

# STEP INTO WELLNESS



Diocese of Palm Beach  
2022 Healthiest Employers Award Honoree



## March is Colorectal Cancer Awareness Month

March 2023



Colorectal cancer, or CRC, is a disease of the colon or rectum, which are parts of the digestive system. Unlike most cancers, colorectal cancer is often preventable with screening and highly treatable when detected early.

Most cases of colorectal cancer occur in people ages 45 and older, but the disease is increasingly affecting younger people. Each year, about 150,000 Americans are diagnosed with this disease and more than 50,000 die.

Colorectal cancer may develop without symptoms. If you are 45 or older and at average risk, it's time to get screened.

Colorectal cancer may not cause symptoms, particularly at first. Someone can have colon cancer or rectal cancer and not know it. That's why every person should **get screened** starting at age 45. People at higher risk may need to get checked earlier, according to their risk factors.

When they occur, symptoms may include:

### Changing bowel habits

Changing bowel habits may include intermittent or constant diarrhea and/or constipation, a change in the consistency of your stool, or stools that are more narrow than usual.

### Persistent abdominal discomfort

Abdominal discomfort may present as cramps, gas, or pain. You may also feel full, bloated, or like your bowel is not completely empty. Nausea and vomiting can also be a symptoms.

### Rectal bleeding

Blood in or on your stool is a symptom of rectal cancer and colon cancer. The blood can be bright red, or the stool may be black and tarry or brick red.

### Weakness and/or fatigue

Weakness and/or fatigue may be a sign of colorectal cancer. Weakness and/or fatigue may be accompanied by anemia or a low red blood cell count.

### Unexplained weight loss

A loss of weight for no known reason should always be investigated. Nausea and/or vomiting are also possible symptoms.

### WHEN SHOULD I SEE A DOCTOR?

**Earlier is better!** Symptoms of colon cancer and rectal cancer can be associated with many other health conditions. Only a medical professional can determine the cause of your symptoms.

The early signs of cancer often do not include pain. A medical provider should be consulted when any symptom develops. Early detection can save your life.

When it comes to colorectal cancer, the most common symptom is no symptom. That's why colorectal cancer is called the silent killer .

Several screening tests can be used to find polyps or colorectal cancer. The following colorectal cancer screening strategies are available. It is important to know that if your test result is positive or abnormal on some screening tests (stool tests, flexible sigmoidoscopy, and CT colonography), a colonoscopy test is needed to complete the screening process. Talk to your doctor about which test is right for you.

[www.ccalliance.org/colorectal-cancer-information-eart.org](http://www.ccalliance.org/colorectal-cancer-information-eart.org)  
[www.cdc.org](http://www.cdc.org)



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### Colon Cancer Screening

Annual preventive screenings are an important part of a healthy lifestyle. Annual colon screenings are recommended for those who are age 45–75; paid at 100% with no co-pay.

**When it's preventive:** A colorectal cancer screening is a routine test that checks for early signs of cancer. There are different types of preventive colon cancer screenings, such as a FIT (fecal immunochemical test) kit, Cologuard® (FIT-DNA), or a colonoscopy. Your doctor will tell you which test is right for you. Log into the Summary of Benefits to see how we cover these tests: <https://www.diocesepb.org/employment-center/employee-benefits/summary-of-benefits/>

**When it's diagnostic:** If your preventive colon cancer screening results show something abnormal, or if you've been having rectal bleeding, your doctor will want to find out why. If you used a FIT kit or Cologuard test, your doctor may order a colonoscopy for you. Or if your doctor finds an abnormal growth, like a polyp, during your preventive colonoscopy, they'll often remove it and test it for cancer. You may have a copay or coinsurance for the lab tests.

## Who Wore Red???

Such a wonderful treat to once again have staff getting together to wear red for heart disease awareness!!!

### St. Joan Parish and School Wears Red!



### Pastoral Center Employees For Heart Health Awareness



### St. Martin de Porres in Red



### St. Clare put their "HEARTS into it!!!

## Upcoming Webinars



In this month's Ask the Dietitian live webinar, Lauren Dimitrov, a registered dietitian nutritionist with Florida Blue, will discuss the National Nutrition Month Fuel for the Future theme on the importance of making informed food choices and developing sound eating habits. After a short presentation, Lauren will answer your questions during live Q&A. Use below link:

[bit.ly/3SB4kWi](http://bit.ly/3SB4kWi) Quick Link

Wednesday, March 15th at 1:00pm OR.....

Point your smart phone at the QR code to join.



[bit.ly/3ICiMJ9](http://bit.ly/3ICiMJ9) Quick Link

Thursday, March 16th at 1:00pm - Good sleep affects your overall health. Join Florida Blue's Dr. Kim Sundling, the Behavioral health Clinical Pharmacist, and Debbie Del Rosario, LCSW, the Director of Behavioral Health clinical programs, for a live webinar to learn how sleep is connected to mental health and has links to conditions like depression and anxiety. Discussion will also be had for tips for better sleep to improve your mental well-being.



## March Happenings

Mar 1 - 31	National Colorectal Awareness Month
Mar 1 - 31	National Nutrition Month
Mar 1—31	Save Your Vision Month
Mar 1—31	Workplace Eye Wellness Month
Mar 1—31	Myeloma Awareness Month

## Best Foods For Your Colon

Below are some food groups that can help you prevent colon cancer inception.

**Fish** - Fresh fish high in omega-3 fatty acids can help reduce inflammation in the body. In fact, a research team from Vanderbilt University found out that women who eat three servings of fish per week reduced their risk of developing colon polyps at around 33 percent. Your best picks would be baked or smoked salmon, tuna and sardines as they are also rich in vitamin D and calcium.

**Fruits** - Fruits are generally rich in antioxidants, fiber and species-specific phytochemicals that can help in protecting you from digestive problems. Apples, blackberries, bananas, blueberries, oranges, pear and raspberries are some of the best sources of fiber.

**Non-starchy vegetables** -For overall health, the rule of thumb is to fill two-thirds of your plate with plant-based food as they are rich in fiber, vitamins, minerals and phytochemicals. However, to lower your risk of having type 2 diabetes, another factor that can lead to colon cancer, the American Diabetes Association suggests that you emphasize on non-starchy vegetables. Try to eat at least 3-5 servings of non-starchy vegetables per day, including lettuce, kale, cucumbers, artichokes, broccoli, cabbage, carrots, cauliflower, celery, okra and spinach.

**White Meat** -Protein is crucial for muscle development, growth of tissues and more. And since you need to limit your red meat consumption, your healthier alternatives would be skinless chicken or turkey. Eggs are a good option, too.

**Whole grains** - Whole grains are another fiber-packed food group that you can perfectly match with fish, eggs and white meat. Your healthiest options would be brown rice, barley, oatmeal and quinoa.

**Nuts** - Eating at least two, one-ounce servings of nuts a week can help keep your blood sugar and insulin levels low, reducing your risk of having type 2 diabetes. Since they are also packed with healthy fatty acids, fiber and flavonoids, nuts can also help decrease your chances of having colon cancer.

Your best picks would be tree nuts such as almonds, cashews, hazelnuts, pecans, pistachios and macadamia nuts.

**Beans and Legumes** - Soybeans, lentils, peas, pinto beans, black beans and kidney beans are a great source of protein, fiber, vitamin B and vitamin E and can help reduce cholesterol.

[www.healthyliving.com](http://www.healthyliving.com)

Have an idea, suggestion or comment? Contact your Wellness Coordinator, Carol Waring at [cwaring@diocesepb.org](mailto:cwaring@diocesepb.org) or 561-775-9572. Have a benefits question? Contact your Benefits Assistant, Sandy Maulden at [smauld-](mailto:smauld-)

## Know Your Benefits: Life Line Screening Reimbursement Program

**(Please note: This reimbursement program applies to employees who are covered by the diocesan medical plan (Florida Blue) and their eligible dependents)**

As a new and value-added benefit of the Diocese Wellness Program, effective April 1, 2023, we are pleased to offer employees covered under our diocesan medical plan, Florida Blue Standard and Premium PPOs, and their covered dependents, reimbursement of up to a maximum of \$149, per calendar year, per covered individual, for the cost of the certain preventive screenings offered by Life Line Screening. **The eligible employee and/or dependent will be responsible for paying for the service in full at the time of the screening.** Pursuant to this program, they may be eligible to be reimbursed up to \$149 for certain preventative screenings at Life Line. Should the covered individual choose additional or alternative screenings offered by Life Line outside this program, they will be responsible for those payments in full and will not be eligible for reimbursement. **Life Line Screening does NOT ACCEPT Florida Blue insurance.** This is a reimbursement program for specified preventative screenings and all signatory requirements must be completed along with a Life Line receipt attached to this form. Covered individuals may only be eligible to receive a \$149 reimbursement for the following preventative screenings offered by Life Line: 1. Carotid Artery; 2. Abdominal Aortic Aneurysm; 3. Peripheral Arterial Disease; and 4. EKG to detect Atrial Fibrillation – irregular heartbeat.

Covered employees/dependents may select any location offered by Life Line for the screening. **In order to receive the discounted rate for the preventative screenings, covered individuals should call 1-800-679-5191 or register online at <https://lisa.social/HSC> or text the word CIRCLE to 216-279-1607. They will then be eligible for the “Community Circle” discount and a Preferred Appointment!**

In order to receive the reimbursement, the form must be signed by the covered employee, and, if applicable, for an adult dependent, signed by the covered eligible dependent, as proof of completion of the actual screening. Proof will be considered the receipt you receive from Life Line for payment AND this form signed by the covered employee (and, if applicable, the covered dependent) and the representative of Life Line Screening that is present at the testing location.

Once screening is completed and the form is signed, the form shall be submitted to the diocesan Benefits Office for review and processing of the reimbursement. **Please note that we cannot process the reimbursement if all of the requirements stated above are not complied with.** After processing is completed, the eligible employee will receive a check by mail up to the maximum allowed reimbursement amount.

**The form must be submitted and received in the Diocese of Palm Beach Benefits Office within thirty (30) days of the date of the screening or reimbursement will be voided and waived.**

Your results will not be provided to the diocese. The results are confidential and protected under HIPAA.

**The form can be found on page 4 of this edition and will be available on the Benefits/Wellness section of the Diocese of Palm Beach webpage under “FORMS” at:**

<https://www.diocesepb.org/employment-center/employee-health-wellness/better-you-from-blue/annual-preventive-screenings-clinical-labs.html>







# Diocese of Palm Beach Confirmation of Life Line Screening



As a new and value-added benefit of the Diocese Wellness Program, **effective April 1, 2023**, we are pleased to offer employees covered under our diocesan medical plan, Florida Blue Standard and Premium PPOs, and their covered dependents, reimbursement of up **to a maximum of \$149**, per calendar year, per covered individual, for the cost of the certain preventative screenings offered by Life Line Screening. The eligible employee and/or dependent will be responsible for paying for the service in full at the time of the screening. Pursuant to this program, they may be eligible to be reimbursed up to \$149 for certain preventative screenings at Life Line. Should the covered individual choose additional or alternative screenings offered by Life Line outside this program, they will be responsible for those payments in full and will not be eligible for reimbursement. Life Line Screening does **NOT ACCEPT Florida Blue Insurance**. This is a reimbursement program for specified preventative screenings and all signatory requirements must be completed along with a Life Line receipt attached to this form. Covered individuals may only be eligible to receive a \$149 reimbursement for the following preventative screenings offered by Life Line: 1. Carotid Artery; 2. Abdominal Aortic Aneurysm; 3. Peripheral Arterial Disease; and 4. EKG to detect Atrial Fibrillation – irregular heartbeat.

Covered employees/dependents may select any location offered by Life Line for the screening. In order to receive the discounted rate for the preventative screenings, covered individuals should call **1-800-679-5191** or register online at <https://lisa.social/HSC> or **text the word CIRCLE to 216-279-1607**. They will then be eligible for the “Community Circle” discount and a Preferred Appointment!

In order to receive the reimbursement, this form **must be signed by the covered employee**, and, if applicable, for an adult dependent, signed by the covered eligible dependent, as **proof of completion** of the actual screening. Proof will be considered the receipt you receive from Life Line for payment **AND** this form signed by the covered employee (and, if applicable, the covered dependent) and the representative of Life Line Screening that is present at the testing location.

Once screening is completed and the form is signed, the form shall be submitted to the diocesan Benefits Office for review and processing of the reimbursement. Please note that we cannot process the reimbursement if all of the requirements stated above are not complied with. After processing is completed, the eligible employee will receive a check by mail up to the maximum allowed reimbursement amount.

The form must be submitted and received in the Diocese of Palm Beach Benefits Office within **thirty (30) days** of the date of the screening or reimbursement will be voided and waived.

Your results will not be provided to the diocese. **The results are confidential and protected under HIPAA.**

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I certify and confirm that I (EMPLOYEE - PRINT NAME) \_\_\_\_\_ and/or my eligible dependent(s) (PRINT NAME) \_\_\_\_\_ has coverage on the date of service under the Diocese of Palm Beach Health Insurance coverage provided through Florida Blue, completed the preventative screening(s) provided by Life Line Screening on (date) \_\_\_\_\_. I have attached a copy of the payment receipt to verify reimbursement and out of pocket expenditures in the amount of \$ \_\_\_\_\_. I understand that I am responsible for the cost of any preventative screenings outside of this program and that the program will only reimburse me up to \$149 for eligible screenings. I further attest that the information provided on this form is true and accurate.

\_\_\_\_\_  
Signature (Employee)

\_\_\_\_\_  
Signature (Eligible Dependent)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

\*\*\*\*\*  
**For Life Line Screening Staff Only - Confirmation of Screening:**

\_\_\_\_\_  
Life Line Screening Staff Signature

\_\_\_\_\_  
Life Line Screening Staff—Print Name

\_\_\_\_\_  
Date