

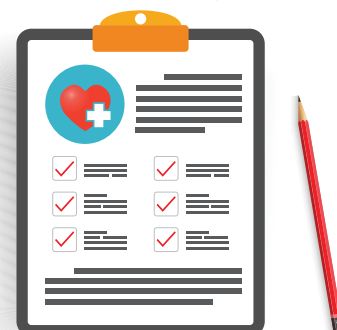


# Health & Wellness News

## Let's Get Physical! A Physical Exam, That Is...

Whether you visit your doctor regularly or you haven't been in years, a physical exam is a great barometer of your general health status. It is also a good time for you to ask questions about any changes or problems that you may have noticed and identify issues that could become medical concerns in the future.

Your primary care physician (PCP) is able to diagnosis and treat chronic conditions such as hypertension (high blood pressure), hyperlipidemia (high cholesterol) and diabetes. These conditions, while common, can pose significant health risks when left untreated.



### What happens to someone with high blood pressure?

High blood pressure can damage your arteries by making them less elastic, which decreases the flow of blood and oxygen to your heart and leads to heart disease. Uncontrolled high blood pressure increases your risk of serious health problems, including heart attack and stroke. You can have high blood pressure for years without any symptoms. Fortunately, high blood pressure can be easily detected. And once you know you have high blood pressure, you can work with your doctor to control it.

### What happens to someone with high cholesterol?

Fatty deposits develop in your blood vessels. Eventually, these deposits grow, making it difficult for enough blood to flow through your arteries. Sometimes, those deposits can break away suddenly and form a clot that causes a heart attack or stroke. High cholesterol can be inherited, but it's often the result of unhealthy lifestyle choices, which make it preventable and treatable. Your doctor can run lab tests to screen for high cholesterol and work with you to control it.

### What happens to someone with diabetes?

Diabetes can lead to excess sugar (glucose) in your blood. Too much sugar in your blood can lead to serious health problems. Long-term complications of diabetes develop gradually. The longer you have diabetes – and uncontrolled blood sugar – the higher the risk of complications such as heart disease, stroke, nerve damage, kidney damage, eye damage, and foot damage, including amputation from loss of circulation. High blood pressure and high cholesterol can increase your risk for developing diabetes. Diabetes can be well managed with the help of your doctor.

Seeing your doctor regularly is crucial for screening of these conditions and managing them before they cause complications.

## Important Phone Numbers

### Benefits/Claims/Member Services/Provider Directory

#### Allegiance

1-855-999-1521

[Askallegiance.com/smc](http://Askallegiance.com/smc)

### Prescription Medications

#### Express Scripts administered by RxBenefits

1-800-334-8134

[www.express-scripts.com](http://www.express-scripts.com)

### 24-Hour Nurse Line

1-888-546-8463

### Employee Assistance Program (EAP)

#### MINES and Associates

1-800-873-7138

[www.MINESandAssociates.com](http://www.MINESandAssociates.com)

### Human Resources

1-406-322-8930

[www.stillwaterfamily.org](http://www.stillwaterfamily.org)



# Show Me the Money!

Sibanye-Stillwater is now offering a PREVENTIVE CARE WELLNESS INCENTIVE for employees and their spouses who are on the medical plan. With the significant role that preventive care plays in staying healthy, you are encouraged to utilize the preventive services available through your medical benefits and get your annual physical.

The best part, preventive services are covered at 100% under the health plan when you use an in-network provider. Simply have your provider complete the [Wellness Confirmation Form](#) when you go in for your annual wellness visit and you will receive a \$50 gift card. See Form for details.

**Preventive services are covered at 100% under the health plan when you use an in-network provider.**

**For assistance finding a provider:**

**Allegiance Member Services:**

1-855-999-1521

**St. Vincent/Rocky Mountain Health Network:**

1-406-237-5623

**Billings Clinic:**

1-406-435-6456

# Taking Care of Your Mental Health

Mental health conditions are as real and serious as any other medical conditions. As pandemic fatigue begins to settle in, you may be feeling exhausted, stressed, overwhelmed, anxious and depressed. You have been through a lot in the past year and now it's time to prioritize self-care.

## Help Is Available

Sibanye-Stillwater has resources you and your dependents can take advantage of through MINES and Associates.

**Call:** 1-800-873-7138

**Visit:** [www.minesandassociates.com](http://www.minesandassociates.com)

**Username:** stillwater

**Password:** employee

If you or someone you know needs help, please call 1-800-273-8255 for the National Suicide Prevention Lifeline.

## Thinking About Quitting?

MINES has a new Mindcotine smoking cessation program available at no cost to you! This program uses virtual reality technology during the 6-week program, with 8-months of follow up to help you stay tobacco free! Call 1-800-873-7138 for more information.



## Benefits at Your Fingertips!

Access your benefits anytime, anywhere with Benefit Spot!

- Benefits and Plan Information
- Contact Information
- EAP
- Telehealth
- Human Resources
- Call Button
- Videos
- Other Resources



Download "Benefit Spot" on the Apple App Store or Google Play  
When you launch the app, enter the applicable company code:

**Salaried employees:**

**SMCSalaried**

**Bargaining Unit employees:**

**SMCBargaining**

[www.Askallegiance.com/smc](http://www.Askallegiance.com/smc)