



HealthMatters
Wellness with Purpose



Monthly Employer Newsletter April 2010

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Employer Tools regarding this month's theme are now available on the *client only* part of our website!

If you don't have a login yet, request one from Amanda Moser at amanda.moser@lmcins.com.

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April's Theme: Occupational Safety & Health!



This month, on our *client only* portion of our website, you will find the following tools for you to utilize:

•Monthly Employee Newsletter:

This month, learn how to become a donor, as well as celebrating Earth Day. Also in this issue: how to protect yourself from IRS scams, the dangers of drowsy driving, and a spicy recipe for a BLT sandwich.

•Monthly Flyer – Workplace Eye Safety

This month's flyer gives recommendations for reducing eye injuries.

•Monthly Poster – In Case of Emergency

This month's poster lists information in case there is an emergency at the workplace.

Only clients of LaMair Mulock Condon Co. are able to access these free monthly resources, as a value-added service. Please contact Amanda Moser at amanda.moser@lmcins.com to be set up with a username and password.

Wellness News Happenings

Obesity rates are rising, and fighting that trend starts with our children

That chubby-cheeked toddler may be as cute as a button, but medical experts believe that a child's excess weight could be setting him or her up for a lifetime of serious health problems.

[Read more...](#)

Attitude Toward Everyday Activity Important for Healthy Lifestyle

Exploring underlying attitudes toward everyday physical activity — for example, walking to a nearby co-worker's office rather than sending an e-mail — may open new opportunities for promoting healthier, more active lifestyles, according to Penn State researchers. [Read more...](#)

Iowa City to Discuss Merits of Water Fluoridation

The Iowa City Council will take up the after several people earlier this year expressed concerns about the city's long-standing policy of adding fluoride to the public water supply.

[Read more...](#)

For information on wellness news, visit our [HealthMatters](#) website and click on "[Healthy Happenings](#)".

Healthcare Reform and Wellness-- What's to Come

With President Obama signing the Patient Protection & Affordable Care Act ("PPACA") law on March 23rd, the Health Management Services Department at LMC Insurance wanted to provide you with



2011 -- Prevention/Wellness

- Improve prevention by covering only proven preventive services and eliminating cost-sharing for preventive services in Medicare; increase Medicare payments for certain preventive services to 100% of actual charges or fee schedule rates. For states that provide Medicaid coverage for and remove cost-sharing for preventive services recommended by the US Preventive Services Task Force and recommended immunizations, provide a one percentage point increase in the FMAP for these services.
- Provide Medicare beneficiaries access to a comprehensive health risk assessment and creation of a personalized prevention plan and provide incentives to Medicare and Medicaid beneficiaries to complete behavior modification programs.
- Provide grants for up to five years to small employers that establish wellness programs.
- Establish the National Prevention, Health Promotion and Public Health Council to develop a national strategy to improve the nation's health.
- Require chain restaurants and food sold from vending machines to disclose the nutritional content of each item. *(Read more about this provision below)*

2014 -- Prevention/Wellness

- Permit employers to offer employees rewards of up to 30%, increasing to 50% if appropriate, of the cost of coverage for participating in a wellness program and meeting certain health-related standards. Establish 10-state pilot programs to permit participating states to apply similar rewards for participating in wellness programs in the individual market.

For more information, please visit the LMC website at www.lmcins.com.

Timeline provided by the Kaiser Family Foundation Website

Health Law Will Make Calorie Counts Hard To Ignore

Associated Press - March 23, 2010



That Caesar salad you're about to eat? It's 800 calories, and that's without the croutons. The fettuccine alfredo? A whopping 1,220 calories. You may choose to ignore the numbers, but soon it's going to be tough to deny you saw them.

A requirement tucked into the nation's massive health care bill will make calorie counts impossible for thousands of restaurants to hide and difficult for consumers to ignore. More than 200,000 fast food and other chain restaurants will have to include calorie counts on menus, menu boards and even drive-throughs.

The new law, which applies to any restaurant with 20 or more locations, directs the Food and Drug Administration to create a new national standard for menu labeling, superseding a growing number of state and city laws. President Barack Obama was expected to sign the health care legislation Tuesday. The idea is to make sure that customers process the calorie information as they are ordering. Many restaurants currently post nutritional information in a hallway, on a hamburger wrapper or on their Web site. The new law will make calories immediately available for most items.

Article continued on page 3.

"The nutrition information is right on the menu or menu board next to the name of the menu item, rather than in a pamphlet or in tiny print on a poster, so that consumers can see it when they are making ordering decisions," says Iowa Sen. Tom Harkin, chairman of the Health, Education, Labor and Pensions Committee, who wrote the provision.

It was added to the health bill with the support of the restaurant industry, which is facing different laws from cities and states. Sue Hensley of the National Restaurant Association says it will help restaurants better respond to their customers.

"That growing patchwork of regulations and legislation in different parts of the country has been a real challenge, and this will allow operators to better be able to provide their information," she said.

Some meals will be exempt from the calorie counts, including specials on the menu less than 60 days. The law will also apply to foods sold in vending machines, specifically those that do not have visible calorie listings on the front of the package.

New York City was the first in the country to put a calorie posting law in place. Since then, California, Seattle and other places have done so.

The FDA will have a year to write the new rules, which health advocates have been pushing for years. Margo Wootan, director of nutrition policy at the Center for Science in the Public Interest, said it's one step in the fight against obesity.

"Coffee drinks can range from 20 calories to 800 calories, and burgers can range from 250 calories to well over 1,000 calories," she said.

Still, it's unclear what effect the labeling will have. In a study published last year by the online journal Health Affairs, only half of customers in poor New York City neighborhoods with high rates of obesity and diabetes noticed the calorie counts.

The accuracy of the counts could also be called into question, according to a different study.

In January, the Journal of the American Dietetic Association published a survey of 10 chain restaurants, including Wendy's and Ruby Tuesday, that said the number of calories in 29 meals or other menu items was an average of 18 percent higher than listed. The discrepancies were said to be due to variations in ingredients and portion sizes.



Post Cereals and the National Wellness Institute Announce the Opportunity to Win a \$25,000 Grant

Aimed at empowering individuals to take initiative in improving their communities, the Post Grant for Good Health will award \$25,000 to the plan for the best health and wellness community project.

From planting public gardens, to building a playground to creating a fitness center, applicants can submit their 300-word essay until May 17, 2010. Post and the National Wellness Institute will help select the top finalists, who will be featured on PostNatural.com, where the public can vote for the project they find most meaningful from June 1 to July 12, 2010. The winner will be announced at the [35th Annual National Wellness National Wellness Conference](#) in Stevens Point, Wisconsin, July 22, 2010.

Have an idea for improving your community? Get started by visiting PostNatural.com for entry details.