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NATIONAL NUTRITION MONTH

The food and physical choices made today, and everyday, affect your health and how you feel today and in the future. Eating right and being physically active are keys to a healthy lifestyle. Give your body the balanced nutrition it needs by choosing the most nutritionally rich foods you can from each food group each day – those packed with vitamins, minerals, fiber and other nutrients but lower in calories.

Focus on fruits and veggies: Eat a variety of fruits – fresh, frozen, canned or dried. For a 2,000 calorie diet, you need 2 cups of fruit each day. Eat more orange and dark green vegetables such as carrots, sweet potatoes, broccoli, and dark leafy greens. Include beans and peas such as pinto beans, kidney beans, split peas and lentils more often.

Get your calcium-rich foods: Have 3 cups of low-fat or fat-free milk – or an equivalent amount of low-fat yogurt and/or low-fat cheese every day (1½ ounces of cheese equals 1 cup of milk). If you don't or can't consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.

Make half your grains whole: Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day. Look to see that grains such as wheat, rice, oats, or corn are referred to as "whole" in the list of ingredients.

Go lean with protein: Choose lean meats and poultry. Bake it, broil it or grill it. Vary your protein choices with more fish, beans, peas, nuts, and seeds.

Know the limits on fats, salt, and sugars: Read the Nutrition Facts Label on foods. Look for foods low in saturated fats and trans fats. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars.



Play It Safe With Foods

Prepare, handle, and store food properly to keep you and your family safe

Clean hands, food-contact surfaces, fruits, and vegetables. To avoid spreading bacteria to other foods, meat and poultry should be washed or rinsed separately.

Separate raw, cooked, and ready-to-eat foods while shopping, preparing or storing.

Cook meat, poultry, and fish to safe internal temperatures to kill microorganisms.

Chill perishable foods promptly and thaw foods properly.

Important Information to Improve Your Health

MHNet Behavioral Health

ICUBA is committed to providing its members with excellent service and value in health benefits. As part of our continuing commitment, effective April 1, 2010 we are proud to announce **MHNet Behavioral Health** as our new partner for mental health, substance abuse, and Employee Assistance Program (EAP) benefits. If you are currently receiving care, MHNet will work closely with you and your existing provider to maintain continuity of care. Your benefits will continue with your current provider without interruption during the transition providing that either you or your provider contact MHNet before April 1, 2010.

Beginning March 1, 2010, you may call MHNet at **1-877-398-5816** for questions about transition of care, benefits, or providers for service dates after April 1, 2010. To access MHNet's website, go to www.mhnet.com For any pages requiring login access, such as Provider Searches and EAP Services, please enter the following information:

Username: ICUBA

Password: 8773985816

Generic Drug Copays

Generics.....When you think about generics, your first thought may be off-brand and low quality. However, it's not true for generic medications. Generics can be the right choice – for your health and your out-of-pocket costs. Generics are FDA-approved, chemically identical versions of brand-name medications – proven to work in the same ways as brand-name medications. When filling your next prescription, consider generics or preferred-brand medications for quality and savings. Talk to your doctor to find out if generics or preferred brands are right for you.

Below are your prescription copays with NEW LOWER COPAYS FOR ALL GENERICS, starting April 1, 2010. To access a list of medications preferred by your plan which you can share with your doctor, download and print your plan's Prescription Medication List. Just visit MYWHI.com and select Print Preferred Drug List under the My Benefit Plan section.

	Preferred Products		Nonpreferred Brand
	Generic	Brand	
Copays			
30-day retail copay	\$ 5.00	\$27.00	\$60.00
90-day mail copay	\$10.00	\$50.00	\$120.00
90-day retail copay	\$10.00	\$60.00	\$145.00

Don't overpay for your medication - Go Generic!