

Live Your Best Life With The Sound And Communications Wellness Program

Want to manage your stress level, reduce your weight, improve your diet or manage other aspects of your health?



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Try our new Sound and Communications Wellness Program.

The program is free and available to all members, retirees, and any benefited member over 18. It offers nutrition counseling, health coaching, a virtual fitness studio, incentives programs, and a monthly e-newsletter. Any information you share with a counselor is completely private and is not shared with anyone. **(Continued on Page 2)**

INSIDE THIS ISSUE:

2. *Sound and Communications Wellness Program Contact Information*
3. *Sound and Communications Wellness Program Components*
4. *Meet Our Program Director*
6. *Meet Our Nutrition Counselor*
7. *Meet Our Wellness and Nutrition Coach*

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Sound and Communication Wellness Programs

Wellness Program Components:

- Virtual Fitness Studio
- Nutrition Counseling
- Health Coaching
- Biometric Screening
- Monthly Newsletter

Virtual Fitness Studio

Our wellness fitness experts have joined together to give you a virtual space where you can stay healthy and fit, anytime and anywhere at no cost. Classes are taught by our fitness experts and range from high-intensity training to meditation. Some of the classes offered include cardio training, training with weights, pilates training, yoga classes and meditation. Keep a lookout for new featured videos every month. The virtual fitness studio is available 24 x 7. The classes are on an online platform where you can login and select the class you wish to take.

To participate in the FREE Virtual Fitness Studio, go to:

Website: <https://baysport.com/virtual-studio-enter>

Password: March password: 10Pull-Ups / April password: dumbBe!!

Password changes every month; get current password from Denise Brown, program manager, at denise.brown@baysport.com.

Nutritional Counseling

Through the Wellness Program, you have access to FREE nutritional counseling. Whether you need support dealing with a chronic health condition such as high blood pressure, cholesterol management or blood sugar regulation, or you are interested in general nutrition support, Patti Miller RDN is available to assist you.

Get started today by simply emailing Patti at patti.miller@baysport.com

Health Coaching

Are you struggling with some unhealthy behaviors that are affecting your physical health? Are you having difficulty managing your cholesterol, blood pressure or blood sugar; do you need support in getting your weight under control once and for all? Do you need motivation and accountability to make some lifestyle changes? If you answered yes to any of these questions, then HEALTH COACHING is for you.

Through the Wellness Program, you can work one-on-one with a personal Health Coach and develop a wellness vision and a plan to help you achieve your goals. Sessions take place over the phone and through email communication. You will also receive additional resources and educational materials. Book a free session with one of our Wellness Health Coaches and get more information. There is NO cost to you and NO obligation to sign up.

Get started today by emailing health coaches Sue Saso, sue.saso@baysport.com or Adrienne Bachleda, Adrienne.bachleda@baysport.com.

Biometric Screening

A core service of the IBEW Wellness Program is our health screenings. Your biometric screening test results provide important information about your health and help identify risk factors associated with high cholesterol, high blood sugar, and high blood pressure.

Due to pandemic restrictions, we have not been able to provide onsite group screenings, but we want to ensure you have access to these important services. We look forward to offering onsite screenings again when it is deemed safe, but for now, here are TWO FREE screening options available to you immediately.

1. You can schedule an appointment at one of our three BaySport Clinics located in San Francisco, Redwood Shore, or Los Gatos.
2. You can also schedule an appointment at a LabCorp location spread throughout the Bay Area.

Receive a \$20 Safeway Gift Card for participating in a screening. For more information, contact Denise.

Biometric Screening Continued From Previous Page

BaySport Option

The screening will include a **finger-prick blood draw** for Total Cholesterol, HDL cholesterol, LDL cholesterol, Chol/HDL ratio, Triglyceride, and Glucose; a blood pressure check; and a body mass index assessment. Fasting is recommended but not required. The results will be reviewed with you immediately.

To schedule a screening at a BaySport Clinic, please make an appointment at a convenient location.

San Francisco: (415) 901-9090 - 275 Battery Street, Suite 860

Redwood City: (650) 593-2800 - 203 Redwood Shores Pkwy, Suite 250

Los Gatos: (408) 395-7300 - 14830 Los Gatos Blvd, Suite 101

LabCorp Option

The screening will include a blood draw **from the arm** for Total Cholesterol, HDL cholesterol, LDL cholesterol, Chol/HDL ratio, Triglyceride, and Glucose; a blood pressure check; and a body mass index assessment.

To schedule a screening through LabCorp:

1. Log onto www.labcorp.com.
2. Enter zip code in "Find a Lab" click search.
3. For type of service, select "Employee Wellness with Body Measurements."
4. Choose a convenient location and hit "Schedule an Appointment." Please allow 20-25 minutes for your Wellness Screening appointment.
5. You will be asked whether you will be fasting (fasting is recommended but not required).
6. Under Insurance Coverage, select **"I have already paid or someone else is responsible."**
You should not provide ANY insurance information to LabCorp at any time during this evaluation.
7. Please DOWNLOAD and PRINT the LabCorp Requisition form at https://www.baysport.com/IBEW/LabCorp%20Requisition_IBEW_Sound&Comm.pdf and take it with you to your appointment OR contact Denise Brown and she will send you one.
OR contact Denise Brown and she will send you one.
8. BaySport will send your results to you via US mail approximately 5-7 days after your appointment at the LabCorp.
9. The Program Manager will follow up with resources based on your results.

For more information or question, please contact Denise Brown at denise.brown@baysport.com



Meet Denise Brown, MPH, Wellness Program Manager

Reach out to Denise Brown, The Sound and Communications Wellness Program Manager, as your first point of contact if you want to participate in the wellness program. To become part of the wellness program email Denise at denise.brown@baysport.com.



PHOTO BY: DENISE BROWN

Denise is passionate about helping people live their best lives through wellness education, support and lots of encouragement.

Denise has over 20 years of experience in the wellness field. She joined BaySport 5 years ago; before that, she spent 15 years at the County of San Mateo in the Employee Health & Wellness Department, designing and implementing programs to help keep County employees well. Denise has a Master's in Public Health from UCLA and an undergrad degree in Psychology from UC Davis. For the last few years, she has managed

Wellness Programs for IBEW Local 617 and IBEW Local 595 Inside Wireman. Denise is excited to extend these resources to Sound and Communications members.

Through the program, you have access to services designed to help you and your family members achieve their wellness goals. Programming includes nutritional counseling, health coaching, biometric screenings and incentive programming, all at NO COST to you. Please do not hesitate to reach out to Denise with any questions.

Join The Program: Email denise.brown@baysport.com





PHOTO BY PATTI MILLER

Meet Patti Miller, RDN

Nutrition Counselor

Q: I would like to improve my diet. How do I make an appointment to work with you?

A: You can reach out to our program manager, Denise Brown, by email at denise.brown@baysport.com, or you can contact me directly at patti.miller@baysport.com. My services are free and available to any member, retiree, or their spouse.

Q: How can a nutrition counselor help me?

A: I work with people who want to lose weight and/or eat healthier. I also offer support for chronic conditions, such as high blood pressure, cholesterol management, blood sugar regulation, digestion, and food allergies. I can help you with disease prevention and weight control. Your work with me can be ongoing, or one-time, based on your individual needs.

Q: What happens during our appointment?

A: Before the appointment, I will have emailed you a nutrition questionnaire to complete online. Once you have completed the questionnaire, we have our appointment and we figure out the best way to deal with your issue. Most people want a meal plan with their calorie level. I give you guidelines for a general diet and how many calories you might need. Depending on the issue, I follow up with you once a week or once a month. Sometimes, if the issue is addressed completely during the interview, there is no follow-up.

Q: What kind of questions do you ask during a nutrition appointment?

A: I may ask you what your typical day of eating is like, from the time you get up in the morning. What's the first thing you eat or drink? I may go through what you eat during a typical day. I make suggestions if you are trying to watch your calories (like skip the half and half and try 1% milk). It depends on the person. Some people want full blown change and others just want to fit in some small changes.

Q: How do you address high blood pressure during a nutrition appointment?

A: I get a sense of what you are eating and see if there is a culprit in the diet. I make sure you are monitoring your blood pressure and reporting to the doctor, and the doctor understands what's really going on. I view myself as an educator on this issue.

Q: How do you work with caffeine or alcohol usage if I want to look at that?

A: I educate you on the benefits and the liabilities, the pros and the cons. In terms of alcohol, we talk about recommended daily allowances. According to the Dietary Guidelines for Americans, limit alcohol to one drink per day for women and two drinks per day for men and only for adults of legal drinking age. A serving of alcohol is 12 ounces of a beer or wine cooler, 5 ounces of table wine or 1.5 ounces of 80-proof distilled spirits. As for caffeine, I don't have any blanket recommendations, because caffeine can be good for you. Having more than two or three cups per day would probably be a little excessive. Coffee and tea can be beneficial, but energy drinks are not, because they come with a lot of sugar and chemicals.

Q: Tell us a little about your experience and background.

A: I am a registered dietitian. I completed my degree in food, nutrition and dietetics and also completed a dietetic internship. I received my BS in nutrition from Cal State LA. My professional background includes clinical nutrition support within hospitals and inpatient facilities as well as outpatient counseling and home care visits. I have consulted with private fitness clients and I provided the nutritional assessment for a healthy, ready-to-cook meal preparation service. I belong to the Academy of Nutrition and Dietetics and the California Dietetics Association. I have worked with the inside wireman of Local 595 and 617 for several years previously.

Join The Program:
Email Denise.Brown@baysport.com





PHOTO BY SUE SASO

Meet Sue Saso, NBC-HWC, MPH, NASM-CPT

Health and Wellness Coach

Q: How do I make an appointment to work with you?

A: You can reach out to our program manager, Denise Brown, by email, at denise.brown@baysport.com, or you can contact me directly at sue.saso@baysport.com. We will give you some dates to get started. The first meeting is generally an hour.

Q: How can a wellness coach help the members?

A: Members who have concerns about their health can talk to me. I collaborate with people one on one. Whatever your concern is—weight, smoking, blood sugar levels, stress, you can talk with me. I meet you where you are at in our discussion. We share knowledge and resources, so you feel empowered to take control of your health by taking small steps toward eating better, exercising, sleeping better, stress management, etc. My services are free to the membership.

Q: What happens in the first meeting?

A: The first meeting is an opportunity for us to get acquainted and allows you to focus on what health-promoting, life-giving habits you want to be doing consistently. It's about creating your vision of wellness for your future self. We will explore why you want to work with a coach in the first place? What is most important to you right now? What do you wish for? What do you want to improve or change? What are you doing today to support your health? We will establish 3-month outcomes, and some realistic and specific weekly goals that support your vision.

Q: What happens after the first meeting?

A: I will check in by email the week after our first session, and we will set up a follow-up 30-minute check-in session for every other week going forward to review your progress and build on your successes. What can you commit to that's realistic and doable? After the first 3 months, you will decide if you would like to continue working with me for another 3 months or more.

Q: How do you help members set goals for their health?

A: You will set small goals to enhance your physical and/or mental well-being based on what is most important to you. Through our collaboration, I will help you identify specific goals based on what you already know, what you're already doing, and what feels achievable. I believe that small steps lead to big changes, so an initial goal might be committing to five minutes of walking 3 times per week.

Q: What health concern do members most often mention during coaching?

A: Stress management and/or work-life balance issues are frequently mentioned as top concerns. We investigate possible underlying issues, like feeling overwhelmed, uncertain about the future, or having enough time for self-care. High blood pressure and pre-diabetes also come up as key concerns. Often people are finding themselves pre-diabetic and are unsure what lifestyle changes to make.

We will explore strategies that support exercise and healthy eating and chat about stress management techniques.

Q: What are some techniques you use during coaching?

A: Depending on what your health concerns are, we will consider what you know and may already be doing to improve the issue, identify challenges getting in your way, and identify solutions to overcome or navigate around the roadblocks. We will discuss unhelpful habits, identify triggers and cues that lead to unhealthy choices, and work towards reframing thought patterns to create positive and sustainable healthy habits. Revisiting past experiences, personal strengths and successes will help you build up your self-confidence.

Q: Can health coaching really create changes in your health?

A: Yes! There is a lot of scientific evidence that health coaching and lifestyle intervention leads to better health outcomes. I've seen many people maintaining the healthy habits they have made, and feel confident about sustaining them. They're empowered by their achievements and lifelong lifestyle changes they've mastered.

Q: Tell us a little about your background?

A: I have a Master's degree in Public Health (MPH) from San Jose State University and an undergraduate degree in science from UC Santa Barbara. I have enjoyed my profession as a health educator and wellness coach for over a decade, working one-on-one with individuals as well as teaching wellness workshops and seminars. While my certification as a personal trainer (CPT) supports my fixation on physical fitness, I'm especially proud to have recently become a nationally board-certified Health and Wellness Coach (NBC-HWC).



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**Trust Self-Funded Medical
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claim forms and benefit info:
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Toll-Free 877.827.4239

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To locate a participating
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www.anthem.com/ca
To locate a participating
preferred provider dentist:
408.288.4400 or 877.827.4239
Refer to Group # 170016M001

Kaiser Permanente

www.kaiserpermanente.org
Questions about benefit
info and ID Cards:
Toll-Free 800.464.4000
Refer to Group # 919

Optum Health

www.OptumHealth.com
Questions about mental health
and substance abuse benefits
or the member assistance
program: 1-877-225-2267
Group # 10000824-0001, 0002

Vision Service Plan

www.vsp.com
Questions about vision benefits
and vision claims or to request a
Vision Plan Provider Directory:
Toll-Free 800.877.7195

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IBEW Wellness Program Four-Week Introduction To Meditation



PHOTO BY: ADOBE STOCK

Addressing mental and emotional health is an essential component of a Wellness Program. The practice of meditation is increasing in popularity as more people discover the physical and emotional benefits. Meditation can help enhance focus and attention span, boost immunity, reduce stress and anxiety, improve relationships and increase joy in your life.

Our new 4-week Introduction to Meditation Program is designed to help you develop the skills and techniques you will need to be successful. We will begin with

7-minute sessions and build to 15-minute sessions by the end of the 4-weeks. The classes will focus on a myriad of techniques to give you a sense of peace and calm, enhancing your overall well-being and health.

Meditation classes will run five days a week, including two live sessions and three pre-recorded sessions. Do not worry if you miss a live class; a recording will be posted too. No equipment is necessary, but a blanket and pillow may add comfort.

The Program Starts March 1st

Go to: <https://baysport.com/virtual-studio/4-week-meditation-program>
Then select the class session you wish to attend.

For more information contact Denise Brown at denise.brown@baysport.com

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