



NASI WELFARE FUND
We're Here to Help

WHAT'S INSIDE?

1. Tips for Managing Medication for Your Kids During the School Year
2. Which Pain Reliever Should You Choose? Depends on the Pain!
3. Congratulations to Our Personal Health Management Program Participants!
4. October is National Breast Cancer Awareness Month



Welcome to our fall issue of — “*Sprinkler Fitter You*” — the NASI Welfare Fund’s quarterly health and wellness newsletter for participants. If you have any questions or would like more information about what you’ve read here, please contact the NASI Fund Office at 800-638-2603. We’re here to help!

TIPS FOR MANAGING MEDICATION FOR YOUR KIDS DURING THE SCHOOL YEAR

Medication adherence, like so many other good habits, starts at an early age. Making sure children understand the importance of proper therapy now can help put them on the road to healthier choices.

If your child uses prescription medications during school hours, here are some tips to help keep them safe and adherent to their therapy:

- **Know your school’s rules:** Who is allowed to administer medication and who fills in if the person is absent? Is your child allowed to carry the medicine and take it without supervision?
- **Know how your child will receive the medication:** Will he or she be expected to report to a certain place at a certain time, or called to report somewhere? What is the policy for field trips?
- **Keep tabs on the supply:** If the medication will be stored at school, check often to ensure there is an adequate supply so there are no missed doses. Make sure the medication stays in its original container and label.
- **Provide clear instructions:** Prepare a typed list of all medications with warnings and storage requirements. Include an action plan that school staff can refer to in an emergency. Make sure your child, teachers and the appropriate school administrator have current copies.
- **Keep your child informed:** Your child should be aware of the basics of his condition — signs of an allergic reaction, a flare-up or side effects of the medication. Your child should know proper dosages and be aware of when and how often he or she is supposed to take them.
- **A.M. game plan:** School mornings can be hectic, so try to integrate the morning dose into the morning routine. Also have a back-up plan in place if that morning dose is missed and your child needs to take it at school.





WHICH PAIN RELIEVER SHOULD YOU CHOOSE? DEPENDS ON THE PAIN!

Americans are quick to treat acute or chronic pain with over-the-counter medicine like Advil or Tylenol. But not all pain relievers work the same way. Although most are effective at reducing fevers and alleviating pain, each is metabolized differently in the body and comes with its own long-term side effects. So how do you know which to choose?

Tylenol, the brand name for “acetaminophen,” is found to be effective because it blocks the perception of pain in the brain. While it has fewer side effects than ibuprofen (the active ingredient found in Advil and Motrin), overuse can cause liver damage. It’s not recommended for people who drink alcohol regularly.

Ibuprofen is part of a category of medicines called nonsteroidal anti-inflammatory drugs, or NSAIDs. Although NSAIDs are thought to be more effective on tough pain than acetaminophen, there are more side effects (such as upset stomach and internal bleeding) associated with prolonged use. Experts recommend taking NSAIDs with food to help fight stomach discomfort. Also, ibuprofen is not a good choice for babies under six-months old and pregnant women.

Aleve contains naproxen, which works more slowly than ibuprofen but lasts longer. Naproxen is thought to be better at reducing inflammation due to injuries such as bone swelling, sprains and strains.

The chart below gives a general guideline for the medication thought to work best for some common ailments.

	Tylenol Acetaminophen	Advil/Motrin Ibuprofen	Aleve Naproxen
Fever		X	
Headache	X		
Menstrual Cramps		X	
Hangover		X	X
Sore Muscles		X	
Arthritis			X
Sinusitis		X	
Earaches		X	
Toothaches		X	
Sprained Ankle			X
Back Pain		X	

Be sure to check with your doctor before taking any new medication or if you find yourself reaching for pain medication for more than 10 days in a row. Knowing the side effects and how best to mitigate them can help you feel better in the long term.

CONGRATULATIONS TO OUR PERSONAL HEALTH MANAGEMENT PROGRAM PARTICIPANTS!

The Personal Health Management Program was designed to support participants with chronic conditions and to improve their health while helping to contain Welfare Fund costs. Since its launch in August 2014, more than 1,600 Welfare Fund participants have enrolled in the Program.

We are happy to report better-than-expected results so far—Program participants have seen a combined weight loss of more than 450 pounds, reduced BMIs, improved nutrition and exercise programs, improved diabetic testing results, reduced tobacco usage, and more.

How Does it Work?

The Welfare Fund partners with Carewise Health to administer the Personal Health Management Program. Carewise Health reviews medical claims data, and when key health risk factors are detected, participants are contacted by phone to join the Program. Calls are confidential; participants speak with Carewise Health healthcare professionals to help them coordinate the care and activities designed to improve their health and quality of life.

If you are contacted and you “actively engage” in the program—meaning you participate in regular telephone counseling and are complying with your mutually established treatment plan— you can enjoy enhanced benefits during the following calendar year. And of course, you’ll enjoy the best benefit of all—feeling better!



HERE'S HOW WE'RE HELPING!

Here's a testimonial from a Personal Health Management Program participant who lost 14 pounds, reduced his blood pressure and reduced the number of cigarettes he smokes:

“My wife is behind me and we are doing some diet changes; we stopped fast foods, we're cooking and eating our own foods and using the information from her diabetic books. I am so encouraged that I am planning to quit cigarettes altogether in the next few months. I feel so positive with the few changes I made; they were not hard to do, feel very natural and I am confident I can keep these up.”

If the NASI Welfare Fund's Personal Health Management Program has helped you, let us know about it!

HAVE YOU BEEN CONTACTED BY CAREWISE HEALTH? DON'T MISS OUT ON PAYING LESS!

If you are contacted by Carewise Health but you decline participation, you will be subject to a higher annual deductible (\$800 instead of \$400) for covered medical expenses and your out-of-pocket maximum will increase from \$2,500 to \$5,000 for the 2016 calendar year.

OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH

The goal of Breast Cancer Awareness month is to increase attention and support for early detection and treatment of this disease. Although the survivor rate is on the climb, statistics are still startling. One in eight women will develop breast cancer during their lifetime. In fact, the American Cancer Society estimates that in 2015, 231,840 new cases of breast cancer will be diagnosed and 40,290 women will die from breast cancer.

What Causes Breast Cancer?

Breast cancer is most likely caused by a combination of factors, including genetic makeup, behavior and environment. While several lifestyle-related and hormonal factors (obesity, smoking, excess alcohol use) may increase your risk of developing breast cancer, none of these factors guarantee you'll develop the disease. Many women who develop the disease have no known risk factors.

Symptoms and Prevention

Breast cancer symptoms vary widely — from lumps to swelling to skin changes — and many breast cancers have no obvious symptoms at all. That said, women should make breast self-exams a part of their monthly health care routine, and those over 40 or at a high risk for the disease should also have an annual mammogram and physical exam by a doctor. With early detection, the odds of beating the disease improve dramatically. Currently, there are more than 2.8 million breast cancer survivors in the United States.



The information provided in *Sprinkler Fitter You* is of a general nature only and does not replace or alter the official rules and policies contained in the official plan documents that legally govern the terms and operation of the NASI Welfare Fund. If this newsletter differs in any way from the official plan documents, the official plan documents always govern. Receipt of this newsletter does not guarantee eligibility for benefits. The Trustees have the right to modify benefits at any time.

National Automatic Sprinkler Industry
Welfare Fund
8000 Corporate Drive
Landover, MD 20785

