

A Notice from the National Roofers Union and Employers Joint Health and Welfare Fund

2013 is here, and with the New Year comes the opportunity to improve your health and save money. One of the easiest ways to save money is to receive health care from an in-network doctor. How does this impact you? For starters, there is no balance billing which means that you'll get the appropriate care the first time, for a deeply discounted price, and that you'll know all the costs you need to budget for up front. In-network doctors are also credentialed, which means better quality of care too.

In 2012, the National Health Fund and you the members saved a whopping 4 million dollars just by choosing an in-network doctor, but we can do better. Last year there was \$1.5 million in out-of-network claims, and the Fund would have saved an additional \$750,000 just by choosing to go to an in-network doctor instead. The best part is, your medical network is so large that there is rarely a need to go out of network, so our opportunity for improvement is huge! Remember, this is your Fund and it's made possible with your hourly contributions; going to an out-of-network doctor wastes your money!

Over the next year, your Fund will be exploring ideas on how to encourage members to go in-network in order to protect your hard earned benefits. Luckily, there are resources for you to use right now so that you can begin saving today. Call 1-800-768-4675 to speak with a nurse 24/7 to find an in-network provider near you. They can even discuss your medical condition and direct you to specialists that meet your specific needs. In addition, you have an online provider directory for reference via this direct link: <http://cigna.benefitnation.net/sarPPO/>. ■

VitaMin

Vital health information in a minute

Rice and beans with chicken and chorizo



Ingredients

- 1 (5-ounce) package lower-sodium yellow rice (such as Vigo)
- 1 pound skinless, boneless chicken breasts, cut into bite-sized pieces
- 1 1/2 cups chopped seeded plum tomato
- 2 ounces Spanish chorizo sausage, diced
- 1 (15-ounce) can lower-sodium black beans, rinsed and drained
- Kosher salt and black pepper

Source: Printed with permission of *Cooking Light*, November 2011
Photo: Mary Britton Senseney/Wonderful Machine

Preparation

Cook rice according to package directions, omitting salt and fat. Heat a large skillet over medium-high heat; coat with cooking spray. Add chicken; sauté 7 minutes or until browned. Stir in tomato, 1/3 cup water, 1/2 teaspoon kosher salt, 1/2 teaspoon black pepper, and chorizo; bring to a boil. Reduce heat, and simmer 6 minutes or until thickened. Stir in beans; cook 2 minutes or until thoroughly heated. Spoon 1/2 cup rice onto each of 4 plates; top each serving with 1 cup chicken mixture.

Yield: Serves 4
Total: 25 minutes

Nutritional information

Amount per serving

- Calories: 307
- Fat: 5.1g
- Saturated fat: 1.7g
- Monounsaturated fat: 2g
- Polyunsaturated fat: 0.8g
- Protein: 34.6g
- Carbohydrate: 31.9g
- Fiber: 4.2g
- Cholesterol: 66mg
- Iron: 2mg
- Sodium: 472mg
- Calcium: 41mg

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