

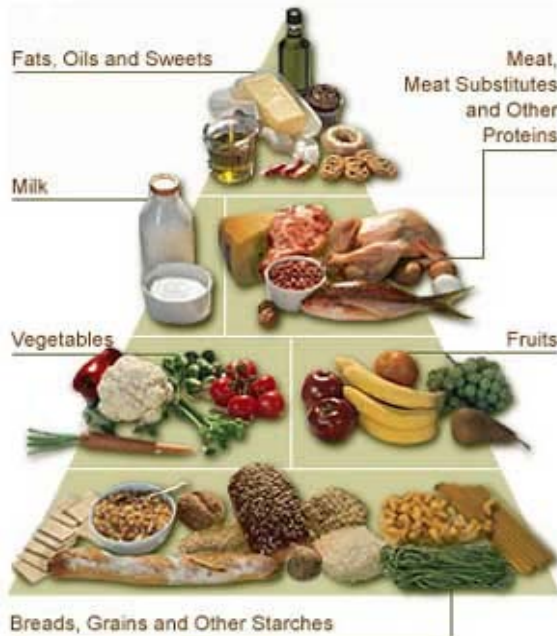


2006 Insurance Rates

OK TO WELLNESS

Summer 2005

OKLAHOMA ♦ UNITED ♦ METHODIST ♦ HEALTHCARE ♦ NEWSLETTER



Using the Diabetes Food Pyramid

The Diabetes Food Pyramid divides food into six groups. These groups or sections on the pyramid vary in size. The largest group -- grains, beans, and starchy vegetables -- is on the bottom. This means that you should eat more servings of grains, beans, and starchy vegetables than any of the other foods. The smallest group -- fats, oils and sweets -- is at the top of the pyramid. This tells you to eat very few servings from these food groups.

The Diabetes Pyramid gives a range of servings. If you follow the minimum number of servings in each group, you would eat about 1600 calories and if you eat at the upper end of the range, it would be about 2800 calories. Most women, would eat at the lower end of the range and many men would eat in the middle to high end of the range if they are very active. The exact number of servings you need depends on your diabetes goals, calorie and nutrition needs, your lifestyle, and the foods you like to eat. Divide the number of servings you should eat among the meals and snacks you eat each day.

The Diabetes Food Pyramid is a little different than the USDA Food Guide Pyramid because it groups foods based on their carbohydrate and protein content instead of their classification as a food. To have about the same carbohydrate content in each serving, the portion sizes are a little different too. For example: you will find potatoes and other starchy vegetables in the grains, beans and starchy vegetables group instead of the vegetables group. Cheese is in the meat group instead of the milk group. A serving of pasta or rice is 1/3 cup in the Diabetes Food Pyramid and 1/2 cup in the USDA pyramid. Fruit juice is 1/2 cup in the Diabetes Food Pyramid and 3/4 cup in the USDA pyramid. This difference is to make the carbohydrate about the same in all the servings listed.

What is diabetes?

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

There are 18.2 million people in the United States, or 6.3% of the population, who have diabetes. While an estimated 13 million have been diagnosed with diabetes, unfortunately, 5.2 million people (or nearly one-third) are unaware that they have the disease.

In order to determine whether or not a patient has pre-diabetes or diabetes, health care providers conduct a Fasting Plasma Glucose Test (FPG) or an Oral Glucose Tolerance Test (OGTT). Either test can be used to diagnose pre-diabetes or diabetes. The American Diabetes Association recommends the FPG because it is easier, faster, and less expensive to perform.

With the FPG test, a fasting blood glucose level between 100 and 125 mg/dl signals pre-diabetes. A person with a fasting blood glucose level of 126 mg/dl or higher has diabetes. In the OGTT test, a person's blood glucose level is measured after a fast and two hours after drinking a glucose-rich beverage. If the two-hour blood glucose level is between 140 and 199 mg/dl, the person tested has pre-diabetes. If the two-hour blood glucose level is at 200 mg/dl or higher, the person tested has diabetes.

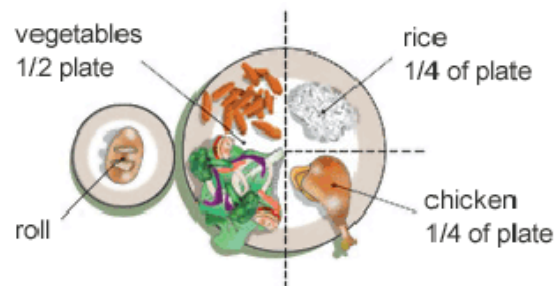
Rate Your Plate

An easy way to plan meals is to rate your plate:

Is about one-fourth of your plate filled with carbs such as bread, noodles, rice, corn, fruit, and milk?

Is one-fourth of your plate filled with main-dish (protein) foods such as meat, poultry, fish, or meat substitute?

Is at least half of your plate filled with vegetables (salad or cooked vegetables such as carrots, broccoli, or spinach)?



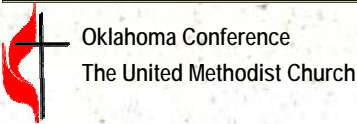
A key message for people with diabetes is "Carbs Count." Foods high in carbs (carbohydrates) -- bread, tortillas, rice, crackers, cereal, fruit, juice, milk, yogurt, potatoes, corn, peas, sweets -- raise your blood sugar levels the most. For many people, having 3 or 4 servings of a carb choice at each meal and 1 or 2 servings as snacks is about right.

Remember to keep an eye on your total number of servings. For example, if you choose to have dessert, cut back on potatoes.

Round out your meals with a serving of meat (such as fish or chicken) or meat substitute (such as beans, eggs, cheese, and tofu) about the size of a deck of cards and vegetables (such as broccoli or lettuce). There's no limit on vegetables that are raw or made without fat.

For diabetes-related questions or to request a diabetes information packet, email the American Diabetes Association at AskADA@diabetes.org or call (1-800-342-2383)





HEALTH SCREENING 2005

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199 TESTED AT HIGH RISK FOR BLOCKAGE IN THE ARTERIES WHICH IS THE TEST FOR HOMOCYCTINE.

The Health Screening at Annual Conference included a total of 439 participants. The screening tested for heart disease and stroke risk factors such as high cholesterol and homocysteine, abnormal thyroid, anemia or infection, colon cancer, kidney or liver disease, and prostate cancer for males. Of the 439 participants, 41 tested positive for kidney problems, 8 tested positive for diabetes and 14 tested as pre-diabetic, 138 had cholesterol levels above the 200 limit, 159 had triglyceride levels above the 150 level, 9 tested positive for prostate cancer, 58 tested positive for thyroid problems and 199 had high risk Homocysteine which is an amino acid (a

building block of protein) that may irritate blood vessels leading to blockage in the arteries (atherosclerosis). The body may need more folic acid, B6 or B12. .



Out of those 439 participants filling out the questionnaire, 303 said they take multivitamins, 144 take folic acid, 87 take niacin, 128 take fish oil, 105 take cholesterol medication, 103 take blood pressure medication and 148 are taking an aspirin per day.

The screening was conducted by the Health Ministries Association, Oklahoma Conference The United Methodist Health Benefits Committee and the Oklahoma State Health Department.

IMPORTANT NUMBERS:



Claim questions: 1-405-521-1711 or 1-800-324-9396 www.kemptongroup.com
FlexSystem—TASC 1-800-422-4661 www.accessstasc.com
MaxCare Rx (PPOk) 1-800-259-7765 www.ppok.com
PPO Oklahoma www.ppokoklahoma.com
Preferred Community Choice www.ccok.com
CCN Managed Care, Inc. www.ccnusa.com
LabOne 1-800-646-7788 www.labone.com
The Hartford 1-800-368-3653
Healthcare Benefit Plan Document, Forms & Privacy Notices www.okumc.org/Benefits_and_Insurance/Directory.htm
General Board of Pension 1-800-851-2201 www.gbophb.org
Newsletter published by: Janet A. Tofani Healthcare Benefits Director

Monthly Premium Rate Schedule:	2006
Active Clergy:	
Special Rate: (Total Compensation of \$29,999 or less)	
Single	219.00
Two Party	426.00
Family	476.00
Regular Rate: (Total Compensation of \$30,000 or more)	
Single	258.00
Two Party	503.00
Family	591.00
Retired Clergy (under 65):	
Single	248.00
Two Party (both under 65)	493.00
Two Party (spouse over 65)	412.00
Retired Clergy (65 & over):	
Single	189.00
Two Party (spouse under 65)	392.00
Two Party (both 65 or over)	373.00
Surviving Spouses of Clergy (under 65):	
Single	200.00
With one dependent	391.00
With two or more dependents	430.00
Surviving Spouses of Clergy (65 & over):	
Single	100.00
Lay Employees & Diaconal Ministers (Active):	
Single	453.00
Two Party	899.00
Family	1,046.00
Retired Lay Employees & Diaconal Ministers:	
Single (65 & over)	271.00
Two Party (both under 65)	898.00
Two Party (Spouse under 65)	723.00
Two Party (both 65 or over)	541.00