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Food, Nutrition, and Health Tips

The NEW federal dietary guidelines at www.mypyramid.gov are for the general public over 2 years of age, and are not a therapeutic diet for any specific health condition. Individuals with a chronic health condition should consult with a health care provider to determine what dietary pattern is appropriate for them. Remember to make smart choices from every food group, find balance between food and physical activity, get the most nutrition out of calories, and stay within daily calorie needs.

Foods and Nutrients to Increase

- Whole grains – Increase whole grains by choosing whole grain breads and cereals, brown rice and whole wheat pasta. Make at least half of your grain servings whole grains.
- Vegetables – Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Most adults need 2 ½ cups of vegetables per day.
- Fruits – Add fruit to meals and snacks (fresh, frozen or canned) to get about 2 cups each day.
- Low-fat or fat free milk, yogurt and cheese or fortified soy beverages – Include 3 cups per day for calcium, vitamin D, protein and potassium. Lactose-free milk is also an option.
- Vegetable oils such as canola, corn, olive, peanut and soybean – These are high in monounsaturated and polyunsaturated fats. Use in moderate amounts in place of solid fats.
- Seafood – Include a variety of seafood more often in place of some meat and poultry.

Foods to Reduce

More than one-third of all calories consumed by Americans are solid fats and added sugars. You should eat less added sugars, solid fats (including Trans fats), refined grains, and sodium.

- Fats - For optimum health, most people should reduce their intake of solid fats and Trans fats by replacing them with monounsaturated and polyunsaturated fats. Solid fats are found in fatty animal-based foods such as well-marbled meat, poultry skin, bacon, sausage, butter and whole milk products. Trans fat is found in foods made with vegetable oils that have been partially hydrogenated such as cookies, donuts, pastries and crackers.
- Sodium – To reduce sodium, (1) Prepare food using little salt or fewer high-sodium ingredients, (2) Taste food before salting it. Lightly salt food only as needed, not as a habit, (3) Use herbs, spice rubs and fruit juices in cooking in place of salt, (4) Check food labels comparing like items and choose lower sodium foods, and (5) Eat fresh fruits and vegetables which are naturally low in sodium.

Important Information to Improve Your Health

ICUBA Plan Design Changes for Plan Year April 1, 2011 - March 31, 2012

There are many favorable ICUBA plan design changes being introduced as a result of Health Care Reform, effective April 1, 2011:

- No dollar limits on lifetime benefits (used to be \$2 Million)
- No dollar limits on Durable Medical Equipment (used to be \$3,500 per plan year)
- No co-pay charge or co-insurance for in-network wellness office visits (annual wellness visits are now free)
- All Medical and Behavioral Health co-pays count towards plan year Out-of-Pocket (OOP) maximum
- Rx co-pays now have an Out-of-Pocket maximum - \$2K for individual; \$4K for family. After maximum met for plan year, all prescription drugs are free.
- No pre-existing condition limitations for people 19 years old and younger
- Coverage for children up to the last day of the calendar year in which child turns age 26
- Free coverage of aspirin and generic pre-natal vitamins under the Prescription Drug Plan

There is a change in the deductible for each medical plan:

2011-2012 Plan Year	PPO 70 Blue Choice and Blue Options		PPO Risk/Reward Blue Choice and Blue Options	
	Network	Non-Network	Network	Non-Network
Deductible Individual/Family	\$750/\$2,250 (was \$500/\$1,500)	\$1,250/\$3,750 (was \$1,000/\$3,000)	\$1,750/\$4,000 (was \$1,500/\$4,500)	\$3,250/\$9,750 (was \$3,000/\$9,000)

Autism Behavioral Health Benefit

Effective April 1, 2011, MHNet Behavioral Health will offer access to Applied Behavioral Analysis for children, up to age 26, diagnosed with Autism or other pervasive developmental disorders. The Autism benefit covers treatment of autism through speech therapy, occupational therapy, physical therapy, and applied behavior analysis. The autism spectrum disorders covered are Autistic Disorder, Asperger's Syndrome, and Pervasive Developmental Disorder.

If your child has been diagnosed with Autism, please contact MHNet Behavioral Health for more information on the services available and the steps necessary to receive authorization. Applied Behavioral Analysis can be effective when combined with other forms of treatment offered through your health plan. MHNet will work with your medical plan to ensure that your family receives holistic treatment in a "one-stop" customer service fashion. You may contact MHNet at 1-877-398-5816.

*Additional information on the Autism Behavioral Health Benefit is also available at
<http://icubabenefits.org>*