



# Law Enforcement Health Benefits, Inc.

2233 Spring Garden Street | Philadelphia, PA 19130  
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## Embrace a Healthier You in the New Year with LEHB's Comprehensive Wellness Services

As the New Year unfolds, it brings with it the promise of a fresh start and renewed commitment to health and wellness. For members of LEHB, the journey to a healthier self is both convenient and rewarding, thanks to an array of free services tailored to nurture fitness and health habits — whether you're taking your first steps or are on the path to improvement.



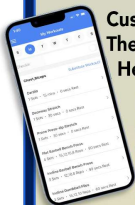
### State-of-the-Art LEHB Fitness Center

Located at 9432 Roosevelt Boulevard, the LEHB Fitness Center stands as a beacon of health, offering state-of-the-art equipment suitable for all fitness levels. The center contains an expansive cardiovascular section with user-friendly treadmills, bikes, ellipticals, arc trainers, and a stair climber, perfect for kickstarting your heart health this year.

For those new to fitness, a dedicated circuit training area awaits, specifically designed to ease beginners into a routine that's both effective and enjoyable. Meanwhile, seasoned gym enthusiasts will find their match in the free weight area that leaves nothing to be desired for advancing one's fitness regimen. The center also has a collection of Hammer Strength selectorized resistance machines targeting every body part and a dynamic aerobics room that offers classes such as Zumba, Yoga, Body Shaping and Line Dancing.

Amenities include: locker rooms with showers, gun lockers, and entertainment options like 12 flat-screen TVs accessible from the cardio equipment, to ensure a comfortable and engaging environment. The knowledgeable staff are always available to offer assistance, making your fitness experience both effective and enjoyable.

### Customization at Your Fingertips: The Warrior Health Mobile App & Health Transformation Program



For a more personalized fitness experience, LEHB members are invited to join Warrior Health Mobile App.

This innovative fitness & wellness platform offers customized exercise programs and nutrition guidance that members can access anytime, anywhere. Whether at home, in the park, or on the go, you can now maintain your fitness routine with ease. Tailored to individual goals, location, available equipment, fitness levels, and even accounting for any injuries, this app is your personal trainer in your pocket.

Monthly tracking of progress and targeted health tips keep members motivated and on track. With a built-in rewards program, staying fit pays off—literally. Members earn points for completing tasks and improving their health, redeemable for digital gift cards from an array of popular retailers.

Annual Fitness Challenges: Sparking Competition and Camaraderie  
LEHB hosts an 8-week fitness challenge at least once a year, where individuals or teams can engage in various fitness and nutrition-related tasks. These challenges are designed to foster community and provide extra motivation for members to push their limits. The participants who showcase the most impressive results by the end of the challenge, are rewarded with exciting prizes, adding an element of fun to the pursuit of health.

### A Commitment to Fulfilling Lives

All LEHB programs are unified by a singular vision: to empower members to lead the fullest, most satisfying lives possible. As we step into the New Year, there has never been a better time to take advantage of these comprehensive services. LEHB is dedicated to your success and stands ready to support your health journey every step of the way.

Written by: Damien Young, Fitness Director - LEHB Health and Wellness Center



## Temple Medical Office at the LEHB Health and Wellness Center



Hello LEHB Members, my name is **Anna Morales-Caraballo**, and I am the new Nurse Practitioner at the LEHB Health and Wellness Center. I am excited to be part of the LEHB team and to provide you with your health care needs.

**The LEHB Health and Wellness Center is such a wonderful place to provide the services you need without the added stress. We offer Primary care services, urgent care needs, (No Xray services) immunizations, as well as walk-in services. Our team is dedicated to making your experience as pleasant as possible, so that you can be as healthy as possible.**



Some background information about me: I have over 20+ years of experience in nursing, in multiple areas, including cardiac, surgical, trauma, oncology, community liaison, an adjunct professor for the Temple undergrad students, as well as a preceptor for new nurses. I obtained my Nursing degree in 1999 from Temple Episcopal Campus and my Doctorate degree in nursing from Temple University in 2017. My knowledge and experience have provided me the opportunity here at LEHB to continue to advocate and provide quality care and services to this community. I am empathetic and passionate about the work and services that I provide. I understand the obstacles faced by our members. This is why I will do my best to ensure that all your needs are met and that you as an individual make informed decisions and choices about your health care needs.

So, I invite and encourage you to take charge of your health and visit us at the LEHB Health and Wellness Center. **Our hours of operation are Mondays, Wednesday, and Fridays 8:30-5:00pm and Tuesdays & Thursdays 10:30 to 6:00pm. You can schedule your appointment by calling 215-707-2400. I'm excited to meet you all.**

Written by: Anna Morales-Caraballo, DNP, FNP-BC  
Temple Health - LEHB Health and Wellness Center

## "Sounds like a January problem." Mental Health Awareness in the New Year.



The new year can be a fresh start, full of opportunities and new goals. However, January can be a difficult time for many, with the fun of the holidays behind, post-holiday bank accounts and months of cold weather and dark skies ahead. This is a time when seasonal depression may emerge and make day-to-day activities feel exhausting. It is common to make New Years resolutions to become more physically healthy, but it is also important to put efforts into one's mental health. The following are a few tips to keep the winter blues at bay:

**Incorporate Daily Gratitude** - Each day before bed identify at least 3 positive moments you experienced that day. This can be as simple as "I enjoyed my smoothie this morning" or "I was able to get a lot accomplished today."

**Prioritize sleep** - With never ending lists of things to do, it can become second nature to put sleep on the backburner, but don't! Lack of sleep can contribute to fatigue, weight gain, metabolic problems, and elevated blood pressure. Poor sleep has been linked to mental health problems like anxiety and depression as well as a heightened risk of cognitive decline and dementia.

**Set boundaries** - Establish and maintain boundaries with yourself and others. Don't overcommit, be realistic with your time, energy and spending and say no when it is appropriate.

**Engage socially with positive people** - People tend to function better when they feel like they are part of a community. Reach out to people who are supportive and fun to be around.

**Do something everyday that brings you joy** - All work and no play can make anyone dull. Be intentional in doing something enjoyable each and every day.

**LEHB Health & Wellness Center** at 9432 Roosevelt Blvd offers a wide variety of services to help you cope with your mental health needs. We offer individual, family and couples counseling with licensed clinicians. In addition to therapy services, we have 3 psychiatrists and a nurse practitioner who are able to prescribe medication. If this location is not ideal, LEHB can connect you with a more suitable referral. For assistance, please call LEHB Health & Wellness Center: 267-350-5405



Written by: Megan Comly, LMFT, Assistant Director of Behavioral Health - LEHB Health & Wellness Center



### The Importance of Having a Relationship with a Primary Care Provider

Having worked in urgent care clinics, hospitals, and primary care offices over the past 25 years, I would like to share a few ideas on how to optimize your use of the medical system. Many patients utilize Urgent Care Clinics for the convenience of same day appointments. It is a reasonable option for the treatment of respiratory infections, sprains and strains, and acute medical conditions which are not serious enough to warrant a visit to the Emergency Department. **The randomly assigned medical provider in this setting has minimal ongoing responsibility to the patient after the problem has been addressed. The downside of this system is that it does not screen and treat the conditions that will kill most of us.**

The two leading causes of death for Americans, including law enforcement, are: cardiovascular disease e.g. heart attacks, and cancers. It is important to realize that cardiovascular disease starts in your 20's. It is also vitally important to realize that this process is accelerated for those in Law Enforcement due to the stressors associated with their work. (Hyper-vigilance, increased possibility of violent confrontation, and sleep related issues.) Unfortunately, this leads to premature death rates compared to the general population! However, healthy lifestyle

habits and addressing problems early dramatically improves your odds of enjoying your hard-earned retirement for many years.

Primary Care Providers are trained to identify and treat the "Silent Killers": high blood pressure, high cholesterol, and diabetes. These underlying risk factors along with genetics, lifestyle, and drug and alcohol use lead to cardiovascular diseases. Law Enforcement Officers have higher rates for these problems compared to the general population. PCP offices are designed to help coordinate care to specialists, as well as educate patients about diseases, and individualize the best medication and treatment options for you.

The data indicates that Law Enforcement Officers are likely to suffer more frequently from mood disorders like anxiety, depression, and sleep disorders. If you do need to access the medical system for support, it is much more comfortable if you know and trust the provider and know the confidentiality of your personal information is legally guaranteed. Like all meaningful relationships, it is built over time. The first step is to schedule a Well Visit, aka Annual physical, with a primary care provider. You take your car for a yearly inspection; at the least, you should do the same for yourself.

Written by: Dominic McFadden MD - Retired Physician



**U.S. HEART HEALTH STATISTICS**

Cardiovascular disease (CVD) is the leading cause of death in America

- Approximately 647,000 Americans die from heart disease each year – 1 in every 4 deaths
- More than 3/4th of CVD deaths happen in low- and middle-income countries
- Someone dies from CVD every 38 seconds, according to the American Heart Association
- Around 18.2 million adults age 20 and older have CVD.
- One in five heart attacks is silent, with the person unaware of it

**6 WARNING SIGNS OF A HEART ATTACK:**

- Tightness in the chest
- Nausea, indigestion, and heartburn
- Shortness of breath
- Cold sweat
- Fatigue
- Sudden dizziness

**Coming Soon! LEHB RESOURCE FAIR**

On March 6<sup>th</sup> LEHB will be holding a Resource Fair at the FOP - 8 am - 4 pm with over 10 stations to showcase the numerous services we provide. Please call LEHB at 215-763-8290 to register.

## ARE YOU READY TO QUIT?

Every smoker thinks about quitting. You probably have at some point, but were afraid, or it wasn't a good time, or you just weren't ready. That's okay and very common. LEHB offers individual counseling for its members that want to talk about or are ready to quit smoking/vaping.

Barbara has been helping people to quit smoking and vaping since 2010. As a nationally certified tobacco treatment specialist, she uses evidence-based CDC best practices of behavior modification to guide, support and educate smokers toward a nonsmoking, healthy lifestyle.

As commented by one participant:

*"The smoking program works! I was told that the patches do not work! I was a pack a day smoker and with using the patches and more importantly using a smoking coach I was able to quit smoking after over 30 years of smoking. I could not do it without Barbara my smoking coach who guided me weekly to succeed in my goals of getting my health back."*

### What to Expect

- Personalized, one on one sessions only
- Develop short and long-term quit goals for lifelong changes specific to you
- Understanding how hard quitting smoking/vaping is
- Help to develop your motivation for quitting (i.e. wanting your house to be smoke-free for your kids, wanting to live a long healthy life, watching a loved one go through a health struggle, or saving the money for something else important).

### What Does a Session Look Like?

- Texts are sent out the morning of a session as a reminder and can be rescheduled with no problem
- Sessions last as long as you need, up to an hour
- Discussions on triggers, consumption, with non-judgmental support
- Each week tips and strategies are suggested to help you cut back and help you develop a goal for the next week, which can be as simple as delaying your morning cigarette, to cutting back on the number of cigarettes you smoke each day.

### READY or want to talk about it?

Contact LEHB for more information by email: Kaitlyn Rocks – ker@lehb.org  
Tracy Hagenbuch – mth@lehb.org | Beth Joniec – bmj@lehb.org

Written by: Barbara Heinz-Cislo LSW, MSW, NCNTT  
Certified Tobacco Treatment Specialist



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