

Did You Know . . .

April 2013

Getting Enough Sleep - It's Important to Your Health!

Did you know that the National Sleep Foundation recommends that adults get seven to nine hours of sleep per night, and children and teens need even more? Do you struggle to get a good night's sleep? If so, you're likely feeling fatigued throughout your day, which can cause serious problems for your health, your job and your life.

Symptoms and Risks of Fatigue

If you are tired, you are more prone to mood changes, loss of energy and appetite, headaches, and a lack of motivation and concentration. In addition, fatigue can hurt your job productivity or create a safety hazard.

Health Concerns

Studies show that fatigue can lead to other medical conditions, such as depression, anxiety, high blood pressure and diabetes. Laboratory research has found that short sleep duration results in metabolic changes that may be linked to obesity.

Get Better Sleep

- Make it a priority to get at least seven to eight hours of sleep each night.
- Keep a regular sleep schedule. Try to go to bed and wake up at the same time each day, even on weekends.
- Make sure your bedroom is quiet, sufficiently dark and a comfortable temperature.
- Try activities that help you relax before bed, such as reading or listening to relaxing music.

Adopt Healthy Habits

- Eat nutritiously and avoid big meals right before bed.
- Exercise regularly, but also not close to bedtime.
- Avoid caffeine and alcohol before bed, and avoid nicotine altogether.



Did you know that ... more than one third of adults in the U.S. report getting less than the recommended 7 to 9 hours of sleep each day. Insufficient rest can be associated with health problems such as increased anxiety, depression, and weight gain as well as accidents, loss of productivity, and injury.



Coming in May, 2013!

McWane Is Taking a Fun-Filled Journey to Get Fit on Route 66

Get Fit on Route 66 is a new wellness activity program open to all employees. Look for details at your facility in a few weeks!

Chicken and Cranberry Salad (Makes 4 servings)

Ingredients

12 oz. (1 1/2 cups) chicken, cooked and diced
1/2 cup vinaigrette dressing
1 cup dried cranberries (or cherries)
2 tablespoons almonds (sliced, may be toasted)
1 head of lettuce or equivalent

Instructions

Toss chicken, cranberries, and almonds with dressing.
Serve on a mound of chopped lettuce.

Nutrition (1/4 of recipe): 290 Calories, Total Fat 5g, Saturated Fat 1g, Cholesterol 70mg, Sodium 80 mg, Total Carbohydrate 34g, Dietary Fiber 4g, Sugars 27 g, Protein 28g
Source: USDA

For a Quick Energy Boost

Getting through the day when you haven't had a good night's sleep can be a challenge. If you find yourself getting sleepy during the day try one or more of the following:

- Eat a snack with complex carbohydrates and protein, like an energy bar or half a peanut butter sandwich on wheat bread.
- Take a short walk.
- Try to vary your day or routine when you start feeling tired.



For Generations

Medical Care Choices

Tips for managing your health care expenses

Health care costs are rising significantly, greatly impacting the price both you and the company pay for your health benefits. McWane, Inc. and its divisions take the responsibility to provide you with quality, affordable benefits seriously, but we need your help. You can help by thinking carefully about how you use those benefits and by managing your personal health care expenses to help to keep costs down.

The role you play in managing health care costs is simple: Spend your health care dollars wisely. Each time you go to a medical provider or receive medical services you generate a claim that must be paid for through your employee health benefits. Essentially, the costs of your claims, and all your coworkers' claims, and those of your families determine the price you and your employer pay for your health benefits. In the end, decisions you make directly affect the year-to-year increases in your health benefits cost.

Making Wise Choices

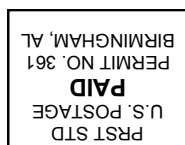
When you have an illness or suffer a minor injury, you want to feel better – fast. Your health plan provides coverage for treatment that can be received in a variety of settings, such as your doctor's office, a hospital or an urgent care center. However, every setting is not appropriate for every kind of care. Your responsibility is to know which setting provides the best, most cost-effective care for your condition.

The first step is to become familiar with your benefits - don't wait until you are sick or injured! Review your medical benefits summaries (available from your Human Resources department) and know your copayments and coinsurance amounts for an office visit, urgent care facility or a hospital emergency room. And, remember to learn about what is required of you if you need to seek medical care when you are out of town.

Do You Have a Primary Care Doctor?

If you haven't already done so, find a primary care doctor and build a relationship that you can count on. For most illnesses or injuries, the best choice for medical care may be a visit to your general practitioner or other primary care physician. Your regular doctor knows you best, has your medical history, and has the expertise to diagnose and treat most conditions. For most illnesses and injuries, and for regular checkups and preventive care, your doctor can provide the most cost-effective care.

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