



OCTOBER 2022

KEEP IT MOVING: DIETARY FIBER

Cereal and grain-based products boast a common message: Eat more fiber! But why?

Fiber comes in two different forms. **Soluble fiber** helps your body maintain healthy glucose and blood cholesterol levels. **Insoluble fiber** helps food move through your digestive system.



On top of this, fiber helps regulate bowel movements and bowel health by preventing constipation (recent studies show fiber may even potentially lower your risk of developing colorectal cancer). High-fiber foods may also help you maintain a healthy weight or even lose weight, as they are more filling than low-fiber food.

While fiber supplements can help with constipation, most of them do not provide the full spectrum of health benefits that fiber from whole foods does.

AUTISM & ADULT WOMEN

Long-held stereotypes of autistic individuals portray them as highly intelligent with developed special interests and low social skills, and almost always male. While men are diagnosed with autism far more frequently than women, there is emerging evidence that women have been underdiagnosed for a long time. This is likely because the criteria commonly used for diagnosis are based almost entirely on male autistic behavior.



Multiple studies indicate that autistic women often have related but different symptoms and behaviorally differ from autistic men. Common symptoms are sensory issues, feeling like they are different from other women, feeling the need to mimic others to fit in, emotional regulation issues, and often anxiety and depression.

Research is finding that autistic women can “camouflage” or “mask” better than men. Research suggests this is due to social pressure on women to fit in and other gendered expectations that are not usually placed on men. These differences are coming to light and being actively studied, making it easier for women to receive a correct diagnosis.



BENEFIT SPOTLIGHT



RESOLVING INSURANCE ISSUES

It's frustrating to get medical bills for a procedure you thought was covered. Health benefits can be confusing to sort through, and alarmingly, insurance billing errors are not uncommon. It's estimated that between 7% and 80% of medical bills contain errors.

If you receive a bill that you think is incorrect, ask the provider to explain the exact charges submitted to your insurance carrier. **You can also check the bill against the Explanation of Benefits (EOB) that your insurer is required to send you after your medical provider has filed a claim.** An EOB will detail exactly what your medical insurance covers and what it has paid toward this claim.

If you see discrepancies, talk to your doctor's office, explain the discrepancies, and ask them to review and fix the charges. If your insurance provider has not covered something they are supposed to, you should also contact them to review your case. You may need to file an appeal – make sure to do this as soon as possible to avoid your bill going to collections.

You may not have to do this on your own. Check to see whether your employer provides access to third-party vendors like Health Advocate or Alight. These companies will help you review your benefits and dispute charges you think were made in error.



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VIRTUAL MENTAL HEALTH

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