Annual Enrollment Tips
By: Tammye McCollum

UT Touch (https://utdirect.utexas.edu/nlogin/sgwww/UTTOUCH/index.wb) is the system used at Annual Enrollment to update or make changes to your benefits. To find your Benefits ID number, look at your BCBS card for the Identification Number and take the UT$0 off and the rest of the number is called your Benefits ID number (should be a mixture of alpha and numeric characters). Your pin number will be sent to your email address at work sometime in the last week of June with a subject title of “Your UT Benefits Enrollment Options”. Save this email to a folder so that you can access this during the month of July if you want to make changes to your benefits. Your pin number is the same every year.

The only plan that requires you to re-enroll in every year is the UT Flex Plan. The system is defaulted to elect the PayFlex Debit card this year. You will need to take the check mark off of the debit card if you do not want the card this year. Plans that require evidence of insurability (EOI) are Medical, Life Insurance and Long Term Care. Normally Short Term and Long Term Disability require EOI but that is waived this year since we are going to a new company. If you are interested in the STD or LTD plans, now is the time to take advantage of these plans this year due to the waiver of EOI. The short term disability is going from a 30 day to a 14 day elimination period. One more reason to enroll is the premiums for Short Term and Long Term Disability plans will be considerably less this year. Watch for emails in the next few weeks with other changes to be communicated.

Changes made at Annual Enrollment to add dependents to any plan will require certain documentation. If you plan to add a dependent whether it is a spouse or children to your medical plan, you will be required to do the Evidence of Insurability Form (EOI) to prove eligibility for the coverage unless they have been on a continuous group plan. If the dependent has been on another group plan, you can provide your Benefits Department with a copy of the insurance card front and back. The insurance will be verified through the company and if confirmed, EOI will be waived. Please make sure that you notify the Benefits Department early enough, that if it doesn’t meet the qualifications you will still have time to complete the EOI form. If you are adding a spouse to any of your benefits plans, you will be required to furnish us with a copy of the front and back of your marriage license. If you are adding any dependent children, you will be required to furnish us with a copy of the certified birth certificate (not the one from hospital with the foot prints). If you are adding any stepchildren, you will be required to furnish us with a copy of the divorce decree and adding grandchildren will require a copy of the certified birth certificate and proof of guardianship from the courts system.

IMPORTANT NOTE: Newly Hired Employees who have plans that have an effective date of 07/01/09 or after, WILL NOT see those plans in UT Touch. Please do not try to add them. If you need to make changes to those particular plans, please call ext. 7784 (Benefits) to do a manual enrollment/change.
Earth’s Easiest Exercise
By: TopHealth

Walking can add years to your life and life to your years. And it couldn’t be easier. You don’t need to join a health club, wear special equipment or go into training to reap the rewards:

**THE CONDITIONER:** Walking conditions your heart and lungs and improves your body’s ability to use oxygen more efficiently.  **Fact:** In one study, women who walked briskly (3-4 mph) at least three hours a week cut their risk of heart attack and stroke by more than half.

**THE PROTECTOR:** Walking helps beat other health problems too. It reduces your risk of some forms of cancer and osteoporosis. It fights the battle of the bulge, reducing body fat and building muscle. Walking can even help people with diabetes reduce or eliminate their need for medication.

**THE JOINT-SAVER:** Walking can burn about as many calories per mile as jogging does. But it delivers less of the jolt, so it’s much easier on your joints and muscles.

**THE DE-STRESSOR:** Walking is easy on your mind too, since it lessens stress and lightens depression. Beginning walkers usually report that they feel and sleep better, and that their mental outlook improves.

**THE WINNER:** Best of all, walking has the lowest dropout rate of any form of exercise. So you’re more likely to stick with it and get all these benefits and more, like better digestion, improved regularity and lower blood pressure.

**There’s nothing to it:** Just put on a sturdy, comfortable pair of shoes and go.  **Smart moves:** Walk to the store for the Sunday paper; park a few blocks from work or get off the bus or train one stop early and walk from there; use the stairs instead of elevators or escalators; on bad weather days walk in a mall or on a gym treadmill.

Special Beginnings Program - Expecting a Baby?

**Special Beginnings** is a UT Select plan designed to help you better understand and manage your pregnancy. Specially trained obstetrical nurses will contact you regularly with pregnancy-related educational materials covering:

- Prenatal and postpartum nutrition
- Healthy life choices
- Fetal development
- Newborn care

Whether this is your first baby or you have other children, Special Beginnings is a wonderful source of information and support during your pregnancy.

UT SELECT is offering a $50 reward card from Target for women who enroll in their first trimester and complete the Special Beginnings Program through six weeks after delivery. Call 1-800-462-3275 to enroll during your first trimester.
The Worst Diets Ever: Diets That Don’t Work
Avoid these 5 types of diets for best weight loss results, experts say.
By Kathleen M. Zelman, MPH, RD, LD
WebMD Weight Loss Clinic-Feature

"Eat what you want, when you want, and watch the pounds disappear!" You've heard of them, maybe even tried them: miraculous-sounding diets that claim to melt off pounds with minimal effort. There are hundreds of these quick-fix diets out there, from the grapefruit diet to the detox diet to the "caveman" diet. But how do you tell legitimate weight loss plans from diets that don't work (at least in the long run)?

One reason's it's so hard to tell the difference is that even the worst diets will likely result in weight loss, at least initially. But it does little good to lose weight, experts say, if it comes right back. "Don't be fooled into thinking it is because of some magical food, pill or potion. What causes weight loss is eating fewer calories than you burn," says Dawn Jackson-Blatner, RD, a spokesperson for the American Dietetic Association (ADA). "Crazy, unbalanced diets cause weight loss because they are basically low-calorie diets."

After a few weeks on an unrealistic diet, dieters usually become frustrated and give up. This leads to feelings of failure that can help send them right back to their unhealthy lifestyles. "Fad diets not only fail to produce long-term weight loss, they can lead to deprivation, weight gain, and discouragement," says Michelle May, MD, author of Am I Hungry? What to Do When Diets Don't Work."In other words, you are often worse off than before you started."

The Worst Diets Ever

Experts who spoke to WebMD identified these 5 types of diets that are unlikely to produce long-term results for most people:

1. Diets that focus on only a few foods or food groups (like the cabbage soup diet, grapefruit diet, strict vegan diets, raw food diets, and many low-carb diets). Beware of any diet that rules out entire food groups. People need to eat from a variety of food groups to get all the nutrients they need, says ADA spokeswoman Andrea Giancoli, MPH, RD.

Yale University's David Katz, MD, author of The Flavor Point Diet, says that while restrictive diets do work initially, they fail over the long haul. You can lose weight on diets that focus on single foods (like cabbage soup), but how much cabbage soup can a person eat? Before long, you grow weary of eating the same foods every day, and cravings for favorite foods lead you back to your former eating behavior.

Keep in mind that all foods can fit into a healthy lifestyle in moderation -- even things like bacon, super-premium ice cream, and chips. And when diets forbid certain foods and dieters envision a life without their favorite treats, those diets usually fail. "Any time you restrict a certain food, it triggers cravings for the forbidden fruit and sets up a restriction-binge cycle," says Blatner. "And what about restrictive diets that offer a rewarding "cheat day"? May labels them "absurd." "It just doesn't make sense to try to be perfect (whatever that is) on Sunday to Friday while obsessing about everything you are going to eat on Saturday," she says.

2. "Detox" diets (like Master Cleanse, the Hallelujah Diet, and The Martha's Vineyard Diet Detox). Extreme regimens calling for procedures like liver flushes, bodily cleanses, colonics, hormone injections, and more are highly suspect, experts say.

"All the flushes and cleanses are pure nonsense, unnecessary, and there is no scientific basis for these recommendations," says Pamela Peeke, MD, chief medical correspondent for the Discovery Health channel. "Your body is well equipped with organs, such as the liver and kidneys, and the immune system, to rid itself of potential toxins and does an excellent job of cleansing itself without needing flushes or cleanses."

3. Diets with 'miracle' foods or ingredients (like supplements, fructose water, bitter orange, green tea, apple cider vinegar). Dieters are always searching for the food, pill, or potion that will help them lose weight, but unfortunately, there are no such miracle ingredients. "No one single food or group of foods eaten together or at a certain time of day has any impact on weight loss," notes May.

Be leery of any plan that recommends a shelf full of supplements, enzymes, or potions (especially if you purchase them from the diet book author or company). "You don't need expensive supplements," says Blatner. "If you want to take a once daily multivitamin for nutritional insurance, that is fine, but otherwise, we recommend you get your nutrients from food."
The Worst Diets Ever: Diets That Don't Work (cont’d)

4. Fasting and very low-calorie diets (like the "Skinny" vegan diet, Hollywood Diet, and Master Cleanse). Fasting has been a cultural and religious tradition for centuries, and is fine for a day or so, but fasting for weight loss is counterproductive, Giancoli explains.

“When you ... consume too few calories, your body thinks it is starving and adjusts the metabolism,” she says. “But when you go back to eating normally, your metabolism doesn’t readjust and therefore you need fewer calories than before -- otherwise known as the yo-yo syndrome.” What’s worse, weight loss during a fast is usually a combination of fat, fluid, and muscle, but the pounds regained will probably be all fat. Not convinced yet? Giancoli says you won’t feel good, nor will you have much energy to be physically active while fasting. And what about very low-calorie diets? Blatner say that diets promising losses of more than a half to 1 pound per week are simply not realistic. “When you see diet books touting 5, 10 or 15 pounds in a short period of time, it is unrealistic,” says Blatner. Depending on how much you have to lose, you may experience some initial water loss. But over time, weight loss averages out to around a pound per week, she says.

5. Diets that sound too good to be true (like The Weight Loss Cure 'They' Don't Want You to Know About.) If it sounds too good to be true, it probably is. Diet plans that claim to have a "secret," that make dramatic statements against respected health authorities, or make recommendations that contradict those of scientific organizations are suspect.

Finding a Diet That Works

There is no such thing as one size fits all when it comes to diet plans, and it’s key to find one that fits your lifestyle. The best diet is one you can safely and realistically stick with for the long term, plain and simple. "It should be flexible enough to fit into your real life and should encourage healthier eating by focusing on balance, variety, and moderation" says May. “I encourage my patients to enjoy eating the foods they love every day, mindfully and in moderation.”

In fact, the best "diet" may not be a diet at all, says Katz. "Forget about 'dieting' and instead, think about strategies to satisfy your hunger for fewer calories," he says. “Eating more fruits, vegetables, whole grains, and lean protein can help manage your appetite.” Blatner recommends using diet books as a loose template for tips, strategies, and behavioral ideas. Or save your money and follow the three-step approach she uses with her own weight loss clients:

1. Take inventory of what you’re doing now and identify your "weakest link." "Most people know immediately where they are vulnerable -- 3 p.m. snacking, monster portions, too much alcohol, (an) insatiable sweet tooth, or snacking all day long,” she says. Katz suggests trying to identify what led to your weight gain and address it. For example, if you overeat because of stress, consider a stress management course. Develop a strategy to address areas where you’re vulnerable so you can set yourself up for success.

2. Identify one to three small changes you can make right now in your diet and exercise habits. "Even though they want quick results, this method has proven to be safe, effective, and sustainable long term,” Blatner says.

3. Reassess in a few weeks to see whether your changes are working; then make a few more small changes. "It takes about 12 weeks for you to see progress, and that is about the time you should incorporate a few more changes so you keep pushing the bar,” Blatner says.

STATUS CHANGES

Changes to your group insurance benefits can be made only if qualifying events occur outside of Annual Enrollment. You have 31 days from the date of the event to notify your campus Benefits Office and change your benefit selections. If you do not make the changes during the 31-day Status Change Period, your changes cannot be made until the next Annual Enrollment in July, to be effective September 1 and evidence of insurability (EOI) may be required.

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

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Chicken Piccata with Pasta and Mushrooms

By: Recipe courtesy EatingWell.com

- 6 ounces whole-wheat angel hair pasta
- 1/3 cup all-purpose flour, divided
- 2 cups reduced-sodium chicken broth
- 1/2 teaspoon salt, divided
- 1/4 teaspoon freshly ground pepper
- 4 chicken cutlets (3/4-1 pound total), trimmed
- 3 teaspoons extra-virgin olive oil, divided
- 1 10-ounce package mushrooms, sliced
- 3 large cloves garlic, minced
- 1/2 cup white wine
- 2 tablespoons lemon juice
- 1/4 cup chopped fresh parsley
- 2 tablespoons capers, rinsed (can be found around olives in grocery store)
- 2 teaspoons butter

**Directions:** Bring a large pot of water to a boil. Add pasta and cook until just tender, 4 to 6 minutes or according to package directions. Drain and rinse.

Meanwhile, whisk 5 teaspoons flour and broth in a small bowl until smooth. Place the remaining flour in a shallow dish. Season chicken with 1/4 teaspoon salt and pepper and dredge both sides in the flour. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add the chicken and cook until browned and no longer pink in the middle, 2 to 3 minutes per side. Transfer to a plate; keep warm.

Heat the remaining 1 teaspoon oil in the pan over medium-high heat. Add mushrooms and cook, stirring, until they release their juices and begin to brown, about 5 minutes. Transfer to a plate. Add garlic and wine to the pan and cook until reduced by half, 1 to 2 minutes. Stir in the reserved broth-flour mixture, lemon juice and the remaining 1/4 teaspoon salt. Bring to a simmer and cook, stirring, until the sauce is thickened, about 5 minutes.

Stir in parsley, capers, butter and the reserved mushrooms. Measure out 1/2 cup of the mushroom sauce. Toss the pasta in the pan with the remaining sauce. Serve the pasta topped with the chicken and the reserved sauce.

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**UT Health Science Center at Tyler Benefit Provider Numbers:**

**UT Select/Blue Cross Blue Shield**  
1-866-882-2034 or www.bcbsx.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**  
1-888-625-0535 or www.ltcbenefits.com/uts

**Pl. Dearborn Life Insurance**  
1-866-628-2606 or www.fdlife.com/ut