



PEER SUPPORT BASICS

Reaching out can make all the difference

August Newsletter



Peer Support Program
National Program that's Internationally Recognized and Affiliated

Local 591 National Peer Support

Credit IAM EAP, LAP

August 2024

Eating Disorders

(excerpts from Samhsa.gov, "eating disorders")

Eating disorders are disorders that involve extreme preoccupation, disturbing emotions, attitudes, and behaviors involving weight and food. Some common eating disorders include anorexia nervosa, binge eating disorder, and bulimia. A common misconception is that individuals with eating disorders have a particular body type (e.g., individuals with anorexia nervosa are thin). However, eating disorders can affect anyone regardless of body size, race/ethnicity, gender, age, or socioeconomic status. Many factors contribute to the development of an eating disorder, such as genes, hormones, co-occurring mental health disorders (such as depression or anxiety disorders), social attitudes that promote very thin body types, and diet culture.

Anorexia Nervosa

Anorexia nervosa is an eating disorder in which people avoid or severely restrict food. People with this disorder have an intense fear of weight gain. They may diet, exercise excessively, or compulsively use other methods (e.g., laxatives or diuretics) to lose weight.

Signs and Symptoms of Anorexia Nervosa include:

- Having an intense fear of gaining weight
- Denying the seriousness of food restriction
- Feeling a strong desire to be in control
- Having a distorted sense of body image, and being very focused on body weight or shape



Binge-eating disorder

Binge eating disorder is when a person eats a much larger amount of food in a shorter period of time than they normally would. During binge eating, the person may feel a loss of control.

Signs & Symptoms of binge eating disorder:

- Eats large quantities of food in one sitting, often secretly
- Feels unable to control their eating behaviors
- Uses food as a coping mechanism in response to traumatic or stressful life events
- Feels shame, embarrassment, or guilt about their eating behaviors

Bulimia Nervosa

Bulimia Nervosa is an eating disorder in which a person binges on food and feels a loss of control over their eating. The person then uses methods to prevent weight gain, such as vomiting, excessive exercise, or using laxatives, diuretics, or diet pills.

Signs & Symptoms of Bulimia Nervosa:

People with bulimia often eat large amounts of food, usually in secret. People can feel a lack of control over their eating during these episodes. Eating and bingeing episodes may occur as often as several times a day for many months or longer.

Get Help for Eating Disorders

Eating disorders can be fatal due to various medical complications and the high risk of associated suicide. Treatment plans can include psychotherapy, medical care, nutrition counseling, or medications. Full recovery from an eating disorder is possible.

Learn how to talk about mental health to support a loved one who you think may be experiencing a mental health concern.

Resources



- National Center of Excellence for Eating Disorders
- National Institute of Mental Health: Eating Disorders
- Office on Women's Health: Eating Disorders
- Binge Eating Disorder Fact Sheet (PDF | 89 KB)
- National Institute of Mental Health: Mental Health Minute (1 minute, 17 seconds)
- National Alliance for Eating Disorders
- National Association of Anorexia Nervosa and Associated Disorders

Your local EAP Representative is a good resource for information about Eating Disorders as well as other mental health and substance use issues. Please refer to the placard below for their contact information

Help is Available

If you or someone you know is struggling or in crisis, help is available.

Call or text [988](tel:988) or chat [988lifeline.org](https://www.988lifeline.org).

To learn how to get support for mental health, drug, and alcohol issues, visit [FindSupport.gov](https://www.findsupport.gov).

To locate treatment facilities or providers, visit [FindTreatment.gov](https://www.findtreatment.gov) or call SAMHSA's National Helpline at [800-662-HELP \(4357\)](tel:800662HELP).

Benefits and You.

[2024 health plan description](#)

[2022-Plus-Plan-SPD-American-Airlines.pdf](#)

If we don't get back to you please call back.

If you don't like the answer please know we got the answer from someone else.

Plus Plan Info.

Schedule of Medical Benefits		
Annual (Calendar Year) Deductibles and Out-of-Pocket Limits		
	In-Network	Out-of-Network
Individual Coverage Annual Deductible	\$1,500	\$3,000
Family Coverage Annual Deductible	\$4,500	\$9,000
Individual Coverage Annual Out-of-Pocket Maximum	\$4,500	\$9,000
Family Coverage Annual Out-of-Pocket Maximum	\$9,000	\$18,000
Individual medical maximum benefit	Unlimited	
Preventive Care		
ACA preventive care	No cost to you	40% Co-Insurance
COVID-19 preventive services¹ See "Covered Expense" section for details and limitations.	No cost to you	No cost to you

Medical Care		
Physician's office visit (including X-ray, lab work, injections and in office surgery)	\$25 per visit	40% Co-Insurance
Telehealth office visit Provided by Doctor on Demand or the Network Administrator	\$20 per visit	Not applicable
Specialist's office visit (including X-ray, lab work, injections, and in office surgery)	\$45 per visit	40% Co-Insurance
Retail/ Convenience Clinic visit (i.e., clinics inside of retail pharmacies.) Including lab, x-ray and other charges	20% Co-Insurance	40% Co-Insurance
Urgent Care Clinic , lab, x-ray, and other charges made by the Urgent Care clinic An Urgent Care Clinic does not include an independent freestanding emergency department, as that term is used in ERISA section 716.	20% Co-Insurance	40% Co-Insurance
Chemotherapy/Radiation/Infusions	20% Co-Insurance	40% Co-Insurance

Speech, physical, occupational, restorative and rehabilitative therapy Educational Services are not covered	20% Co-Insurance	40% Co-Insurance
COVID-19 Tests and Related Services² See "Covered Expense section for details and limitations.	No cost to you	No cost to you
Outpatient Services (not in a Physician office setting or a hospital)		
Diagnostic X-ray and lab (for non-urgent, non-immediate and non-emergent care)	No cost to you if performed at Physician's office or nonhospital imaging center/lab 20% if at hospital	40% Co-Insurance
Outpatient surgery	20% Co-Insurance	40% Co-Insurance

Hospital Services		
Inpatient room and board	20% Co-Insurance	40% Co-Insurance
Surgery	20% Co-Insurance	40% Co-Insurance
Emergency Ambulance	20% Co-Insurance 40% Co-Insurance Non-Emergencies	20% Co-Insurance; 40% Co-Insurance Non-Emergencies
Emergency Room If you're admitted to the Hospital as an Inpatient directly from the Emergency Room, the Emergency Room Co-Pay is waived.	\$200 Co-Pay + 20% Coinsurance	\$200 Co-Pay + 20% Co-insurance
Out-of-Hospital Care		
Convalescent and Skilled Nursing Facilities following hospitalization Within 15 days of hospitalization. Maximum of 60 days per episode, as long as the individual is enrolled in an American Airlines Medical Plan.	20% Co-Insurance	40% Co-Insurance
Home Health Care Maximum of 40 services	20% Co-Insurance	40% Co-Insurance

Hospice Care	20% Co-Insurance	40% Co-Insurance
Other Services		
Supplies, equipment and Durable Medical Equipment (DME) Your cost is the Co-Insurance shown, regardless of where the device is purchased, and is <i>in addition</i> to any Physician's visit costs you're required to pay.	20% Co-Insurance	40% Co-Insurance
Mental Health and Chemical Dependency Benefits		
Inpatient mental and chemical dependency health care	20% Co-Insurance	40% Co-Insurance
Alternative Mental Health Care Center – intensive Outpatient and partial hospitalization	20% Co-Insurance	40% Co-Insurance
Outpatient mental health care	No cost to you	40% Co-Insurance
Marriage/ Couple/ Family Therapy	No cost to you	40% Co-Insurance

[2024 Flip Book News Letter](#)



More to come.

591 CONTACT INFO:

Ken Morse 815 483-8585. Local 591 National EAP/Benefit Director

Tony Lepore 940 536-8817. Local 591 National Benefit/EAP Director

Northeast Region

Tony Lepore - (940) 536-8817 - t.lepore@local591.com National Benefit/EAP Director

Danny Wilson - (631) 334-0933 d.wilson@local591.com Northeast Regional EAP and Benefits Coordinator

Southeast Region

Rawle Skeete (954) 559-7505 r.skeete@local591.com Southeast Regional EAP and Benefits Coordinator

Phil Revollo (954) 665-7383 MIA EAP and Benefit Member Assistance Peer

Central Region

Ken Morse (815) 483-8585 k.morse@local591.com National EAP and Benefits Director

Mark Smejkal (847)757-1954 markj.8001@gmail.com ORD EAP and Benefits Member Assistance Peer

Southwest Region

David Emerline (469) 408-8197 EEMERLINEE07@YAHOO.COM DFW (MLS) EAP and Benefits Member Assistance Peer

Shawn Kelly (952) 454-2879 smkelly591@gmail.com DFW EAP and Benefits Member Assistance Peer

Jake Harrell (817) 709-0046 jakeharrell591@gmail.com DFW EAP and Benefits Member Assistance Peer

West Region

Sean Bruno (310) 594-2025 s.bruno@local591.com West Regional EAP and Benefits Coordinato

Edwin Joseph (310) 709-4755 jord352000@yahoo.com LAX EAP and Benefits Member Assistance Peer