

# The Wellness Report

Summer 2012



## Health Care Service Providers – be an informed shopper

Your employer provides health benefit coverage to help you maintain your health and to give you access to the resources to find the care and treatment you need. Just like checking your benefit plan to confirm that your coverage includes a particular health practitioner, it is important to check that the practitioner you select is qualified to offer the services being provided. This extra measure will help ensure you're getting access to appropriate care and that your plan will cover the practitioner's expenses, according to the terms outlined in your Employee Benefit Booklet.

### A starting point

One of the keys to successful coverage of your claim is checking to see if your health care practitioner's actual service is included in their "title" or their name. Quite often, if their title is reflective of the service they offer, there's a strong likelihood they will be a recognized provider by your insurer, and your claim may be covered.

**Likely covered:** A Chiropractor, who provides chiropractic services.

**May not be covered:** If a Chiropractor is providing osteopathic services, your claim for the osteopathic service may not be covered – depending upon the licensing and regulation in that particular province.

Your plan may cover some of the following health care practitioners, but **always consult your Employee Benefit Booklet for specific practitioner coverage.**

Coverage for paramedical services could include but is not limited to services provided by: Acupuncturists, Chiropractors, Massage Therapists, Naturopaths, Osteopaths, Physiotherapists, Podiatrists / Chiropodists, Psychologists, Speech Therapists.

### You should shop around...

Just like any other product or service, make sure you feel comfortable with, not only the practitioner's qualifications, but with their fee. Coupled with the proper qualifications, practitioners may charge different fees based upon their location or the units of time spent with their patients. Upfront investigation and consultation will make sure there are no surprises for anyone later.

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## Teeth Nutrition

A balanced and nutritious diet is good for your general health and your dental health. We often hear about nutrition for our health but how about the health of our teeth? Without the right nutrients, your teeth and gums can become more susceptible to decay and gum disease.

Sugar is one of the main causes of dental problems. The average Canadian eats the equivalent of 40 kg of sugar each year. Here are a few ways to cut down:

- Try to choose sugar-free snacks - see the snacks listed below.
- Add less sugar to coffee or tea (or use sugar substitutes).
- Avoid sugar-sweetened soft drinks.
- Look for fruit juices and drinks with no added sugar.
- Read lists of ingredients when you're grocery shopping. Honey, molasses, liquid invert sugar, glucose, and fructose are all types of sugar.
- When you do eat sweets, avoid sticky sweets. They cling to teeth and are harder to brush away. Eat sweets with a meal, not as a snack. The increased flow of saliva during a meal helps to wash away and dilute sugar.

Carry a travel-size toothbrush and use it after eating sweets. If you can't brush, at least rinse your mouth with water or eat a fibrous fruit or raw vegetables. Or chew a piece of sugarless gum.

### Some great-tasting snacks that won't harm your teeth:

- Plain milk and buttermilk
- Fruit and raw vegetables
- Plain yogurt, cheese and cottage cheese
- Hard boiled or devilled eggs
- Nuts, sunflower or pumpkin seeds
- Melba toast



### Maple Glazed Pork Tenderloin

- Preheat oven to 375°F (190°C)
  - Large ovenproof skillet
- |         |  |
|---------|--|
| 2 tsp   | minced shallot                                     |
| 3 tbsp  | pure maple syrup                                   |
| 4 tsp   | Dijon mustard                                      |
| 2 tsp   | cider vinegar                                      |
| 2 tsp   | reduced-sodium soy sauce                           |
| 2       | pork tenderloins (each about 12 oz/375 g), trimmed |
| 1/4 tsp | salt   |
| 1/4 tsp | freshly ground black pepper                        |
| 1 tbsp  | canola oil   |
| 1/4 cup | reduced-sodium chicken broth                       |
1. In a small bowl, whisk together shallot, maple syrup, mustard, vinegar and soy sauce; set aside.
  2. Sprinkle pork with salt and pepper. In oven-proof skillet, heat oil over medium-high heat. Add pork and cook for about 1 minute per side or until browned on all sides. Generously brush top and sides with some of the maple syrup mixture. Pour in broth, increase heat and bring to a boil.
  3. Transfer skillet to preheated oven and roast for 20 to 25 minutes, brushing generously with maple syrup mixture three times, until a meat thermometer inserted in the thickest part of the tenderloin registers 155°F (68°C). Transfer pork to a cutting board, tent with foil and let rest for 5 to 10 minutes to allow juices to redistribute and pork to reach an internal temperature of 160°F (71°C).
  4. Meanwhile, bring pan juices to a boil over high heat. Add the remaining maple syrup mixture. Boil, stirring occasionally, for 3 minutes or until slightly thickened.
  5. Cut pork crosswise into thin slices and serve drizzled with sauce.

#### Nutrition

Per serving: 175 calories; 4 g fat ( 0.9 g sat); 8 g carbohydrates; 26 g protein; 285 mg sodium



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