

SPRINKLER

Wellness Benefits Everyone

FITTER

YOU

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NASI WELFARE FUND
We're Here to Help

WHAT'S INSIDE?

The Link Between Popular Heartburn Drugs and Kidney Disease

Where Do You Go When You Need Medical Care—Fast?

Good Food is Good Medicine

Preventive Screenings—Who, What and When

Participants Still Taking the Call!

IT'S SPRING!

Welcome to the spring issue of *Sprinkler Fitter You*, our quarterly health and wellness publication exclusively for NASI Welfare Fund 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!

WHAT YOU SHOULD KNOW ABOUT POPULAR HEARTBURN DRUGS AND KIDNEY DISEASE

Proton Pump Inhibitors — “PPIs” — are drugs commonly prescribed to treat heartburn and gastroesophageal reflux disease (GERD) by reducing the amount of acid in the stomach. PPIs include brand-name drugs (such as Prevacid, Prilosec, and Nexium) available both over-the-counter and by prescription.

When PPIs were first approved by the FDA, the drugs appeared to be safe when taken as directed and used short-term. However, many patients take these drugs long-term, leading to nutritional deficiencies—particularly magnesium and vitamin B12. Not only that, studies are finding that prolonged use of PPIs may increase risks for a variety of health problems, including bone fractures, infections and possibly even heart problems and dementia.

Another concern has emerged in recent months—new reports showing a link between PPIs and chronic kidney disease. Researchers at Johns Hopkins University reviewed the health records of people who were on PPIs and found a kidney disease risk that was 20-50% higher compared to that of non-users.

Although the study does not prove that the drugs can cause chronic kidney disease, more research is needed to explore the association. It's recommended that heartburn and GERD sufferers try to alleviate their symptoms through more traditional means, like changing diet, reducing alcohol and quitting smoking.

If you're one of the 15 million Americans who is seeking relief from intestinal disorders, it's best to work with your health care provider to determine the most appropriate treatment approach for you.



WHERE DO YOU GO WHEN YOU NEED MEDICAL CARE—FAST?

If it's an Urgent Care Center/Walk-In Clinic, you're in good company! Many participants are finding it pays to visit an in-network Urgent Care facility/Walk-In Clinic for treatment of minor conditions (see list below) and to use the ER (with its longer wait times and higher costs) for true emergencies, such as broken bones and chest pain. Here's how your costs compare with an Urgent Care versus ER, and when you should seek care from both.



Comparing Urgent Care and Emergency Room Care

	Urgent Care Facilities/Walk-In Clinics	Emergency Rooms
Deductible	No Deductible	\$400 Deductible
Coinsurance	10% Coinsurance	25% Coinsurance
Conditions for treatment	Flu, cold, flu shots, fever, headache, earache, chills, sprains, after hours care	Major trauma or accident, loss of consciousness, heart attack or chest pain, uncontrollable bleeding or deep cuts

The bottom line: Never put your health at risk. If you have a true medical emergency, please go directly to the ER. But if your condition can wait, it may make sense to schedule an appointment with your primary care physician or visit an Urgent Care Facility or Walk-In Clinic for treatment.

GOOD FOOD IS GOOD MEDICINE

For patients with cancer, proper nutrition can support immune function and weight maintenance, prevent unnecessary hospitalization, and improve quality of life. Yet, it's estimated that 85% of cancer patients suffer from malnutrition and 80% do not receive nutritional support from a registered dietitian. That's why the **Welfare Fund is introducing a new benefit** designed to help: Oncology Therapeutic Resource CenterSM - Comprehensive Nutrition Support, or simply called "TherapEase Cuisine."

What is TherapEase Cuisine?

TherapEase Cuisine is an online nutritional service focused on guiding cancer patients to find the right foods to complement their treatment. The TherapEase Cuisine program strives to provide up-to-date information on current trends and issues, and to remain consistent with Academy of Nutrition and Dietetics Oncology Nutrition Practice Group protocol and standards.

The focus of the TherapEase Cuisine program is to:

- Prevent adverse food/drug interactions
- Help with weight maintenance during cancer treatment
- Mitigate treatment-related side effects.

TherapEase Cuisine provides personalized online nutritional recommendations, meal planning, and access to a network of registered dietitians. The program enables you to design a unique meal plan to help you meet your nutritional needs, minimize side effects, and optimize your general health as you undergo chemotherapy and other cancer treatments.

TherapEase Cuisine thoroughly examines current scientific evidence to differentiate sound nutritional facts from dietary fads before writing any recommendations or incorporating them into the program. All meal-planning recommendations are scientifically based per the Academy of Nutrition and Dietetics and customized for each patient. If you've been diagnosed with cancer, contact the Fund Office to find out how TherapEase Cuisine can help you or your covered family member.

If you are an Accredo oncology patient, you can set up a free TherapEase Cuisine account at www.therapeasecuisine.com. Just enter your first and last name with the code 7623796 (where it asks for a prescription number) and your date of birth to get started.





PREVENTIVE SCREENINGS—WHO, WHAT AND WHEN

Routine preventive services can help you improve your health and avoid illness (and subsequent treatments that can be costly). However, according to our 2015 claims data, participants and their families are not taking advantage of their preventive care benefits as frequently as they should.

In fact, our population receives fewer screenings than what's recommended for a group our size: for example, per 1,000 participants, we had only 173 receive an annual physical exam in 2015. Care standards recommend at least 270 physical exams per 1,000 participants. The chart below summarizes preventive care recommendations.

Preventive Care	Who?	Recommended Frequency of Testing
Annual Physical	Age 18+	Every year
Cholesterol Screening	Males 35+ Females 45+	Based on risk factor, every 5 years with repeated normal results
Colon Cancer Screening	Males and Females aged 50-75 (earlier with risk factors)	Colonoscopy every 10 years
Mammogram Screening	Female age 40-69	Every 1-2 years
Cervical Cancer Screening	Females aged 21-64	Every 1-3 years
Well Baby Care	0-15 months	6 visits with Primary Care Physician by age 15 months
Childhood Immunizations	0-23 months	Recommended immunization schedule by American Academy of Pediatrics
Well Child Care	Age 3-6 years	Annual visit with PCP

We encourage all participants to work with their primary care providers to receive the appropriate preventive care tests for their age, gender and risk factors (such as family history). All of the above services are covered under the NASI Welfare Plan, but some are subject to the annual deductible and coinsurance. Refer to pages 55-58 of the NASI Welfare Fund Plan Document for details on which preventive services are covered at 100%.

Make screenings a priority in 2016; getting the right tests at the right time can increase your chances of a healthier, longer life!

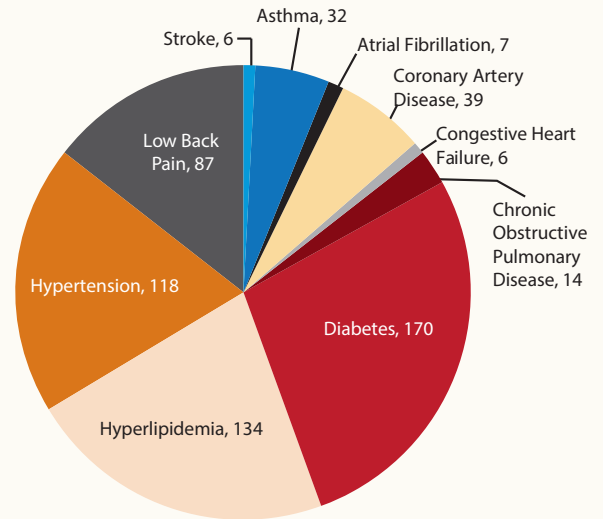
PARTICIPANTS STILL TAKING THE CALL!

It's working! We've had nearly 1,000 members graduate from the NASI Personal Health Management Program so far, and we would like to congratulate those who have successfully improved their total cholesterol, triglycerides, blood pressure and body mass index numbers.

Carewise Health may contact you to participate in this free, confidential Program if your medical claims data indicates that you may benefit from the Program's telephonic coaching and support. Don't be surprised if you're contacted more than once—even for the same condition. Although you won't be eligible for an additional financial incentive by enrolling again (nor a penalty if you choose not to enroll again), we hope you'll still take advantage of the valuable resources and support the Program offers to help manage your condition.



NASI PERSONAL HEALTH MANAGEMENT
Counseling and Support for Chronic Conditions



Number of participants enrolled in the program, by condition.

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 Welfare Fund. It is intended to supplement—not replace—the medical care and information you get from your healthcare provider. 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.

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