



**Improve Your  
Health & Lower  
Your Stress**

## **Join BaySport's Light-En Up Challenge 2022 Program**

**Learn More About The Program On Pages 2-3**

PHOTO BY: HAWK PHOTOGRAPHY

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## Light-En Up! Challenge

**3 Free Health Screenings, Free  
Nutrition Health Coaching, Free Zoom  
Exercise Classes & Cash Prizes**

—  
**15 Weeks**

**Feb. 14th To June 6th**

**Contact: [Martha.Hagmaier@baysport.com](mailto:Martha.Hagmaier@baysport.com)**

If you want to get your health off to a good start this year, Join BaySport's Light-En Up Challenge Program, which runs for 15 weeks, from Feb. 14th to June 6th and is open to all sound and communication apprentices and technicians. The program will help you to be healthier and happier, and have a better mental state. The program is about more than losing weight. It's about improving your overall health.

The program offers several different components, and you can pick and choose the activities in which you would like to participate. There is total flexibility, and it's based on what you need and where you are.



*Program manager Martha Hagmaier*

PHOTO COURTESY OF MARTHA HAGMAIER

Here are some of the program's activities:

**1. Get up to 3 free health screenings and receive a \$20 Safeway gift card for each of these.**

- How well do you know your wellness numbers? Do you know your blood pressure, body mass index assessment, or total cholesterol? How about your HDL cholesterol, LDL cholesterol, CHOL/HDL ratio, Triglyceride and Glucose?
- Learn all these numbers now! We have partnered with LabCorp, one of the largest clinical laboratory networks in the world, so you can get quality comprehensive screenings at your convenience! Your screening will include a blood draw from the arm to get you numbers. Be sure to allow at least 20-25 minutes for your Wellness screening appointment.
- Email [Martha.Hagmaier@baysport.com](mailto:Martha.Hagmaier@baysport.com) to receive the correct LabCorp Requisition form and follow these easy steps:

- To schedule a screening through LabCorp:
  - Log on to [www.labcorp.com](http://www.labcorp.com)
  - Enter zip code in "Find a lab" and click search
  - For type of service, select "Employee Wellness with Body Measurements"
  - Choose a convenient location and click "schedule an appointment."
  - You will be asked whether you will be fasting (fasting is recommended but not required)
  - Under insurance coverage, selected "Other." **You should not provide any insurance information to LabCorp at any time during this evaluation.**
  - Email [Martha.Hagmaier@baysport.com](mailto:Martha.Hagmaier@baysport.com) to receive the correct LabCorp Requisition form.
  - Fill out the LabCorp Requisition form and take it with you to your appointment.
  - After your appointment, you will receive your results via a secure private link electronically and also via US mail approximately five to seven days after your appointment.
  - If you would like to schedule an appointment to review your results, contact [Martha.Hagmaier@baysport.com](mailto:Martha.Hagmaier@baysport.com)



**2. Receive free one-on-one nutrition health coaching with our nutritionist, Eshan Dandekar, a nationally registered dietitian. (for more about Eshan, see pages 4-5). He will help you build out a nutrition plan with eating recommendations. Receive cash awards for weight loss or for maintaining your weight.**

**3. Buy discounted nutrition products online or in the store from Arrive Nutrition. The products vary from general nutrition to athletic nutrition.**

**4. Participate in free zoom classes every two weeks, led by BaySport instructors. These classes, which supplement the virtual fitness studio, focus on cardio, stretching, strength and mobility.**

**5. Every two weeks, a cash pot of \$500 will be split among the participants who send in ONE of the activities items mentioned - photo on the scale, completed quiz or consultation with our Nutritionist. Entries into the pool are based on participation.**



**Register Now! New Year, Better You!**





*Eshan Dandekar  
Registered Dietician and Exercise Physiologist*

# ***Receive Free Nutrition Health Coaching When You Join BaySport’s Light-En Up Challenge 2022 Program***

***To enroll: Contact [Martha.Hagmaier@Baysport.com](mailto:Martha.Hagmaier@Baysport.com)***

If you want to improve your health and lower your stress level, join BaySport’s Light-En Up Challenge Program, which runs for 15 weeks, from Feb. 14th to June 6th. To enroll, contact [Martha.Hagmaier@baysport.com](mailto:Martha.Hagmaier@baysport.com)

As part of the Light-En Up Challenge program, you will receive one-on-one nutrition health coaching with our nutritionist, Eshan Dandekar, a nationally registered Dietitian. He will help you build out a nutrition plan with eating recommendations. Eshan will work with you by phone or video conference once a week or once every two weeks for about 15 to 30 minutes.

“I look at the whole picture for the person I’m talking to and also look at that person’s mental health or overall health,” said Eshan.

“Through our nutrition work, we will be looking at reducing stress and indirectly improving health,” said Eshan. “And that can be from a variety of parameters. It doesn’t have to be weight loss. It could be better sleep. It could be that your blood panels improve. It can even be anywhere from increased energy to improving your sex life. A lot of changes can occur when we fix the small things. I will be monitoring the health screenings too.”





Another program Eshan will oversee is Arrive Nutrition, which provides quality nutrition products to the participants in the Light-En Up Challenge Program. The supplements are available to those who are too busy to get all the nutrients they need in their regular diet, so they need to supplement. As part of the nutrition counseling program, those who enroll will be able to discount the Arrive Nutrition program for products they need. The Arrive Nutrition products are available online or in stores.

Eshan will also be overseeing the weight check in program for everyone he is working with in the Light-En Up Challenge Program. “The folks I work with will be sending in their weight information either by taking a picture of the scale or using a smart device,” said Eshan. “Those who participate, either through the weigh-in or a quiz sent every two weeks, will be eligible for cash prizes.”

Eshan is a nationally registered Dietitian and Exercise physiologist. He graduated with a Masters in Kinesiology and a Masters in Nutrition from Cal Poly. His career focus is to help as many people demystify the nuances and fads related to exercise and nutrition.

During his college years, Eshan spent more than 5 years in physical rehabilitation settings as a sports medicine intern and physical therapy aide. Currently, in addition to being BaySport’s nutritionist, Eshan is performance coach at The Firm Fitness in San Francisco and a private Registered Dietitian Nutritionist.

His focus is derived from a mix of performance and workouts but he continues to expand his medically related knowledge in nutrition and work with patients on the side. He enjoys Olympic lifting, playing with his dog, and seeing friends when possible.



# ***How To Maintain Your Shoulder Health***

## ***BaySport Physical Therapist Michael Marcello Says These Exercises Can Help Keep Your Shoulders in Shape***

How do you know if you have weak shoulders? Shoulder pain can not only limit you during your workday, but in the long run, the pain can also keep you from being able to raise your arms, to get dressed, to reach up to a cupboard or out to a door. Here are some of the signs:

- Generally, there will be pain when you move, especially when you reach overhead
- You may have a limited range of motion or even hear or feel popping or clicking in your shoulder
- Working to keep your rotator cuff muscles strong can help you possibly avoid problems with your shoulders

The shoulder is the body's most complicated joint. It's where the ends of the collarbone, upper arm bone and shoulder blade meet. It's also prone to arthritis, which is a wearing away of the cartilage between the bones. It is also prone to tear or tendonitis (inflammation) of the rotator cuff. The rotator cuff is a group of tendons that helps you raise and rotate your arm. Working to keep your rotator cuff muscles strong can help you possibly avoid problems with your shoulders. Muscles are a little like cotton fabrics. They may shrink up slightly, but if you pull on the fibers, you can stretch out the fiber fabric again.

These simple but effective strengthening moves can be done regularly and with very little equipment or time required. (Of course, you should always seek a professional's opinion before starting any program or routine to ensure you are supporting and not causing any potential or further injury) Start off easy and build up your reps and frequency. It doesn't take a lot to work the smaller muscles but you'll reap the benefits!





## ***Horizontal Abduction (With Elastic Band)***

While holding an elastic band in front of you with palms up and elbows straight, pull the band outward away from your body as shown in the picture.

Try to engage your shoulder blades to move back and together as you pull the band back.

Repeat 10 Times

Complete 2 Sets

Perform 4 Times a Week



## ***Shoulder Diagonals (With Elastic Band)***

Standing with tall posture and engaged core, pull the band across your chest in diagonal direction. One hand should be raising up towards your ear with thumb up, while the other anchors the other side of the band at your side with thumb down.

Keep elbows straight through the entire pull, squeezing your shoulder blades together as you pull. Repeat both sides.

Repeat 10 Times

Complete 2 Sets

Perform 4 Times a Week



## ***Bilateral Scaption (with Dumbbells)***

Hold a LIGHT free weight in both hands and then raise them both up away from your side in a forward/lateral direction. Your elbows should be straight and the movement should occur in the plane of the scapula or 45 degrees to the side as shown. Do not raise up higher than 80 degrees (hands just below shoulder height). Move slow and controlled, especially on the way down.

Repeat 10 Times

Complete 2 Sets

Perform 4 Times a Week



## ***Sidelying External Rotation (with Dumbbells)***

Lie on your side and hold a weight with your elbow bent and rested on your side. Place a small rolled up towel between your upper arm and body. Next, move your forearm and hand from the ground towards the ceiling as shown. Lower back down and repeat.

Repeat 10 Times

Complete 2 Sets

Perform 4 Times a Week

Michael Marcello, doctor of physical therapy, is available to help you with any repetitive stress injuries you may have developed, in the shoulder or elsewhere in the body. His services are made available through the Sound and Communications Wellness Program. You can reach Michael at BaySport ([Michael.marcello@baysport.com](mailto:Michael.marcello@baysport.com)) or by calling 650-593-2800. Or you can contact Martha Hagmaier, the manager of the Sound and Communications Wellness Program at [ibew@baysport.com](mailto:ibew@baysport.com) to let her know you need to speak with Michael.

## Your Health And Welfare Trust Fund Important Phone Numbers

Questions about eligibility for coverage, premiums, reserve accounts, and info booklets, call:

**Plan Administrator - United Administrative Services**  
408-288-4400  
Toll-Free 1-800-541-8059

### Trust Self-Funded Medical And Dental Plan

Questions about claim payment, claim forms and benefit info:  
408-288-4400  
Toll-Free 1-800-541-8059

**Anthem Blue Cross Medical PPO**  
[www.anthem.com/ca](http://www.anthem.com/ca)  
To locate a participating preferred provider physician, clinic, or hospital:  
408-288-4400 or 1-800-541-8059  
Refer to Group # 170016M001

**Anthem Blue Cross Dental PPO**  
[www.anthem.com/ca](http://www.anthem.com/ca)  
To locate a participating preferred provider dentist:  
408-288-4400 or 1-800-541-8059  
Refer to Group # 170016M001

**Kaiser Permanente**  
[www.kaiserpermanente.org](http://www.kaiserpermanente.org)  
Questions about benefit info and ID Cards:  
Toll-Free 1-800-464-4000  
Refer to Group # 919

**Optum Health**  
[www.OptumHealth.com](http://www.OptumHealth.com)  
Questions about mental health and substance abuse benefits or the member assistance program:  
Toll-Free 1-800-888-2998  
Group # 10000824-0001, 0002

**Vision Service Plan**  
[www.vsp.com](http://www.vsp.com)  
Questions about vision benefits and vision claims or to request a Vision Plan Provider Directory:  
Toll-Free 1-800-877-7195

**To order additional copies of The DATA contact [jfordley@hillzoog.com](mailto:jfordley@hillzoog.com)**

## IBEW/NECA Sound & Communication Health & Welfare Plan



## Federal Government-Provided COVID-19 Tests (Shipped to Your Home)

Every home in the U.S. is eligible to order 4 free at-home COVID-19 tests through the Federal Government. Orders will usually ship in 7-12 days.

**Visit <https://www.covidtests.gov> to order your free tests.**

The kits provided by the Government are at no cost to the Health & Welfare Plan.

# norcalvdv.org



SOUND AND COMMUNICATIONS  
*of Northern California*