

## Chiropractic Care Now Available at Both Operators' Health Center Locations

CHIROPRACTORS USE EVIDENCE-BASED TECHNIQUES to help people take care of their bodies. These services can help:

- Find the source of neck, back, and other pain and ease symptoms
- Improve strength, enhance mobility, and prevent injuries
- Treat muscle strains, headaches, carpal tunnel, sciatica, and more

Along with hands-on care, a chiropractor can provide treatment plans with stretching and strengthening routines for you to do at home. In many cases, people can avoid having surgery.

### WHO CAN USE THESE SERVICES?

Active and retired members (including their eligible dependents ages 12 and older) covered under one of Midwest Operating Engineers Health Plan options can access chiropractic care. Schedule a visit at either Operators' Health Center (OHC) location for an evaluation and to discuss a treatment plan.



### MEET YOUR OHC CHIROPRACTORS

**Tyler Gress, D.C.,  
at Countryside**

Dr. Gress, a chiropractor for about six years, shares, "It was actually

always my goal to become a chiropractor ever since I was little. My dad is a chiropractor, so

he would always take me to his clinic when nobody was able to watch me. I would dress up in a shirt and tie just like him, and I was always fascinated by how he could get patients feeling better almost instantly. I made sure to meet all the educational requirements to become one. I ended up graduating from Purdue University in 2014 and Palmer College of Chiropractic in 2018."



### Joe Little, D.C., at Merrillville

Dr. Little, a proud Hoosier native of Delphi, IN, brings his expertise and passion for patient care to every person he

treats. After earning a Doctor of Chiropractic from Logan University, he embarked on a journey across the country, honing his skills while addressing complex neurological and chronic pain conditions. With a career enriched by working alongside collegiate and professional athletes, Dr. Little is recognized for his innovative approach to rehabilitation.

By integrating cutting-edge techniques and a multimodal strategy, Dr. Little creates personalized treatment plans to meet each patient's unique needs. His extensive clinical background spans spinal trauma, sports and orthopedic injuries, post-concussion care, and athletic performance training. Beyond the clinic, he enjoys the four Fs: family, friends, fishing, and football.

### OHC Locations and Hours

#### OHC-COUNTRYSIDE

6150 Joliet Road, Suite OHC  
Countryside, IL 60525  
708-485-2273

**M, W, F:** 9 a.m.–5 p.m.  
**T, Th:** 9 a.m.–7 p.m.  
**First and third Saturday  
every month:** 7 a.m.–noon

#### OHC-MERRILLVILLE

8900 Broadway  
Merrillville, IN 46410  
219-525-1150

**M, W:** 9 a.m.–7 p.m.  
**T, Th, F:** 9 a.m.–5 p.m.



Let's get to know each other.

My Premise Health app

mypremisehealth.com

# CANCER RISK AND THE Power of Your Plate

WHEN IT COMES TO CANCER PREVENTION, YOUR EVERYDAY EATING HABITS CAN PACK A POWERFUL PUNCH. While there's no magic menu that is sure to prevent cancer, a recent study by the American Cancer Society suggests that what's on your plate can have a significant influence on your cancer risk.

According to the study, some cancers are especially affected by diet. For example, the risk for colorectal cancer increased with a diet high in red meat and processed meats, and a lack of dietary fiber or calcium. A diet low in fruits and vegetables was linked to a higher rate of cancers of the oral cavity, pharynx, esophagus, and larynx. Other studies have shown you can reduce breast cancer risk by eating a diet rich in plant foods and limiting refined carbohydrates (think sugary drinks, desserts, and white bread) and animal products, specifically red and processed meats.

While you can't control all cancer risks, you can make healthy decisions. Here are a few easy, budget-friendly

ways to add more fiber, vitamins, vegetables, and fruits to your plate:

- **Start your day off right.** Skip refined cereals and choose low-fat yogurt or whole-grain cereal, topped with fruit and nuts. Or add chopped veggies to eggs.
- **Embrace beans.** Replace the meat in chili, tacos, or pasta sauces with beans.
- **Try meatless Mondays.** Choose at least one day a week to build your meals around vegetables. Look online for recipes for stir-fries, vegetable curries, or roasted vegetable bowls.
- **Snack on fruits and vegetables.** Replace processed snacks with fresh produce. Try carrot sticks and hummus or take oranges and bananas on the go.
- **Choose whole grains.** Swap out refined grains with whole grains for added fiber and vitamins. Look for the words "whole grain" as the first ingredient in breads, tortillas, pastas, crackers, and cereals.



(recipe)

## New Orleans Red Beans

- 1 lb. dry red beans
- 2 quarts water
- 1 ½ cups chopped onion
- 1 cup chopped celery
- 4 bay leaves
- 2 cups chopped green bell pepper
- 3 tbsp. chopped garlic
- 3 tbsp. chopped parsley
- 2 tsp. dried thyme, crushed
- 1 tsp. salt
- 1 tsp. black pepper

Sort through beans to remove bad ones; rinse thoroughly. In a 5-quart pot, combine beans, water, onion, celery, and bay leaves. Bring to boiling; reduce heat. Cover and cook over low heat for about one and one-half hours or until beans are tender. Stir and mash beans against side of pan. Add green pepper, garlic, parsley, thyme, salt, and black pepper. Cook, uncovered, over low heat until creamy, about 30 minutes. Remove bay leaves. Serve with cooked brown rice, if desired.

*Serves eight. Each serving contains about 220 calories, 1 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 20 mg sodium, 41 g carbohydrates, 10 g fiber, 4 g sugar, and 14 g protein.*

*Source: National Heart, Lung, and Blood Institute/National Institutes of Health*



# BEGINNER MOBILITY EXERCISES FOR ALL AGES

MOST OF US DON'T THINK TWICE ABOUT HOW OUR BODIES MOVE ... until something feels stiff, tight, or doesn't work like it used to. But mobility isn't just about avoiding discomfort; it's about moving with ease and efficiency every day.

Whether you're working, chasing after kids or grandkids, or swinging a golf club, mobility exercises can keep you flexible, balanced, and ready for anything.

## WHY DOES MOBILITY MATTER?

Mobility is your ability to move purposely as you go through your day. It's essentially the foundation of healthy movement that combines physical stamina, strength, balance, coordination, and range of motion (ROM).

Benefits include:

- **Improved flexibility and ROM:** Move better during athletic activities.
- **Easier daily tasks:** Get out of bed, lift groceries, and tackle chores with less strain.
- **Reduced injury risk:** Protect your body by keeping joints and tissues in tip-top shape.
- **Greater independence:** Stay active and do more without assistance as you age.

## DID YOU KNOW?

Nearly 14% of American adults face mobility issues that make routine tasks like walking or climbing stairs a challenge.



## 3 SIMPLE MOBILITY EXERCISES TO TRY AT HOME

These beginner-friendly exercises can be done almost anywhere; all you need is a chair.

①

### NECK HALF CIRCLES

Start by sitting down. Tilt your head to the right, bringing your ear toward your shoulder. Hold for two to three seconds. Gently drop your chin to your chest, then tilt your head to the left. Hold another two to three seconds. Repeat twice, for a total of three half circles.

②

### ANKLE ALPHABET

Sit in a chair with your feet flat on the floor. Extend your right leg straight out, then write the letters of the alphabet with your toes. Repeat with your left leg.

③

### TORSO TWIST

Sit down on a chair and lift both arms straight up. Twist your upper body toward the right, then bring your arms down: left hand on top of your left leg, right hand behind you on the chair. Take a few slow, deep breaths as you hold. Bring your hands back to the starting position and repeat on the left.

These movements may be uncomfortable at first, but they should never hurt. If you're experiencing pain—or if you're unsure about a particular exercise—always check in with your health care provider.

For more exercise ideas, go to [www.acefitness.org](http://www.acefitness.org) and search for "mobility exercises."

# Behavioral Health Care Now at OHC-Merrillville

We believe that your mental and emotional well-being are just as important as your physical health. With the Operators' Health Center (OHC) behavioral health services, you can get the support you need.

## COUNSELING SERVICES

Your licensed counselor will be an active part of your care team, supporting your overall health while making you feel safe and comfortable. You can meet

with your counselor in person or virtually (video or phone).

With a blended approach of counseling techniques and evidence-based talk therapy, our counseling services can help with:

- ADHD
- Adjustment challenges
- Anxiety
- Depression
- Family conflict
- Grief
- PTSD
- Sleep issues
- Stress management
- Substance abuse
- Work/life balance

You're not alone. We're here to help.



## MEET YOUR OHC-MERRILLVILLE THERAPIST

A therapist for 10 years, Maureen Quinn, DBT, is certified in dialectical behavioral therapy (DBT).

DBT is an evidence-based therapy that helps reduce trauma symptoms. You may be experiencing stress, depression, or turmoil in your relationships. DBT teaches new skills to control emotions and gain insight into thoughts and behavior. Maureen focuses on what is important to you and has worked at length with those who have or still are affected by trauma.

To schedule an appointment, call the OHC in Merrillville at **219-525-1150** or go through the My Premise Health app ([mypremisehealth.com](https://www.mypremisehealth.com)).

## Important Information

- > For Operators' Health Center (OHC) and Midwest Coalition of Labor (MCL) Health Center appointments, visit [members.premisehealth.com/moe](https://members.premisehealth.com/moe).
- > For Marathon Health Center appointments, visit [clients.marathon.health/local150](https://clients.marathon.health/local150).
- > Call Absolute Solutions about free MRI, CT, or PET scans at **800-321-5040** or visit [absolutedx.com](https://absolutedx.com).
- > For substance abuse treatment/mental health services, call:
  - Member Assistance Program (MAP) through AllOne Health at **855-374-1674**
  - Gateway Foundation at **309-296-3053**
  - Recovery Centers of America (RCA) at **630-746-1497**
- > For discounts on hearing aids, call Amplifon at **877-203-0675**.
- > For ATI Physical Therapy, call **833-ATI-0001 (833-284-0001)** or visit [ATIPt.com/MOE](https://ATIPt.com/MOE) to locate a facility near you.
- > For Conifer Health Solutions, Case Manager, call **855-298-0493**.
- > To locate a dental provider, call Delta Dental of Illinois at **800-323-1743** or visit [deltadentalil.com](https://deltadentalil.com).
- > Call EyeMed Advantage Network at **866-393-3401** or visit [eyemed.com](https://eyemed.com).



## Member Advocate's Corner



We were looking to improve the member experience by partnering with a new case management company. We are excited to welcome Conifer to our 150 family.

Case management is responsible for reviewing the medical necessity of speech therapy, occupational therapy, physical therapy, surgical procedures, medications, prosthetics, durable medical equipment, hospital admission, skilled nursing, home health, certain types of mental health therapies, and certain procedures done in your provider's office. Please note that this is not a complete list of items reviewed for medical necessity, which are subject to change.

If you need care that requires an authorization, your provider will need to send a prior authorization request to Conifer. This can be done via phone or fax. Their contact information is on your vendor card.

### The Fund Office Has a New Saturday Schedule

We are open the  
first and third Saturdays  
of every month  
from 8 a.m. to noon.

In addition to authorizing services, Conifer also offers case management services (personal health nurses). This service helps members with health conditions that require extra attention and frequent authorizations.

These nurses can coordinate your care between your providers and make sure the appropriate authorizations are in place before your visit or treatment. This benefit is available to all members free of charge.

If you're interested in this program, please contact us. We can assist you with enrolling in case management.

As always, the Fund Office is here to help you through these changes and answer any questions you may have. We want to make 2025 a better year for all members of our 150 family.

Thank you,  
Juli Kresge, Member Advocate  
708-579-6672  
[welfareadvocate@moefunds.com](mailto:welfareadvocate@moefunds.com)

## Our New Case Manager, *Conifer Health Solutions*

Conifer Health Solutions provides care management services to active and retired members, including their eligible dependents, covered under one of Midwest Operating Engineers Health Plan options. These services include the following:

### UTILIZATION MANAGEMENT

Utilization management services help ensure you and your family receive medically necessary care in the right setting at the right time. The two primary goals are timely delivery of medical authorization decisions and appropriate utilization of resources. Contact Conifer to certify for:

- Inpatient admissions
- Surgeries
- Home health
- Durable medical equipment
- Managed mental health
- Therapies

The above is not a complete list.

Please call Conifer at **855-298-0493** at least seven business days before a procedure or an admission. In case of emergency, seek immediate medical attention and call Conifer as soon as possible.

### CASE MANAGEMENT

This voluntary, confidential program is provided at no cost to you. It's intended to help members and their families with health care needs.

Each eligible member is assigned a personal health nurse (PHN), providing one-on-one access to a registered nurse. The PHN gets to know you on a personal level, creating a relationship that enhances accountability, provides support for everyday needs, and can help you on your path to recovery and good health. Conifer PHNs will:

- Support those who may be facing short-term illness or injury, a



long-term health condition, a mental or behavioral health condition, or a health condition that puts you at risk for other health issues

- Coordinate care, work with you and your health care provider to set goals, help build healthy habits, and ensure you receive the right care when it is needed
- Support transitions of care, such as movement between care settings to minimize complications, assist with discharge planning, and avoid preventable readmissions

# FAMILY HISTORY OF HEART DISEASE?

## 7 STEPS TO STAY HEALTHY

IF YOU HAVE A FAMILY HISTORY OF HEART DISEASE, it's easy to feel like heart health is out of your control. But the choices you make can help shape a heart-happy future. Here's what you need to know—and do—to stack the odds in your favor.

### 1. UNDERSTAND YOUR RISK

A family history of heart disease increases your risk, but it doesn't guarantee you'll get it. Tell your health care provider about any family members who have had heart attacks, strokes, or other cardiovascular problems. They can help evaluate your personal risk and make a plan to combat it.

### 2. MOVE MORE

Being active strengthens your heart and improves blood flow. Aim for at least two hours and 30 minutes of moderate exercise each week. Anything that gets your heart beating faster counts! Consistency is key. Find what you enjoy and then keep at it.

### 3. EAT HEART-HEALTHY FOODS

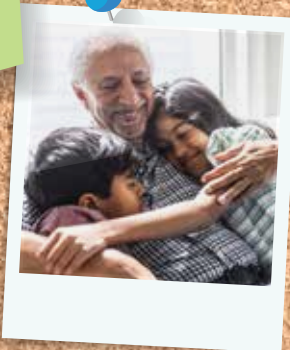
What's on your plate can have a big impact on your heart health. Focus on fruits, vegetables, whole grains, lean and plant-based proteins, and healthy fats (think avocados and nuts). Cut back on foods high in saturated fat, added sugars, and sodium. For recipe help, visit <https://recipes.heart.org>.

### 4. SAY NO TO CIGARETTES

If you smoke, quitting is one of the best things you can do for your heart. Ask your health care provider about support options to help make this difficult process a little easier. And no matter your relationship with cigarettes, everyone should avoid secondhand smoke.

### 5. GET QUALITY SLEEP

Did you know poor sleep is associated with heart disease? Always aim for seven to nine hours of restful sleep each night. If you can't stop scrolling on your phone, try an app-blocking app. Another tip: Set a nighttime alarm as a reminder to head to bed. Address any persistent sleep issues with your health care provider.



### 6. REDUCE STRESS

Too much stress can put a strain on your heart. Explore healthy ways to manage it, like meditation, yoga, or spending time outdoors. Consider talking with a therapist if stress or anxiety feels overwhelming.



### 7. KEEP UP WITH CHECKUPS

You may need heart-health screenings more frequently than other patients. Don't skip any appointments. Get your cholesterol, blood pressure, and blood sugar levels checked as often as your health care provider recommends to help stay ahead of potential problems.

# Have Diabetes? UTIs

## HERE'S WHAT TO KNOW ABOUT

### PAIN, BLEEDING, AND CRAMPING.

Feeling like you gotta go—but only a drop or two comes out.

These symptoms of urinary tract infections (UTIs) are unpleasant for everyone. But for people with diabetes, these infections occur more often—and can quickly turn serious.

UTIs are about 1.5 times more common in people with type 2 diabetes than those without it. If left untreated, they can cause serious complications. That includes kidney damage and blood infections.

### UNDERSTANDING THE LINK

Several factors make people with diabetes more prone to UTIs, notes the CDC.

High blood sugar provides nutrients for bad-for-you bugs. Nerve damage from diabetes can make it harder to empty your bladder, and urine that lingers also invites bacterial growth.

Diabetes impairs your immune system, making your white blood cells work harder to fight off infections. And, diabetes is linked to chronic kidney disease. Because your kidneys produce urine, problems with these organs predispose you to health problems in and around your bladder.

### WATCH FOR WARNING SIGNS

Besides cramping, urgency, and pain or burning when you pee, symptoms of UTIs include:

- Cloudy or bloody urine
- A strong odor to your urine
- Pressure in your lower belly

If the infection spreads to your kidneys, you may also develop:

- Lower back pain or pain on your side
- Chills
- Fever
- Nausea or vomiting

Call your health care provider if you notice these signs. They'll test your urine to detect infection and determine which type of bacteria is causing it. People with diabetes are often prescribed an antibiotic course that lasts one to two weeks.

If you have a kidney infection, you may need to go to the hospital. For frequent infections, your provider may give you a supply of medicine to use as needed or have you take low doses longer.

### MANAGING YOUR DIABETES REDUCES YOUR RISK

Keeping your blood glucose under control can protect your bladder—and your health.

Other steps to ward off UTIs include:

- **Drinking plenty of water.** Aim for six to eight glasses per day.
- **Wearing cotton underwear.** Steer clear of tight-fitting pants that trap moisture. And remove bathing suits and wet workout clothes quickly.
- **Practicing good hygiene.** Keep your nether regions clean, but don't use douches, sprays, or powders.
- **Not waiting until your bladder is full to empty it.** Make frequent trips to the bathroom—at least every three to four hours—to keep things flowing.





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## Pharmacy Advocate's Corner

# How to Use CVS Caremark Services

### Dear members and families:

Our partnership with CVS Caremark began on January 1, 2025. To help you navigate your prescriptions better, I would like to highlight a few useful tips:

### CREATE AN ACCOUNT

After you set up your account at [caremark.com](https://www.caremark.com), you can:

- Check out your plan and copay details
- View a copy of your ID card
- See if medication is covered and how much it costs
- Locate a network pharmacy near you, and more!

### MAIL SERVICE PHARMACY

You may fill maintenance medications conveniently through CVS Caremark Mail Service Pharmacy to have them delivered directly to your home with free standard shipping. Using the CVS Caremark Mail Service Pharmacy is optional.

For more information, call CVS Caremark Customer Service:

- Active and non-Medicare retirees: **833-252-6642**
- Medicare-primary retirees enrolled in SilverScript: **833-252-6641**

The dedicated customer service team can help you with your CVS Caremark Mail

Service Pharmacy order and any questions about your prescription benefits.

### AUTO REFILLS

If you take maintenance medication, like those used to manage cholesterol and blood pressure, you may request to have it placed on auto refill at your pharmacy. Then, your medication will be automatically filled each time it is due. Once the prescription runs out of refills, the pharmacy will send your provider a request for a new one.

As always, I am happy to assist you with any questions or concerns. Please call me at **708-937-1745**.

Sincerely,  
Anna Bozich  
Pharmacy Advocate  
**708-937-1745**  
[pharmacyadvocate@moefunds.com](mailto:pharmacyadvocate@moefunds.com)

