



Health on the Move

Benefits & Wellness Newsletter

March 2008
Issue 6

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March Health Observances:

National Brain Injury Month
National Colorectal Month
National Multiple Sclerosis Education & Awareness Month
National Nutrition Month
Workplace Eye Health & Safety Month

Special Beginnings: Maternity Program for You and Your Baby

UT Select Choose Well 2007-2008

Special Beginnings is a voluntary, confidential maternity program that's there for you whenever you need it. As a part of the **Blue Care Connection program**, Special Beginnings can help you better understand and manage your pregnancy.

It is ideal for you to enroll in the program during your first trimester. When you enroll, you'll receive:

- A \$50 reward Card from Target – Offered by Blue Cross and Blue Shield of Texas to women who enroll in their first trimester and complete the Special Beginnings program.
- A pregnancy risk assessment to determine the risk level of your pregnancy and provide you with appropriate monitoring through a series of follow-up calls from an experienced obstetrical nurse.
- Pregnancy-related educational materials on topics such as prenatal and postpartum nutrition, healthy life choices, fetal development, newborn care, and post-pregnancy and well-child information that's helpful for new parents.
- Personal telephone contact with an experienced obstetrical nurse from when you enroll until six weeks after delivery.
- A welcome packet* full of congratulatory gifts.

Caring Support for You

Special Beginnings provides you frequent, personal contact with a nurse manager. During scheduled follow-up calls, the case manager will assess your health and lifestyle factors, provide guidance on prenatal care, educate you on possible pregnancy risks and provide assistance on how to use other pregnancy-related resources.

Enroll Today

To enroll in Special Beginnings, or ask questions about the program, please call toll-free at **1-800-462-3275**.

STATUS CHANGES

Now that Annual Enrollment has ended, changes to your group insurance benefits can be made only if qualifying events occur. 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.

Focus on Your Life:

Focus on your life and let Your Retirement Counselor at Fidelity focus on your retirement savings. Now is a great time to simplify your retirement finances. Brian Baker, your Fidelity Retirement Counselor, is experienced and knowledgeable about the UT Retirement Program and Providers. Schedule an appointment today by calling (800) 642-7131 or Brian will be on our campus:

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

Tuesday, April 8, 2008

**UT Health Science Center at Tyler
North Cafeteria Conference Room
Building B #193**

Colorectal Cancer

Provided by: Dr. Coty Ho (Department of Oncology)

In the United States, colorectal cancer is the 3rd most common cancer for both men and women. The lifetime risk of an average person developing colorectal cancer is 6%. Major risk factors for colorectal cancer include age greater than 50 years old, a diet high in fat and low in fiber, a long history of inflammatory bowel disease (Crohn's and ulcerative colitis), and a previous history of benign colon polyps. Certain genetic disorders such as familial adenomatous polyposis (FAP) and hereditary nonpolyposis colorectal cancer (HNPCC) will also place a person at increased risk for colorectal cancer. However, it is important to remember that the majority of colorectal cancer (>90%) is not linked to a genetic disorder.

Research has shown that colorectal cancer initially develops from small benign polyps inside the large bowel. As time passes, these polyps grow and transform into cancerous tumors. The average time for this transformation is around 10 years.

Because of the relatively long time required for a benign polyp to transform to cancer, colorectal cancer is very preventable through screening with colonoscopy. Screening colonoscopy can detect these polyps and remove them before they become cancerous. This is why it is very important for everyone with average risks to undergo the first screening colonoscopy when they reach the age of 50. People with higher risk or with a positive genetic or familial disorder may need to start screening colonoscopy at earlier ages.

Eating Green for St. Patty's Day

By Natalie Roberts, MS, RD, LD (Nutrition Department)

In March we not only celebrate National Nutrition Month, but St. Patrick's Day! And what the perfect time to start incorporating more green into your life! Adding more green foods into your diet is a healthy, nutritious way to bring excitement to your everyday eating.

Start by choosing all the different intensities of green, from light to dark. Focusing on all the variety of color will give your body more of the beneficial vitamins and minerals needed for better health.

And who says eating green foods has to be boring and bland? Try preparing these foods in lots of different ways, like adding them to soups, salads, stir-fry's, casseroles, even raw with your favorite dressing.

Here are some ideas to get you on the road to a greener, healthier life!

- Broccoli- great source of soluble and insoluble fiber; antioxidants that help prevent cancer (vitamins A, C, E, and sulforaphane); and vitamin K for strong bones
- Leafy greens – the lighter the color, the fewer the nutrients; go for dark green leafys like spinach and collard greens, both high in vitamin A, C, and folate; spinach is rich in lutein which is good for eye health; collards are also high in sulforaphane and beta carotene
- Bone up on vitamin K – vegetables like asparagus, green/herbal teas, spinach, kale, turnip, collard, and mustard greens, broccoli, cabbage, and brussel sprouts
- Need to lower your cholesterol – avocados, good sources of monounsaturated fats and vitamin E, are heart healthy; try adding a few slices to a tossed salad for extra pizzazz
- Fight the common cold – switch out your orange with vitamin C rich kiwi for fun
- Grab a handy snack- green apples are not only delicious, but they are also a great source of fiber, both insoluble and soluble
- Tea anyone – if you enjoy sipping on tea, consider choosing green tea instead of black; it's packed with antioxidants and naturally occurring compounds called flavonoids that are good for your heart
- Got picky eaters at home?! – Kids especially can be hard to please. Try being creative to incorporate healthful foods into their diets. Blend together cooked broccoli and cauliflower into spaghetti sauce; grate carrots into ground meat for hamburgers or meatloaf; serve ranch dip with raw veggie sticks or green beans; slice an apple and smear peanut butter on top; make "experimenting" with new foods fun!

This St. Patty's day, wear your green on your plate! Be adventurous and try something green you've never had. Be good to your body; fill it with healthy foods that can fit any lifestyle. For more information on being healthy, contact your Registered Dietitians.

What Keeps You from Getting in Shape?

Overcoming the obstacles to regular exercise

Personal Best Healthlines

Obstacle: Too busy. Busy people have trouble finding time for regular exercise workouts. Remember that exercise can impact your ability to do everything else.

Solution: Work out at the same time each day and you are more likely to make exercise part of your routine. Many people who stick with exercise find mornings work best. Or if you are physically able, raise your intensity level to shorten your workout time.

Obstacle: Too tired. At the start, regular workouts can seem tiring. Yet exercise actually increases energy, allowing you to fit in more activities - and enjoy them more.

Solution: Change your schedule. Energy and strength are generally higher in the a.m. than in the p.m. A snack prior to a workout can help fuel you for exertion. Because exercise is energizing, you may find that it boosts your productivity afterward.

Obstacle: Boredom. Remind yourself of the benefits exercise delivers. Or lower your expectations - does exercise always have to be fun before you'll do it?

Solution: Choose new activities or alternate your sports. Change your route. Listen to music or a learning tape. Work out with a friend. (See "Break from Boring Workouts" below.)

Obstacle: Lost Interest. Whether due to injury or lack of progress or motivation, nearly everyone temporarily quits at some time or has setbacks with their fitness goals.

Solution: Figure out why you quit and resolve the problem so that you can avoid it in the future. Don't be self-critical and don't give up. You can always start fresh when fitness is a lifetime goal.

Break from Boring Workouts

Exercisers can now find a broad variety of sports and fitness pursuits. These groups offer suggestions:

- American Council on Exercise (www.acefitness.org) for tips on combining mind and body workouts, and more.
- The Centers for Disease Control and Prevention (www.cdc.gov/nccdphp/dnpa/physical/index.htm) offers ideas for all ages and fitness levels.

Office Security for the Workplace

By Tammy McCollum

Unfortunately, in this day and time we have to worry about things as simple as crime in the workplace. Everyday you hear of someone's wallet or purse being stolen or even worse their identity through personal information. Recently, we had an incident here at the Health Center with an employee's purse being stolen. In just a matter of a few hours someone had charged thousands of dollars on credit cards. Over the past few months we have heard pros and cons to the acceptance of our PayFlex Debit Card. The thief tried using the PayFlex Debit Card that was stolen as a credit card but luckily it was declined. This time last year the PayFlex Card worked the same as a credit card and any transaction would have been processed and then PayFlex would have to request receipts for proof of a purchase. Purchases now are flagged as approved by IRS for Flex accounts to keep expenses from being charged which are not eligible. Below are some tips for office security to protect your personal items.

- Keep your purse, wallet, or other valuable items with you at all times or locked in a drawer or closet. Don't leave a purse on a desk or a wallet in a jacket that's left on a chair or coat rack.
- Never leave your keys lying about.
- Never leave change or cash on the desk or in a top drawer.
- Instead, place any cash in an envelope and put it in a drawer that you can lock.
- If you bring any personal items to work, such as a coffeepot, a radio, or a calculator, make sure they are engraved with your name or initials and an identification number.

Rosemary Chicken with Mediterranean Brown Rice

American Heart Association Website

1/2 cup uncooked instant brown rice
 1/2 0.7 ounce packet Italian salad dressing mix
 1 teaspoon chopped fresh rosemary or ¼ tsp dried rosemary, crushed
 4 boneless, skinless chicken breast halves (about 4 ounces each), all visible fat, discarded
 2 tablespoons olive oil
 1/2 cup dry white wine (regular or nonalcoholic)
 1/2 teaspoon grated lemon zest
 2 tablespoons fresh lemon juice
 2 medium green onions, finely chopped
 1 teaspoon chopped fresh oregano leaves (optional)
 1 medium lemon quartered

Prepare rice using the package directions, omitting salt and margarine. Meanwhile, sprinkle the salad dressing mix and rosemary over both sides of chicken. Using your fingertips, gently press the mixture so it adheres to chicken. In a large skillet, heat the oil over medium-high heat, swirling to coat the bottom. Add chicken and immediately reduce heat to medium. Cook for 4 minutes on each side, or until no longer pink in the center. Transfer to plate. Increase heat to medium-high. In same skillet, stir together the wine, lemon zest and lemon juice. Cook for 2 minutes, or until reduced to about ¼ cup. Remove the skillet from heat. Stir the green onions and oregano into the cooked rice. Spoon the rice onto platter. Arrange chicken on the rice. Spoon the sauce over chicken. Squeeze the lemon over chicken and rice.

NUTRITION INFORMATION: (Serves 4; 3 ounces chicken and ½ cup rice) Per serving: 263 calories; 8.5 g fat; Saturated 1.5 g; Polyunsaturated 1.0 g; Trans Fat 0.0 g; Monounsaturated Fat 5.5 g; 66 mg Cholesterol; Sodium 477 mg; 13 g Carbohydrates; 27 g Protein; 1 g Fiber; 2 g Sugars.

HR Staff:

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 Ext: 7749

Sherry Shipley (Benefits Specialist II)
 Ext: 7741

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 Ext: 7784

Office Hours: Monday – Friday 8am – 5pm

UTHCT 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.tr.s.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