



Greenbush Health

Spring 2005

<http://www.greenbushhealth.org>

WHAT YOU WILL FIND ONLINE

Plan Benefits

Membership Requirements

Health & Wellness Links

Recipes

Forms

Provider Contact Information

Calendar Events

Click to Better Health

Attention KSBG members! Greenbush Health is proud to introduce a new Web site exclusively for you. Please visit and take advantage of all that Greenbush Health is offering.

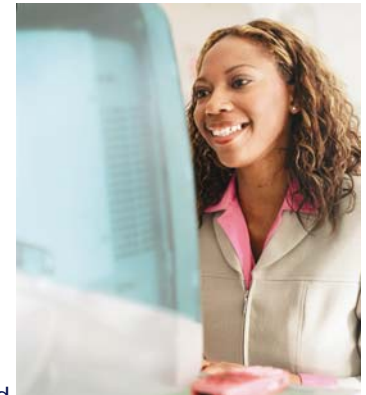
Greenbush Health is dedicated to the health and well being of our members and their families. This Web site provides services and information to assist you in obtaining a sense of well being and optimal health.

The Greenbush Health web site lists various links to national and global health organizations,

associations, and support groups that are conveniently located together, organized by health and wellness topics.

User-friendly links to plan benefits and provider sites are easy to find. Claim forms, health questionnaires, and enrollment applications are provided in downloadable and printable formats.

The new site brings you recipes for healthy eating. By choosing foods that provide the nutrients your body needs you can function at your best. Healthy eating does not mean eating only health foods



or restricting what you like to eat. When you eat, you should be able to both enjoy yourself and give your body what it needs to be healthy.

Submit your favorite recipes for a chance to win prizes and have your recipe posted on the Greenbush Health site.

can also copy and paste it directly into the email.

Submit entries by the last day of each month. The winner will be posted and notified via email by the second of the following month.

Send submissions to jenifer.mcdonald@greenbush.org.

Special points of interest:

- Health and Wellness articles and advice
- Plan benefits and forms
- Recipe Contest! Featured monthly recipe winners
- Important contact information all in one place.

Your Recipes Wanted!!

Give us your best recipes and we will publish them on our site! Every month, one recipe will be selected as the featured recipe on the Front Page. The featured recipe will win a prize. You can submit as many recipes as you like. The more you enter, the better your chances of winning.

Recipe Submission Guidelines:

Don't worry if you already see a recipe like the one you want to submit, different versions of the same dish are welcome.

Your name will be published unless otherwise notified, your privacy will always be respected.

Please type your recipe in Microsoft Word, Works, Notepad, or even Excel. You



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For Your
Health

Featured Recipe...

Low Fat Homemade Biscuits

Ingredients

- 3 cups self-rising flour
- 1 to 1 1/2 cups skim milk

Instructions

Preheat oven to 400 degrees.
Spray a baking sheet with cooking spray.

Put the flour in a bowl and add enough milk to make a sticky consistency.

Turn out on a floured surface and knead just enough to make the dough workable. Pat out with fingers until thickness desired. Cut out biscuits. Put on the sprayed sheet. Spray the tops of the biscuits lightly; this will make them brown nicely.

Bake thin biscuits for 12 to 15 minutes or until golden brown. Thicker biscuits will take 35 to 40 minutes.

FAQs

What is Greenbush Health?

Greenbush Health provides support to member districts in regards to their health, dental, vision and life insurance programs.

What is the website?

<http://www.greenbushhealth.org>

What does the new site have to offer?

The Greenbush Health site provides services and information to assist you in obtaining a sense of well being and optimal health through links to various health and wellness organizations and agencies.



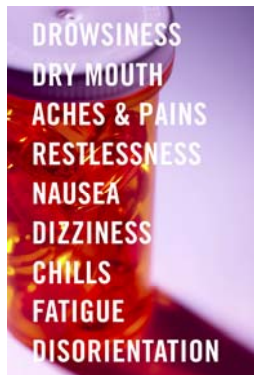
Are You Health Literate?

Does it matter if you eat before you have anesthesia? If you are diabetic, does your gynecologist need to know that? If your child had an accident, and you told the emergency room doctor that she took your Lithium prescription when she actually took your Lipitor prescription, would it make a difference?

The answer to these questions is a resounding YES! In the health care world, understanding and following directions can make the difference between life and death.

Health illiteracy is a problem that impairs half of the US population. In order to be health

literate, a person must be able to read and comprehend prescription bottles, appointment slips, and other essential health-related material. This means that you know general medical terms, basic health care facts, and can follow common directions.



Health illiteracy may put people at risk for:

- Misunderstanding health information
- Making mistakes in their health care
- Excess hospitalizations
- Poor results from treatment.

You can make a difference by dealing with issues close to home. If you, a family member, or a friend has difficulty understanding and following doctor's directions for any reason, use the following tools to help remember and follow instructions:

A pill box marked for the days of the week with the medications needed each day placed in each slot.

Simple reminders on the refrigerator if certain foods should be avoided.

A bulletin board with instructions to remember or pictures.

An easy-to-find list of people to call, along with their phone numbers.