



Health on the Move™

Benefits & Wellness Newsletter

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RETIREMENT MANAGER

UT Retirement Manager enables you to enroll and make changes to your Retirement Account and provides excellent financial tools. UT System Retirement Programs Website:

www.aigretco.com/RetireMan

Contact your Benefits Office at ext. 7741 for your unique identification number

Evidence of Insurability Deadline

UT Systems Group Handbook

Evidence of Insurability (EOI) is the record of a person's past and current health history. EOI is used by insurance companies to verify whether a person meets the definition of good health. During Annual Enrollment (July 1 - July 31, 2008), if you make an insurance election on UT Touch that requires EOI, you will be prompted to complete the insurance company's EOI form via an online link.

An EOI form is required to:

- Add certain dependents to UT Select medical coverage that were previously eligible to enroll but did not enroll during the initial 31-day benefit election period. Please note that if these certain dependents can show proof of other active group medical coverage, EOI will be waived for the UT Select medical plan;
- Reinstate employee or retired employee voluntarily terminated or waived medical coverage, unless proof of other active group medical coverage can be provided;
- Increase or reinstate employee, retired employee or spouse voluntary group life coverage;
- Add Short Term Disability coverage after the initial 31-day benefit election period;
- Add Long Term Disability coverage after the initial 31-day benefit election period;
- Add Long Term Care for employee or retiree coverage after the initial 31-day benefit election period. EOI is required at all times for spouses and other family members enrolling in Long Term Care. Please note that EOI forms for Long Term Care are not available via a link on UT Touch; however they can be obtained by contacting CNA at (888) 825-0353 or at www.itcbenefits.com/uts.

Once completed, the EOI form must be printed, signed and mailed postmarked by August 15th, 2008. EOI forms for Long Term Care need to be postmarked by July 31, 2008.

Immunization Myths – August is National Immunization Awareness Month

By: *Dr. Barbara Huggins (Dr. Mom)* www.uthct.edu/drmom/immunizationmyths.asp

It's National Immunization Awareness Month. Immunizations have saved more lives and prevented more disease than any other single medical success. So why are there so many children who don't get their vaccines on time? Dr. Mom reports.

With the beginning of another school year, many parents and children are busy purchasing school supplies, school clothes, and all of the necessities to start the year out right. Back to school also brings a special trip to their pediatrician or care provider for their back-to-school check ups which probably will include receiving immunizations and booster shots.

There are a variety of statements regarding immunizations. Some of those myths or misperceptions include:

1. Myth

Because most of the vaccine preventable diseases are rare or have been eliminated, there is no longer any need to immunize.

Myth Buster

Even though some diseases have been eliminated in the United States, these diseases exist in other countries. With international travel, the diseases can easily be brought in from travelers from these countries.

2. Myth

It is not safe for young children to get so many shots.

Myth Buster

By the time a child is 2 years old, they normally receive 20 immunizations. These immunizations prevent a variety of diseases that are life threatening.

3. Myth

Vaccines are not safe. Many cause harmful side effects and illnesses.

Myth Buster

Even though all vaccines have side effects ranging from fever, tenderness, and swelling, the side effects far outweigh the effects of these diseases. The Center for Disease Control and Prevention and the Food and Drug Administration continually work to make already safe vaccines even safer.

4. Myth

The measles-mumps-rubella (MMR) vaccines cause autism.

Myth Buster

There is no scientifically proven link between the MMR immunization and autism. Autism is a chronic developmental disorder that is often identified around 18 months of age. The MMR immunization is given just before the peak age of onset of autism. This timing leads some to mistakenly assume the MMR vaccines cause autism.

Immunizations prevent many illnesses and deaths that could occur from communicable diseases. Please don't let your child fall behind on their immunizations. See your primary care provider if your child is not current on his/her immunizations.

Helpful websites: [Children's Health Topics: Immunizations & Vaccines](#)

[CISP: Childhood Immunization Support Program](#)

[Immunization Action Coalition: Quiz #1: Immunization](#)

[Frequently Asked ? for Parents from the American Academy of Pedi Childhood Immz Support Program](#)

[Some Common Misconceptions](#)

[The National Network for Immunization Information](#)

[Immunization Action Coalition](#)

[Vaccine Information for the public and health professionals](#)

[2007 Child & Adolescent Immunization Schedules \(viewable online and printable\)](#)

Energy Snacks: Are They Worth It?



BCBS Website

There are plenty of energy drinks, bars and gels on the market today claiming to provide the sports enthusiast with prolonged energy and endurance, as well as the necessary vitamins and minerals for top performance. It can get confusing. Here's what you should know about energy snacks to help you choose the right one for your needs:

Energy Gels

Energy gels provide a carbohydrate rush designed only for endurance events like marathons, not for everyday exercising. They must be taken with water. When you are moving fast and breathing hard gels are safer than bars that may cause you to choke.

Energy Bars

Energy bars are a mix of carbohydrate, protein and fat. Some are higher in carbohydrate and work best as a snack when you are on a long hike, or before, during or after strenuous workouts. Others are higher in protein which is helpful for people who don't take in enough protein, such as some vegetarian athletes as well as high-mileage runners who find it difficult to keep their weight up. However, most people easily meet and usually exceed their protein needs. Energy bars may also be used on occasion for a meal replacement if you are on the run.

Energy & Sports Drinks

Water is sometimes not enough for strenuous workouts that last longer than 60 minutes. Sports drinks with electrolytes and carbohydrates prevent dehydration and hyponatremia (low salt). Steer clear of drinks with special herbs or additives, as they generally do not contain enough to have any benefits (or detriments) and usually cost much more. You can make your own sports drink by mixing 1 part water with 1 part orange juice and a dash of salt.

Trail Mix

Trail mix is the original energy bar. You can mix it up yourself or buy it pre-packaged. It usually contains nuts for protein, raisins or other dried fruit for carbohydrates, and chocolate for taste. The salt in the mix helps to replace electrolytes. Trail mix is usually high in fat and calories -- about 140 calories and 9 grams of fat per ounce, so be sure to use portion control.

Health Risk Assessment

If you have not already completed your online Health Risk Assessment, go online to www.bcbstx.com/ut and learn more about your health habits today!

YOGA CLASSES

Yoga is a great wellness tool for the mind and body. The Yoga Class is taught by Debbie Tompkins. Classes are held on Tuesdays & Thursdays from 5:15pm to 6:30pm. The cost is \$30 for 8 sessions to be used within 60 days. Contact Caryn Vorsas for more information at ext. 7293

Fitness Gadgets: Which Ones Really Work?

BCBS Website

We've seen the infomercials for countless exercise gadgets. But do they really deliver all they promise—rock hard abs, bulging biceps, tight buns and a supercharged metabolism that burns calories and melts fat away instantly? Here's what we found out from our in-house fitness experts about four of today's popular fitness tools.

Stability Ball

This versatile ball has as many different names as it has uses in the fitness world. Sometimes referred to as a resistance ball, thera-ball, or stability ball, it's simply a giant, inflated rubber ball. Whatever you want to call it, this simple exercise tool works extremely well.

Although personal trainers and physical therapists have incorporated these balls in workouts for years, now gyms across the country are promoting this latest fitness gadget as a way to build a stronger "core", the muscles surrounding the trunk area, including the pelvis, lower back, abdominals, hip flexors, quads and hamstrings. Core strength and stability is critical to a healthy lifestyle since the core muscles are involved in simple daily activities, anything from carrying a bag of groceries up a flight of stairs to lifting and carrying a child. It's important to have a strong core in order to maintain good balance and stability. Every time you get on one of these balls your core muscles are forced to work in order to keep your body from falling off the ball. This versatile ball's exercise possibilities are virtually endless.



Because they are safe, easy to use, inexpensive, lightweight, and portable, stability balls are perfect for anyone from the business traveler to the stay-at-home mom.

Bosu Ball

Another great tool to improve balance and core strength is the bosu ball or Body Dome. Similar in functionality to the stability ball, the bosu ball is a vinyl dome that is basically a stability ball cut in half, with one side functioning as a flat base and the rounded side acting as a platform, on which a variety of exercises can be performed. Squats, lunges, standing rows, shoulder presses, push ups and crunches are just a few exercises that can be done using this unique new fitness tool. The rounded dome creates an unstable, but safe surface (more stable than the stability ball because of the flat side) that requires a collaboration of major muscle groups to maintain one's balance atop the dome. With the bosu ball, you can reap the benefits of cardio, strength and balance training.

Bosu balls are safe, easy to use, inexpensive and lightweight—perfect for anyone from the business traveler to the stay-at-home mom.

Resistance Bands

Elastic tubing and bands are great for those who want to get the benefits of weight training without using traditional weights. These bands are simply large stretchy rubber bands that work great for providing low-impact resistance without using weights. The exercises you can perform with this tool are limitless. Resistance bands are great for increasing muscular strength, endurance and even flexibility for any major muscle group, including the back and chest, shoulders and arms, as well as abdominals and legs.

If the gym scene doesn't work for you, these bands just might. Here's why: They're economical. For under \$50, you can get everything you need for a good resistance workout. They're also conveniently portable. If you're going on a trip, they'll easily fit into your suitcase, taking up about as much room as a shirt. You don't need special benches to position yourself properly. You can do an entire workout with a folding chair. Plus, they're so versatile that you can change your routine to suit your fitness level and increase your progress. And last, but not least, the impact level with elastic equipment is much lower than with weights, so it's much easier on the joints.

Pilates Ring

Pilates is one of the fastest growing fitness trends around. Pilates is an exercise technique based on movements and exercises that emphasize the best possible posture, alignment and strength in the core muscles of the abdomen and back. Originally created for dancers by Joseph Pilates in the early 1900's to improve muscular strength and flexibility, now the general population has gravitated towards Pilates for improved strength, flexibility, and posture, as well as relaxation. People with back pain and poor posture may benefit from this technique.

Fitness Gadgets: Which Ones Really Work? (Cont'd)

BCBS Website

You don't have to go to an expensive pilates studio with all of the fancy equipment to reap the benefits. There are plenty of great pilates mat exercises you can incorporate into your workout for increased flexibility and strength. If you are looking for a low-impact and innovative way to tone and sculpt your body, mat exercises that incorporate the pilates ring are a great place to start. The ring is made of hard, flexible plastic, with handles and is a good tool for providing low-impact resistance. But proper technique is the key. Gyms across the country are offering pilates classes. Or, if you prefer working out in the comfort of your own home, there are also great instructional videos and DVDs out there to get you started, at a fraction of the cost of what you would pay in a professional studio. So, if you are looking for a way to spice up your regular fitness routine or are just getting started, pilates can put you on the road to looking and feeling stronger. The ring is easy to slip into a suitcase if you are a frequent traveler.

Bottom Line

Often the infomercials hype their fitness products as being able to do everything, from converting fat to muscle to supercharging the metabolism. Take these claims for what they are—simple marketing schemes to entice you to buy their particular product. The reality is that in order to see lasting results, you must commit to a healthy lifestyle that includes a balanced diet and regular strength and cardio training, whether or not you use special fitness gadgets or not.

While these fitness tools are popular and may help to liven up your workout, you can work on balance, strength and flexibility on your own without using any equipment at all. For example, yoga poses can help to increase balance and stability. When practicing balance positions, try challenging your balance by looking in the opposite direction or try standing on one leg with your eyes closed. It's not as easy as it sounds! Simple exercises that use your own body weight for resistance, like push up or pull ups are great for strengthening muscles.

But if you're looking for a way to make your workout fun again, introducing some new techniques and equipment can add interest. These tools are portable (some even fit in a suitcase) and inexpensive additions to a home gym, as well as good alternative to the more traditional weight training methods that use bars and benches.

Works Cited:

Davis, Jeanie Lerche. "Workout Devices Get Rated." Web MD. 26 August 2003.

Sorgen, Carol. "Balance Your Way to a Stronger Body." Web MD. 14 August 2003.

New Wellness Benefits

By Tammye McCollum

UT Systems is expanding the Wellness Preventive Benefit after studying other employers' benefits. They discovered that participation in the UT Select preventive care benefits was very low, especially in members over the age of 50. Effective September 1, 2008, UT System will expand the wellness benefit to include colonoscopy coverage. A colonoscopy performed by an in-network physician at an in-network facility will be available at No Cost to the employee or dependent covered under the plan. This means a \$400 - \$800 savings to the member and possibly will encourage someone who might not have the colonoscopy done due to the out-of-pocket cost to now have the procedure done. This is a great enhancement to our current Wellness Benefit Package.

UT System Wellness Program will be focusing in 2008-2009 on men's wellness. Women normally will take time to go for their annual exam and mammogram but men tend to only go to the doctor when they are sick. Prostate Screening has been added to the wellness benefit under the UT Select Medical Plan. Your copay will apply to this benefit if you use an in-network physician.

Preventive Care Benefits that are subject to your copay for in-network physicians are: routine physical exam, well-woman exam, well-child exam (under age 2), prostate screening, and immunizations (over age 6).

Preventive Care Benefits that are payable at 100% for in network physician are: immunizations (up to age 6), routine mammograms, colonoscopy, osteoporosis screening.

For further information: <http://www.utsystem.edu/benefits/pubs/news/ColonoscopyCoverage.pdf>

Philly Chicken Cheese Steaks

Weight Watchers website

- 1 Tbsp vegetable oil
- 1 medium onion(s), thinly sliced
- 1 pound uncooked boneless, skinless chicken breast, pounded, cut into strips
- 1/2 medium sweet red pepper(s), thinly sliced
- 1/2 tsp table salt
- 1/8 tsp black pepper
- 4 slice Borden 2% Singles Reduced-Fat Pasteurized American Cheese Food, or other brand
- 4 roll reduced-calorie hot dog bun(s)

In a medium nonstick skillet, heat oil over medium-high heat. Sauté onion until browned and very soft, about 10 minutes. Add chicken and pepper and sauté until chicken is golden brown and cooked through, about 5 to 8 minutes; season to taste with salt and pepper.

Toast buns; spoon chicken mixture down center of each one. Place a slice of cheese in each bun and close bun to help cheese melt slightly. Yields 1 cheese steak per serving.

Serving suggestion: Serve with hot cooked rice. (Rice not included in *POINTS* value.)

POINTS® Value: 6 Servings: 4

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Office Hours: Monday – Friday 8am – 5pm

UTHSCT Benefit Provider Numbers:

UT Select/Blue Cross Blue Shield

1-866-882-2034 or www.bcbstx.com/ut

Medco Health Prescription Plan

1-800-818-0155 or www.medcohealth.com

UT Select/Blue Cross Blue Shield

1-866-887-3539 or www.payflex.com

The Hartford (Long Term & Short Term Disability)

1-800-741-4306 or www.thehartfordatwork.com

Teachers Retirement System of Texas

1-800-223-8778 or www.trs.state.tx.us

Delta Dental Premier

1-800-893-3582 or www.deltadentalins.com/universityoftexas

Superior Vision

1-800-507-3800 or www.superiorvision.com

Long Term Care

1-888-825-0353 or www.ltcbenefits.com/uts

Ft. Dearborn Life Insurance

1-866-628-2606 or www.fdl-life.com/ut