



**NASI WELFARE FUND**  
We're Here to Help

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Welcome to the Fall issue of *Sprinkler Fitter You*, our quarterly health and wellness publication exclusively for NASI Welfare Fund participants and their family members. 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!

## PUTTING OFF YOUR DENTAL CLEANING? HERE ARE SIX REASONS WHY YOU SHOULDN'T.

To help celebrate National Dental Hygiene month, we're reminding you to schedule your routine dental appointment, if you haven't already. Remember, preventive care is covered at 90% (after the deductible) when you visit a Delta Dental provider. Routine dental cleanings can:

1. **Prevent cavities.** A good cleaning will remove plaque—the leading cause of tooth decay. Get rid of excess plaque to avoid costly (and painful) cavities.
2. **Prevent tooth loss.** Gum disease is a major cause of tooth loss in adults. As gum disease advances, plaque moves further down the tooth where it can destroy the supporting bone in your jaw, causing teeth to loosen and fall out. Reduce your chances of this happening to you with regular dental cleanings combined with good oral hygiene habits.
3. **Brighten your smile.** Drinking coffee, tea and wine or using tobacco can stain your teeth. A dental cleaning can remove built-up stains and leave you with a whiter smile.
4. **Freshen your breath.** Good oral hygiene is the best way to prevent persistent bad breath. Even if you brush and floss regularly, getting a cleaning is a great way to keep your mouth healthy and odor-free.
5. **Boost your overall health.** Regular dental cleanings may help lower your risk for some diseases, like heart disease and stroke. Many medical conditions, some of them life threatening, can be detected in their early stages by your dentist during a routine oral exam.
6. **Save money.** Taking good care of your teeth now can help you avoid costly procedures in the future.



## TAKE A LOOK AT THIS!

Make sure you're still seeing things clearly. Take advantage of the NASI Welfare Fund's vision benefits, available once every 12 months. The Fund contracts with Vision Service Plan (VSP) to provide vision benefits for members and their eligible dependents. When you visit a VSP provider, you're eligible for:

- An eye exam.
- One pair of eyeglasses (frames and lenses) or contact lenses.

Your eye exam and glasses are covered at 100% after you meet a \$10 vision deductible. Contact lenses are covered up to \$100, after you meet the deductible.

To find a participating vision care provider, contact Vision Service Plan (VSP) at 800-877-7195 or [www.vsp.com](http://www.vsp.com).



## CAN EATING CERTAIN FOODS PROTECT AGAINST DEMENTIA AND ALZHEIMER'S DISEASE?

A new diet is gaining some traction among scientists called the MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) diet. It's a combination of the popular DASH diet and Mediterranean diet. A recent study found the MIND diet lowered Alzheimer's risk by about 35 percent for people who followed it moderately well and up to 53 percent for those who adhered to it rigorously.

### Foods to Enjoy:

- Green leafy vegetables
- All other vegetables
- Nuts
- Berries
- Beans
- Whole grains
- Fish
- Poultry
- Olive oil
- Wine



### Foods to Avoid:

- Red meat
- Butter/stick margarine
- Cheese
- Pastries and sweets
- Fast/fried food



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## How Does it Work?

Because its main objective is not weight loss, the MIND diet is not calorie restrictive, nor does it require you to eliminate entire food groups. However, you may shed weight because of the healthy, whole foods that dominate your menu.

Every day, you eat three servings of whole grains, a salad and another vegetable, along with drinking a glass of wine (if you like). On most days, you snack on nuts, and every other day you eat half a cup of beans. At least twice a week, you have poultry and a half-cup serving of berries (blueberries are best), and you dine on fish at least weekly. Olive oil is what you primarily use at home.

You limit unhealthy foods: fewer than four servings of red meat per week; fewer than five weekly servings of sweets or pastries of any kind; less than one tablespoon of butter a day; and less than a serving a week of cheese, fried food or fast food.

Two previous, large U.S. studies found that people who ate at least two servings of vegetables per day—with the strongest effect seen with at least six weekly servings of leafy green vegetables—had a slower cognitive decline. Several animal studies show that eating a variety of berries is tied to better memory performance. And population studies suggest eating a single fish meal a week is related to Alzheimer's prevention.

Every Day	Most Days	Every Other Day	At least Twice a week	At Least Weekly
Three servings of whole grains A salad Another vegetable Wine (Optional)	Nuts	½ cup beans	Poultry ½ cup berries	Fish





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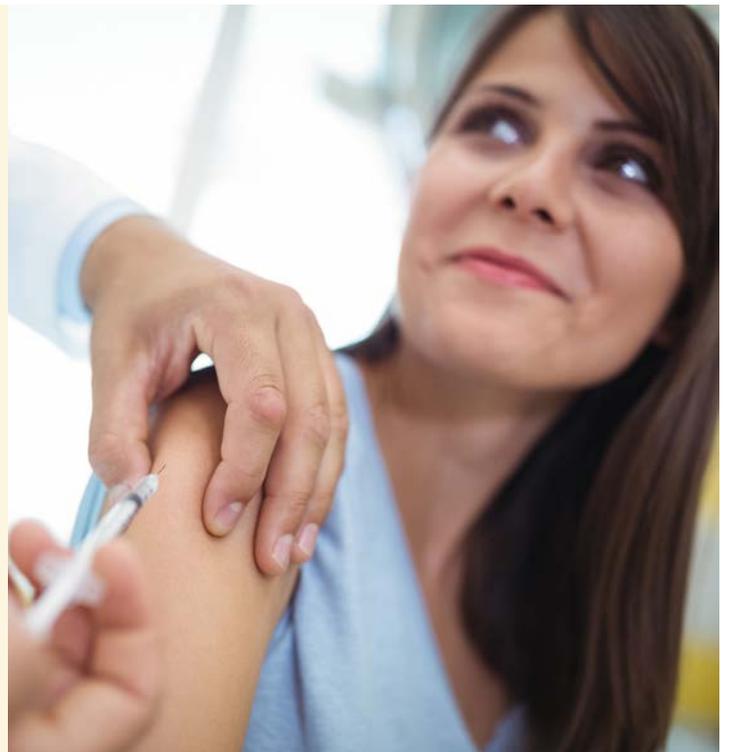
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## COMING SOON: FLU SEASON!

It's starting—flu season. The good news is that you can protect yourself with a flu shot. The Centers for Disease Control (CDC) recommends that everyone over the age of six months get a flu shot this season. And the earlier the better; it takes about two weeks for the vaccine to kick in to its full potential. Like last year, the nasal spray flu vaccine will not be an option.

### Free Flu Shots!

When you visit an in-network provider, you can receive your flu shot with no copayment, covered at 100%. Make an appointment with your doctor or stop by a participating provider to get your flu shot as soon as you can. Use the mobile app or log in to the Express Scripts website at [www.express-scripts.com](http://www.express-scripts.com) to find a provider near you.



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