**Tips for Annual Enrollment in July**

By: Tammye McCollum

UT Touch ([https://utdirect.utexas.edu/nlogon/sgwww/myUTBenefits/index.wb](https://utdirect.utexas.edu/nlogon/sgwww/myUTBenefits/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 UTS0 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, Disability and Long Term Care. 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 before the end of July. 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 between that child’s parents along with a copy of the certified birth certificate and adding grandchildren will require a copy of the certified birth certificate and proof of guardianship from the courts system.

**IMPORTANT NOTE:** If you were hired in a benefit eligible position after 04/01/2010, you **WILL NOT** see the medical plan in MyUTBenefits and if you were hired after 07/01/2010 you **WILL NOT** see any plans in MyUTBenefits. Please do not try to add them. If you fall in the above group and need to make changes to those particular plans, please call ext. 7784 (Benefits) to do a manual enrollment/change.
Don’t give in to gum disease
The phases of periodontal disease
http://www.deltadentalins.com/oral_health/gum_disease.html

Periodontal (gum) disease is caused by food particles and the sticky, colorless film that adheres to your teeth called plaque. Because it's usually painless and slow to progress, periodontal disease can easily reach an advanced stage, resulting in deterioration of gums and bone structure and then tooth loss. So how do you know if you have periodontal disease?

- Healthy gums and bone anchor the teeth in place.
- If plaque builds up on teeth, it hardens and becomes calculus, or tartar. In gingivitis, the early stage of periodontal disease, warning signs may include swollen, bleeding gums or persistent bad breath. However, most people notice no symptoms at all.
- Periodontitis is a more advanced stage of gum disease and often results from untreated gingivitis. Tartar irritates the gums and causes them to pull away from the teeth, forming pockets that fill with more plaque.
- In advanced periodontitis, the pockets grow deeper, and plaque moves further down toward the tooth root, destroying supporting bone. The affected teeth may become loose and eventually fall out.

Prevention starts at home

While regular dental exams are necessary to remove tartar and detect early signs of periodontal disease, you play the major role in preventing tartar from forming. Here are some measures you can take to keep your teeth for a lifetime:

- **Brush for five minutes**, twice a day, with fluoridated toothpaste.
- **Floss daily** to remove plaque from places your toothbrush can't reach. Don't like to floss? Try a floss holder, which can make it easier to insert floss between teeth.
- Although not a substitute for brushing and flossing, a mouth rinse can reduce plaque up to 20 percent. Toothpicks are also helpful in fighting gum disease — ask your dentist about special types designed to keep gums healthy.
- **Eat right.** Starchy and sugary foods increase plaque, and only a healthy diet provides the nutrients necessary (vitamins A and C, in particular) to prevent gum disease.
- **Avoid cigarettes and chewing tobacco**, which may contribute to gum disease and oral cancer. Certain medications can also aggravate gum disease, including oral contraceptives, antidepressants and heart medicines.
- Have your dentist correct problems, such as faulty fillings, crowded teeth or teeth-grinding.
- **Exercise preventive care** and schedule regular checkups — the surest way to detect early signs of periodontal disease.
Professional Wellness Musings
June is Professional Wellness Month
http://wordsofwellness.com/Professional_Wellness.htm

“No matter how big or soft or how warm your bed, you still have to get out of it if you’re going to be successful.” – Grace Slick

“It’s not work when you love what you’re doing.” – David Shakarian

“The man who does not work for the love of work but only for money is not likely to make money nor find much fun in life.” – Charles M. Schwab

“In order to obtain success you must first take control of your mind and your own life.” – Angela Brown Oberer

“It is no use to cling to rocks that are falling with you.” – Alan Watts

“A success conscious mind functions rapidly and effectively.” - Napoleon Hill

“The voice of authority may muck you – but it is you who decides your success or fate.” – Angela Brown Oberer

“Every job has drudgery, whether it is in the home, in the school, or in the office. The first secret of happiness is the recognition of this fundamental fact.” – M.C. McIntosh

“The work praises the man.” – Irish Proverb

“Work either expands or contracts in order to fill the time available.” -- Parkinson’s Law

“No one can accomplish success by talent alone. God gives talent; work transforms talent into genius.” – Anna Pavlova

“A mediocre idea that generates enthusiasm will go further than a great idea that inspires no one.” – Mary Kay Ash

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**STATUS CHANGES**

Changes to your group insurance benefits can be made only if qualifying events occur outside of Annual Enrolment. 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.
# Monthly Activity Information for The University of Texas Health Science Center at Tyler

<table>
<thead>
<tr>
<th>Activity</th>
<th>Dates</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Yoga Class</td>
<td>Ongoing – registration fee required</td>
<td>Contact Caryn Vorsas to sign up 903-877-7294. All classes taught on campus after 5pm.</td>
</tr>
<tr>
<td>Contact Information</td>
<td>Caryn Vorsas 903-877-7294</td>
<td></td>
</tr>
<tr>
<td>Boot Camp</td>
<td>Ongoing</td>
<td>A cardiovascular program designed to get you in shape! Contact Penny Robinson at 903-877-5900 for dates, times and more information.</td>
</tr>
<tr>
<td>Contact Information</td>
<td>Penny Robinson at 903-877-5900</td>
<td></td>
</tr>
<tr>
<td>Farmers Market (Sponsored by Morrison’s)</td>
<td>June 15, 2010 July 15, 2010 Time: 10am – 3pm</td>
<td>Come Support the Farmers Market in the Cafeteria. Fresh Vegetables and Fruit! Delicious!</td>
</tr>
<tr>
<td>Contact Information</td>
<td>Cole Croghan at 903-877-7951</td>
<td></td>
</tr>
<tr>
<td>Employee Health Fair</td>
<td>July 15, 2010 7am – 1pm</td>
<td>Employee Health Fair in the Cafeteria.</td>
</tr>
<tr>
<td>AHA Start! Heart Walk</td>
<td>September - TBA</td>
<td>Join the American Heart Association in the annual Tyler Start! Heart Walk.</td>
</tr>
<tr>
<td>Contact Information</td>
<td>Chris Taylor at 903-877-7575</td>
<td></td>
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Salmon Pinwheels
http://www.eatingwell.com/recipes/salmon_pinwheels.html

Don't be intimidated by this fancy-looking breaded-salmon pinwheel, it's quite easy to do. This technique works best when you use "center-cut" salmon fillet. If you don't have a center-cut fillet or want to simplify the preparation, leave the fillet whole, spread the mayonnaise over it, top with the breadcrumb mixture and bake. To cut down on prep time, ask your fishmonger to skin the salmon for you. Serve with garlic-rosemary roasted potatoes and wilted spinach.

4 servings | Active Time: 15 minutes | Total Time: 30 minutes

Ingredients

- 1/2 cup coarse dry breadcrumbs, preferably whole-wheat (see Tip)
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon whole-grain mustard
- 1 tablespoon chopped shallot
- 1 tablespoon lemon juice
- 1 teaspoon chopped rinsed capers
- 1 teaspoon chopped fresh thyme, or 1/2 teaspoon dried
- 1 1/4 pounds center-cut salmon fillet, skinned and cut lengthwise into 4 strips
- 4 teaspoons low-fat mayonnaise

Preparation

1. Preheat oven to 400°F. Coat a 9-by-13-inch baking dish with cooking spray.
2. Mix breadcrumbs, oil, mustard, shallot, lemon juice, capers and thyme in a small bowl until combined.
3. Working with one at a time, spread 1 teaspoon mayonnaise on a salmon strip. Spread about 3 tablespoons of the breadcrumb mixture over the mayonnaise. Starting at one end, roll the salmon up tightly, tucking in any loose filling as you go. Insert a toothpick though the end to keep the pinwheel from unrolling. Place in the prepared dish. Repeat with the remaining salmon strips.
4. Bake the pinwheels until just cooked through, 15 to 20 minutes. Remove the toothpicks before serving.

Nutrition Per serving : 342 Calories; 20 g Fat; 4 g Sat; 8 g Mono; 84 mg Cholesterol; 9 g Carbohydrates; 30 g Protein; 1 g Fiber; 221 mg Sodium; 528 mg Potassium

1/2 Carbohydrate Serving  Exchanges: 1/2 starch, 4 lean meat, 1 fat

Tips & Notes

- **Ingredient note:** We like Ian's brand of coarse dry whole-wheat breadcrumbs, labeled "Panko breadcrumbs." Find them in the natural-foods section of large supermarkets. Or, make your own breadcrumbs: Trim crusts from firm sandwich bread. Tear the bread into pieces and process in a food processor until coarse crumbs form. Spread the breadcrumbs on a baking sheet and bake at 250°F until dry and crispy, about 15 minutes. One slice of bread makes about 1/3 cup dry whole-wheat breadcrumbs.
The STAR Program is a discount program that was set up for employees to enjoy discounts when they present their ID Badges at any business on the list at the above SharePoint site. If you go to the Scanned Agreement Forms you can see the actual agreement form the business completed and the discount offered. We would love for our Discount Program to grow but to do that we need your help! If there is a place of business that you would like to see on the program just get the contact and mailing information to the Benefits Department (Tammye.mccollum@uthct.edu) or (Sherry.shipley@uthct.edu) and we will be happy to contact them in regards to participating in our program.