, medications and any surgical history. You will also need to inform the doctor of any medical, food or seasonal allergies, as well as your family history of illness or conditions.

The office will want all proof of insurance and who is responsible for the payment. They will want you to fill out the HIPAA (Health Insurance Portability and Accountability Act) forms.

### Keep You Company in the Waiting Room:

Sitting in the waiting room can sometimes be stressful, especially if the doctor is running late. The moral support can be reassuring and help pass the time.

### Remember Your Symptoms:

Meeting a doctor for the first time, or if your sick, can be overwhelming. Remembering your symptoms and concerns in the moment might sometimes be difficult. Two heads are better than one. Your partner can encourage you to tell the whole story, even if you are too reluctant or embarrassed to say so.

### Listen and Ask Questions:

Some visits yield distressing news or confusing medical terminology. Some doctors don't keep the visit simple, leaving you confused as far as what you need to know and what comes next. Having an extra pair of ears can take the pressure off of having to remember everything that is being said. Your spouse can take notes for you, ensuring nothing is missed. With both of you in the room with the physician, you can have a better discussion and understanding of the options for treatment. Together, you can ask the follow up questions that might need to be asked.

### Follow the Treatment Plan:

Some treatment plans are easy and straight forward. For the ones that can be a little more challenging, the support and help of your spouse can be the key. Your spouse can help you stick to the plan, take your medication correctly and follow up with future visits when necessary.

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By Gregory Giaconelli





## Eye Exams Can Lead to Early Detection of Major Health Concerns

Some people say the eyes are the window to the soul. Eye care professionals would say they are a window to your overall health. An eye doctor can tell a lot about the health of your body from looking in your eyes, and can even see signs of many serious health issues. Americans are more likely to see their eye care professional for an eye exam than their general healthcare provider for a physical, so eye doctors may be the first health professional to detect several serious conditions.

Early disease detection through an eye exam can lead to prevention or earlier treatment to help reduce medical costs and productivity loss down the road. Below are just three major health issues that can be detected by an eye exam.

### Prediabetes

Before developing type 2 diabetes, people almost always have predia-

betes. Prediabetes is when a person's blood glucose levels are higher than normal, but not high enough to for a diabetes diagnosis.

According to the American Diabetes Association, there are 86 million people in the United States who have prediabetes. The good news is that people with prediabetes can take steps to prevent type 2 diabetes.

Early detection is key, and since blurred vision is one of the first signs of diabetes, your eye doctor may be the first health professional to see you while you're still in the "pre-diabetic" state – and can take steps to keep the disease from progressing.

Without intervention, diabetes can have a serious impact on many areas of the body, and can result in staggering medical costs. Fortunately, early detection through an eye exam and taking steps to prevent progression of diabetes can impact your well-being,

and also your wallet, through potential healthcare savings.

### Undiagnosed Diabetes

Of the 29.1 million people in the U.S. with diabetes, 27.8 percent are undiagnosed, according to the CDC.

Diabetes is a serious disease that occurs when your body cannot produce enough insulin – resulting in high levels of glucose in the blood.

Blurry vision can be one of the first signs of diabetes, so eye doctors are often the first health professionals to diagnose the disease. However, diabetes can be diagnosed in an eye exam even if no symptoms are noticeable.

People who are diagnosed can more easily get their diabetes under control, and save money on medical expenses.

People with diabetes should see their eye doctor regularly to keep tabs on eye health issues that can be caused or worsened by the disease, including

*Continued on page 10.*



*Waist measurements can be an indicator of excess visceral fat.*

# How to Burn VISCERAL FAT

**W**hen people talk about wanting to burn belly fat, they are actually referring to two different types of fatty tissue: visceral fat (sometimes called active fat) and subcutaneous fat. Subcutaneous fat is stored directly below your skin and is the type of fat where you can “pinch an inch” from your belly, arms, thighs or just about anywhere else on your body. Visceral fat, on the other hand, is much harder to identify, as it’s stored around your internal organs in your abdominal region, including your liver, pancreas and intestines.

## **The Problem with Too Much Visceral Fat**

Too much visceral fat can interfere with how your liver functions and interrupt normal hormonal communications between your vital organs. This can lead to insulin resistance (the beginning of diabetes), high blood pressure, high cholesterol levels and a higher risk for developing heart disease. High visceral fat storage has also been linked to breast cancer, colorectal cancer, stroke, Alzheimer's disease and dementia.

Not only that, but a larger waistline, combined with high blood pressure, high triglycerides (fat in the blood), low HDL (“good” cholesterol) and rising blood sugar characterizes Syndrome X, which starts with high visceral fat stores. But there is something you can do to stop and reverse the accumulation of this dangerous fat. Lifestyle changes including diet and exercise will help promote usage of visceral fat and lower your risk factors for developing heart disease.



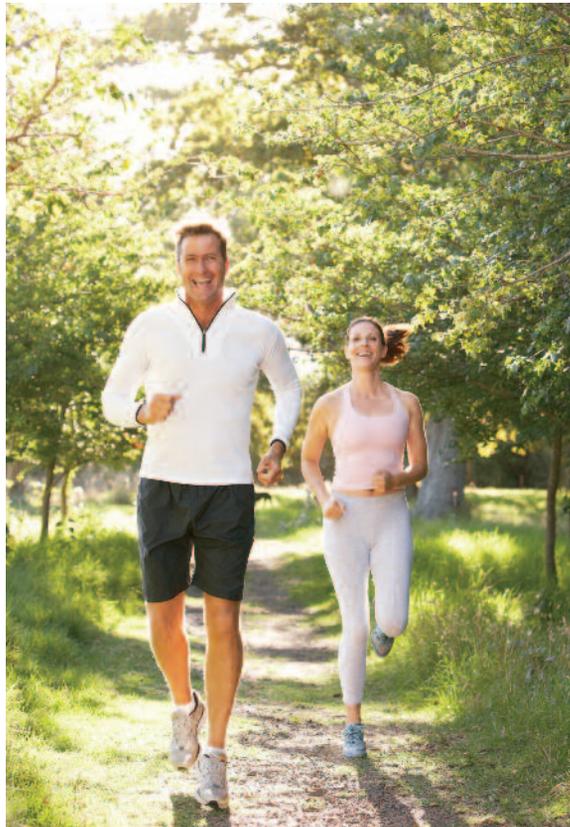
## Diagnosing and Solving the Problem

So how do you know if you're at risk? The only way to tell for sure that your problem is visceral fat is to have an MRI or CT-scan, which are expensive both and often not medically necessary. However, if you have a waistline greater than 40 inches for men and 35 inches for women, according to the Journal of the American Medical Association, that's an indicator that you are carrying too much belly fat, even if you're a relatively healthy weight and generally in good health.

*Statistics show that men who develop a balance between, exercise and diet can still enjoy an occasional "splurge with the boys during that playoff party. However, maintaining a balance may be difficult if there isn't a real understanding of just how toxic high fat diets are to your overall health and wellbeing.*

### 1. Follow a Healthy, Balanced Nutrition Plan

Work with a dietitian to design a nutrition plan for you that focuses on improving your health and helping you to lose weight. The American Diabetes Association suggests you limit your total daily fat intake to 20 to 30 percent of your total calories, keep saturated fat (animal fats, palm oils and processed snacks and desserts) to less than seven percent and try to eliminate harmful trans fats altogether. Your nutrition plan should contain lots of fresh vegetables and fruits, lean protein and complex carbohydrates such as beans, lentils and sprouted grains for energy and fiber. In addition, try cooking with olive, canola, peanut,



safflower or sesame oils, as they contain monounsaturated fats, the "good fats" when used in moderation. You can also try healthy vegetable oils for cooking like coconut, sunflower, olive, avocado and grapeseed oils.

### 2. Increase the Amount and Intensity of Your Exercise

Try to exercise at least 30 minutes every day, which helps you burn calories. A weight loss of five to 10 percent of your total body weight can help reduce visceral fat stores. To achieve that, your daily caloric balance (calories consumed minus calories burned) needs to be negative. More specifically, in order to lose a pound a week, your calorie deficit must be 500 calories per day. That means you have to exercise. Try circuit training, brisk walking, biking or any activity that gets your heart rate up and you moving for an hour. Additionally, try incorporating some high-intensity interval training into your routine. A 2009 University of Virginia study found that this type of exercise total abdominal fat, including visceral and subcutaneous fat.



### 3. Stay Motivated and on Track

Weight loss takes time. Don't expect to lose weight overnight -- you didn't gain it overnight, after all. According to the Journal of the American Medical Association, just a modest amount of weight loss will improve your visceral fat stores and other medical complications you have. Use that as motivation to stick with your eating and exercise program. Try tracking your meal and logging your progress in a journal or an app like Livestrong.com's MyPlate Calorie Tracker. You can also reach out to supportive friends or family members and ask them to help encourage you on your weight-loss journey. Studies have shown that people who have someone to be accountable to are more likely to reach their goals.

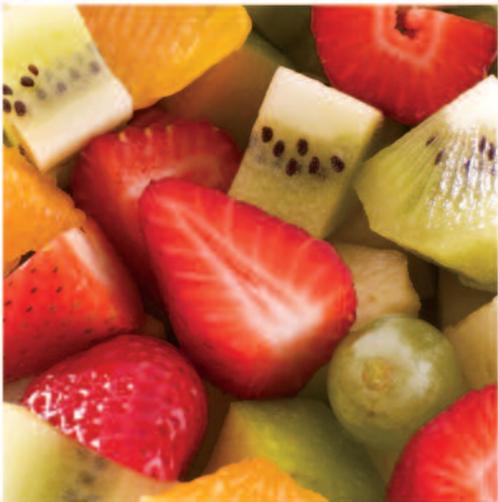
### 4. Practice Healthy Lifestyle Habits

In order to improve your overall health, stop smoking, drinking, being inactive and eating high-fat, processed foods. Choosing healthier lifestyle choices will improve your quality of life and will show up in inches lost as stated in the Guidelines for Overweight and Obesity. Also make sure you get plenty of sleep and take time to destress. Researchers have found that the stress hormone, cortisol, significantly increases the storage of visceral fat. So do some deep breathing or yoga or take a bath or quick walk.

By Rachel Grice

# YOU ARE WHAT YOU EAT!

## The Healthy Food Quiz



**1. Which is least likely to lower your blood pressure?**

- a. low-fat yogurt
- b. cantaloupe
- c. whole-grain bread
- d. spinach
- e. broccoli

**2. Vitamin D may reduce the risk of all but one of these. Which one?**

- a. bone loss
- b. colon cancer
- c. gum disease
- d. irritable bowel syndrome
- e. multiple sclerosis

**3. Which is least likely to reduce your risk of diabetes?**

- a. whole-grain cereal
- b. nuts
- c. salad dressing
- d. alcoholic beverages
- e. orange juice

**4. Which is least likely to lower your risk of colon cancer?**

- a. lean meat
- b. whole-grain bread
- c. low-fat milk
- d. a multivitamin
- e. exercise

**5. Which is least likely to lower your risk of brittle bones (osteoporosis)?**

- a. low-fat yogurt
- b. collard greens
- c. olive oil
- d. a multivitamin
- e. sunshine

**6. Which is least likely to cause food poisoning?**

- a. raw sprouts
- b. chicken
- c. salad
- d. mayonnaise
- e. beef

**7. Meat eaters have a higher risk of all but one of these diseases. Which one?**

- a. osteoarthritis
- b. diabetes
- c. gout
- d. non-Hodgkins lymphoma
- e. colon cancer

Most people know that calcium is good for bones, fiber is good for constipation, and iron is good for blood, to name a few. But once you go beyond the basics, the picture gets murky. Here's a healthy food quiz to see how well you know which foods or nutrients can prevent or promote which diseases.





## The Uniformed Services BLENDED RETIREMENT SYSTEM

### POLICY HIGHLIGHTS

- The Fiscal Year 2016 Nation Defense Authorization Act created a new military retirement system that blends the traditional legacy retirement pension with a defined contribution to Service members' Thrift Savings Plan account. The new Blended Retirement System goes into effect on January 1, 2018.
- All members serving as of December 31, 2017, are grandfathered under the legacy retirement system. No one currently-serving will be automatically switched to the Blended Retirement System.
- Though they are grandfathered under the legacy retirement system, Active Component Service members with fewer than 12 years since their Pay Entry Base Date, and Reserve Component Service members who have accrued fewer than 4,320 retirement points as of December 31, 2017, will have the option to opt into the Blended Retirement System. The opt-in/election period for the Blended Retirement System begins January 1, 2018, and concludes on December 31, 2018.
- All Service members who enter the military on or after January 1, 2018, will automatically be enrolled in BRS.

For additional information visit <http://militarypay.defense.gov/BlendedRetirement/>

# Did you know?



## That every US Family Health Plan member receives an ID card to use for all healthcare needs?

Yes...All members receive an ID card when they become a member. If you have lost or misplaced your ID card you can request a replacement card by visiting:  
<http://usfhp.net/members/member-updates-information/>

## That US Family Health Plan members can get eyeglasses @ \$0 to low cost?

Yes...In 2013 US Family Health Plan contracted with Davis Vision to provide our members with an enhanced vision benefit including a pair of specs annually. To find out more visit:  
<http://usfhp.net/your-plan/vision-benefits/>



## That US Family Health Plan offers retirees who switch to an allotment a \$25.00\* gift card?

YES...If you are currently paying your enrollment fees by check, credit card or annually — we encourage you to switch to the allotment method. It's easy to do, just shoot us an email at [usfamily@svcmcn.org](mailto:usfamily@svcmcn.org) and in the subject line say "Allotment Request".

*\*Gift card received after initial 90 days enrollment in allotment.*



JOINT BASE MCGUIRE-DIX-LAKEHURST, NJ, UNITED STATES 04.07.2017

## ESGR Boss Lift Helps Vet Stay Forever Young

A group of civilians smile tentatively as they pose for a photo in the shadow of a military aircraft. Among the strangers standing on the flight line are casually-dressed professionals and volunteers from all walks of life. School administrators, health care professionals, law enforcement personnel, business executives, small business owners, and elected officials alike. All of them, anxiously waiting to board a KC-135 Stratotanker with New Jersey Air National Guard's prestigious 108th Refueling Wing. Their mission is to fly to North Carolina to execute an air-to-air refuel of a KC-10 Extender for training purposes. Just another day in the Employer Support of the Guard and Reserve outreach program known as "Boss Lift."

ESGR is a Department of Defense program that develops and promotes supportive work environments for those who employ service members in the reserve components. Through outreach, recognition and educational opportunities, ESGR increases awareness of applicable laws, and resolves employment conflicts between the service members and their employers, according to the ESGR website. When it comes to engaging the public, Boss Lift is one of ESGR's most effective tools. As a result, the organization, which spans all 50 states, as well as the U.S. territories, executes educational flights similar to this one for employers all across the country.

However, this Boss Lift was a bit different from some of the others. For example, examine the group photo taken right before the flight. See the bearded gentleman on the far left wearing the blue shirt and holding a green camera bag? If he seems a bit more confident than his fellow passengers, almost as if he's done this before, it's because he has.

The gentleman on the far left is Robert D. Young of Collingswood, NJ. Before retiring as a software engineer and working as a professional photographer, Young served as a pilot in Vietnam. Young graduated from Rutgers University Camden with a degree in Geology, and he enlisted in the Air Force in 1970. After successfully completing USAF Pilot Training in Alabama in 1972, Young earned his wings as a KC-130 co-pilot, serving in Vietnam before eventually qualifying on the KC-135 Aircraft. He ended his career as a Captain having accumu-

lated 2000 hours of total flight time in military aircraft similar to the one he was about to fly in for Boss Lift. However after forty years, Young was about to board a KC-135 as a passenger, volunteering his time as a photographer for ESGR.

"I heard about ESGR Boss Lift from old high school friend and fellow Vietnam Vet with whom I do volunteer work for various veteran-related organizations," said Young.

When asked to describe his favorite part of ESGR Boss Lift, Young responded in a nostalgic tone, "For me the best part of the Boss Lift was reliving the distant past by flying in the same aircraft (KC-135) that I flew almost 40 years ago." Young replied. "In just a few minutes, everything instantly became very familiar again. It was fun sitting in the jump seat, talking to young pilots, and imaging that could have been me four decades ago."

According to Young, the more things change, the more they remain the same. "Fundamentally the KC was the same as I had remembered it." Young recalled. "Although, it sported new, more powerful jet engines; and the cockpit was adorned with all the latest computer-based digital avionics and navigation systems. What a blast from the past!"

Once again, the ESGR program managed to accomplish its mission of bridging the gap between the military and civilian world. And while exposing civilian employers to military service, they managed to reunite a local veteran with fond memories.

Today more than ever, civilian employers play a vital role in our nation's defense by complying with the current employment laws designed to protect the rights of their employees, who serve in the aforementioned Reserve component. This is why US Family Health Plan is happy to spotlight a military organization such as ESGR, which works so diligently to acknowledge the sacrifice employers make while supporting their military employees. For more details about ESGR, their employer awards program, their local chapters, and the services they provide, please visit their website <http://www.esgr.mil/>



# The Healthy Food Quiz: Answers

**1. c. Whole-grain bread.** The DASH study (Dietary Approaches to Stop Hypertension) showed that a lower-fat diet rich in fruits, vegetables, and low-fat dairy foods can lower blood pressure. Researchers aren't sure whether the potassium, magnesium, calcium, protein, fiber, or other nutrients made the difference.

**2. d. Irritable bowel syndrome.** Studies suggest that vitamin D may reduce the risk of bone loss, gum disease, multiple sclerosis, and colon cancer.

Shoot for 400 IU a day (600 IU if you're over 70). Good sources include multivitamins, calcium+D supplements, milk, and some yogurts, breads, breakfast cereals, margarines, and orange juices. Sunlight is also a good source, but not in the winter north of the line that connects Los Angeles and Atlanta.

**3. e. Orange juice.** To dodge diabetes, stay lean and exercise. Studies also find a lower risk in people who drink alcoholic beverages in modest amounts (1 or 2 drinks a day for men; half a drink for women), as well as those who eat nuts, whole grains, and unsaturated fats (like the oils in salad dressing). Processed red meats (like bacon, hot dogs, and sausage), trans-fat-laden foods (like French fries, fried chicken, and pie crust), and sweets may raise diabetes risk.

**4. a. Lean meat.** Meat eaters seem to have a higher risk of colon cancer, even if the meat is lean. Foods that are high in magnesium (like beans, whole grains, and leafy greens) or calcium (like milk, yogurt, and cheese) seem to protect the colon. So do multivitamins (perhaps because they contain the B-vitamin folic acid) and exercise.

**5. c. Olive oil.** Foods high in calcium (like milk, cheese, and yogurt), vitamin K (like collards, spinach, and broccoli), potassium (like fruits and vegetables), and vitamin D help strengthen your bones. The best sources of vitamin D are sunshine, a multivitamin, or a calcium+D supplement (see answer #2). Weight-bearing exercise (almost any activity but swimming) also protects bones and may help prevent falls by boosting balance, coordination, and strength.

**6. d. Mayonnaise.** Fruits and vegetables (like berries, lettuce, and sprouts) can be contaminated in the fields by tainted water or manure. Contaminated poultry, beef, and eggs may cause infections when they're undercooked. Commercial mayonnaise is pasteurized, so it's relatively safe. (Homemade mayo is another story.)

**7. a. Osteoarthritis.** Meat appears to increase the risk of gout because it's rich in a compound called purine. It's not clear why people who eat more red meat have a higher risk of non-Hodgkins lymphoma, diabetes, and colon cancer. People who eat more red meat (and less poultry, fish, fruits, vegetables, etc.) also have a higher risk of heart disease.

## How'd you do?

Get half the healthy food quiz questions and answers wrong? Congratulations. You did better than most people we tested. Look at it this way: had you aced the test, you wouldn't have learned anything.

*Eye Exams, continued from page 7.*

diabetic retinopathy and cataract. Having diabetes can also make you more susceptible to damage from UV rays and more sensitive to glare. This makes UV- and glare-blocking lenses, like Transitions lenses, a common recommendation.

Better managing diabetes can lower healthcare costs by a minimum of \$804 per person per year, according to a study published in the *Journal of Managed Care Pharmacy*.<sup>30</sup> Additionally, better managing the disease will help employees avoid extreme productivity issues that could lead to job loss, thereby avoiding the cost of unemployment associated with the disease, as reported in an American Diabetes Association study.

### Undiagnosed High Blood Pressure

Approximately 1 in 5 people with high blood pressure doesn't know they have it. Without intervention, high blood pressure – also known as hypertension – can have a serious impact on many areas of the body and can lead to hefty medical costs.

For example, high blood pressure can contribute to the development of heart disease. Hypertension, with its complications of stroke and heart attack, accounts for Americans losing 52 million workdays each year, according to the National Hypertension Association.

Among its effects on the eye, hypertension can lead to bleeding, blurred vision, hypertensive retinopathy and even blindness.

Fortunately, eye doctors can see signs of hypertension in the eye by observing the thickening of blood vessels there and looking for other signs of damage.

Early detection through an eye exam and taking steps to prevent the worsening of high blood pressure can impact your well-being, and also your wallet, through potential healthcare savings.

For more information about vision conditions and to learn about their financial impact, it's encouraged to visit *Fit Fwd* at [davisvision.com/fitfwd](http://davisvision.com/fitfwd). There, you'll find a wealth of materials that can help encourage a spirit of wellness, including calculators and supporting whitepapers.

About the Sight On Savings Calculator. (2017, March). Retrieved from *Fit Fwd* by Davis Vision: <http://www.davisvision.com/WhatsMyRisk/>

*Davis Vision does not provide medical advice, diagnosis or treatment. More information is available at Site Content & Member Care.*

# Berry Healthy Breakfast

*If you are short on time, juicing provides a simple way to prepare a breakfast that contains all of the nutrition that you require.*

*The following morning juice recipe will give you a boost of energy that will keep you going throughout the day.*

To make your berry healthy breakfast drink, use these ingredients:

- 2 cups of strawberries
- 2 medium tomatoes
- 4 carrots
- 1 orange

This berry healthy breakfast will not only provide you with energy, it will fill you up with high quality nutrients and antioxidants. The inclusion of strawberries and tomato will provide additional antioxidants and anti-inflammatory properties.

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anywhere  
and no one can  
deny it are  
sunshine, water,  
rest, air, exercise  
and diet.”*

**-Wayne Fields**





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