



Health on the Move™

Benefits & Wellness Newsletter

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Issue 8

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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.

UTHSCT Corporate Wellness Award

By Chris Taylor

President Dr. Kirk Calhoun, M.D, is set to receive the first ever corporate wellness award from the American Heart Association, Tuesday, April 29th, during the regular board meeting. UTHSCT received the award for its outstanding effort in making community health and fitness a major issue not only in the East Texas area, but right here on campus.

According to the local AHA chapter, only two organizations in our region received this award, Trane and UTHSCT. The Wellness Committee is proud to have this honor bestowed upon the organization in honor of all the efforts underway to protect, maintain and enhance the quality of life in East Texas. In 2007, UTHSCT joined the AHA as a sponsor of the Start! Walking Campaign, registering over sixty-five teams to compete during the "Walk to Memphis." A Variety of awards were given, including the team of employees who reached Memphis first and those that had walked the most.

2008 Employee Health & Wellness Fair

By Tammye McCollum

The Employee Health & Wellness Fair is May 15, 2008 from 7am to 4pm in the E/W South Cafeteria Conference Room and the dining area of the cafeteria. The theme this year is "Health on the Move" which goes along with our Wellness Program. Testing will include Cholesterol, Glucose, Glyco-hemoglobin, Vision and Hearing screenings, Glaucoma checks, Blood Pressure check and BMI (Body Mass Index). You will also have the opportunity to talk with representatives from Blue Cross Blue Shield, Delta Dental, Superior Vision, Medco Health & Ft. Dearborn Life. Rolando Roman, Wellness Coordinator for UT Systems Office of Employee Benefits, will also be here. Our Retirement Vendors will also be joining us at the Health Fair.

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!

Asthma (May is Allergy & Asthma Awareness Month)

By Paul Sharkey

Asthma is a very common medical problem that can have serious and life-threatening consequences. Almost 8% of Texans have asthma; and, although most commonly seen in school-aged children and young adults, asthma can be seen at any age. Asthma is the leading childhood cause of missed school days and hospitalization. The cost of treating asthma is also very high ranking 5th in overall expenditures among medical diseases. Ethnic disparities exist in asthmatic populations with African Americans and Puerto Ricans having more hospitalizations and deaths compared to Caucasians or Hispanics. Asthma can be inheritable (strongly associated with allergy and eczema) and is strongly affected by the environment.

Asthma is defined as an inflammatory process in the bronchial airways in which many inflammatory cell types play a role. Reversible airway constriction (bronchospasm), airway inflammation, and hyperreactive airways are three cardinal features of asthma. Each patient has their own unique asthma triggers that will cause/worsen an asthma attack and these must be identified. Typical asthma symptoms include cough, wheezing, shortness of breath, substernal chest pain or chest tightness. A typical asthmatic can manifest all or only one of these symptoms. Nighttime awakening with cough or wheeze or the same symptoms during or shortly following exercise are extremely common in asthmatics. Untreated, asthma causes worsening asthma symptoms, airway scarring (remodeling) in some, and potentially severe or fatal outcomes. Over 7,000 people die from asthma yearly in the United States (this number is likely significantly underreported) and even patients with mild asthma can have severe or fatal attacks. Although asthma cannot be cured, it can be controlled and may be prevented in some situations.

There are very effective medications to help affected asthmatics live a normal life. A well controlled asthmatic can be expected to participate fully in any activity. Famous asthmatics from every walk of life have included Ludwig von Beethoven, Theodore Roosevelt, Rev. Jesse Jackson, Bob Hope, Billy Joel, Jackie Joyner Kersey, and Jerome Bettis. Every asthmatic is recommended to get regular asthma follow-up at least twice yearly and more often if problems exist. Allergists and Pulmonologists are well-equipped to treat difficult-to-control cases. May is Allergy and Asthma Awareness Month. If you have asthma and are not well controlled, or think you or a loved one may have asthma, please seek help from your primary care provider or asthma specialist. A normal lifestyle awaits!

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

Sleep Apnea (May is Sleep Apnea Awareness Month)

By Kim Hazel

Most people know that diet and exercise are important parts of a healthy lifestyle. But we often forget that sleep is also essential for good health, safety and optimum performance. Lack of sleep affects our mood and behavior, and contributes to poor performance. Be good to yourself and make time for sleep. Most people need an average of seven to nine hours each night to be at their best the next day.

Sleep is a necessity, not a luxury. If you're having a problem sleeping or often feel sleepy during the day, you may have a sleep disorder, and it usually can be treated. Talk to your doctor or health care provider. Some 70 million people in the United States have a sleep problem. About 40 million adults suffer from a chronic sleep disorder; an additional 20-30 million have intermittent sleep-related problems. Effects of sleep loss on work performance may be costing U.S. employers some \$18 billion in lost productivity.

Sleep apnea affects some 18 million people. According to NSF's (National Sleep Foundation) 2002 Sleep in America poll, about one in ten adults reported experiencing pauses in breathing during sleep. Snoring can be a symptom of sleep apnea. About 59% of adults said they snore, according to NSF's 2005 Sleep in America poll, about one-fourth of those who snore do so every night or almost every night. People with untreated sleep apnea are two to seven times more likely to have automobile crashes than the general population.

However, an overwhelming majority of sleep disorders remain undiagnosed and untreated (National Commission on Sleep Disorders Research, 1992). Sleep deprivation and sleep disorders are estimated to cost Americans over \$100 billion annually in lost productivity, medical expenses, sick leave, and property and environmental damage. According to NSF's 2005 Sleep in America poll, more than seven out of ten adults in America said they frequently have a symptom of a sleep problem such as waking a lot during the night or snoring. About one-fourth of poll respondents said their sleep problems have some impact on their daily lives, though most say they ignore the symptoms. The NSF poll found that while the majority of America's adults do not use any type of sleep aid, 11 percent said they used alcohol, beer or wine at least a few nights a month; nine percent said they use over the counter remedies, and seven percent use a prescription medication at least a few nights a month. According to your spokesperson and the National Sleep Foundation, there are ways that you can change your behavior in order to get more sleep and to wake up feeling refreshed. If you are having problems sleeping, try to follow these Healthy Tips for Better Sleep:

- Maintain a regular bed and wake time schedule including weekends.
- Establish a regular, relaxing bedtime routine such as soaking in a hot bath or hot tub and then reading a book or listening to soothing music.
- Create a sleep-conducive environment that is dark, quiet, comfortable and cool.
- Sleep on a comfortable mattress and pillows.
- Use your bedroom only for sleep and sex. It is best to take work materials, computers and televisions out of the sleeping environment.
- Finish eating at least two to three hours before your regular bedtime.
- Exercise regularly. It is best to complete your workout at least a few hours before bedtime.
- Avoid caffeine (e.g. coffee, tea, soft drinks, chocolate) close to bedtime. It can keep you awake.
- Avoid nicotine (e.g. cigarettes, tobacco products). Used close to bedtime, it can lead to poor sleep.
- Avoid alcohol close to bedtime. It can lead to disrupted sleep later in the night.

Sleep Apnea (cont'd)

Sleep loss + obesity - Interacting epidemics?

Nearly two thirds of US adults are overweight and approximately one third are obese. While most Americans are aware of the obesity epidemic, it is less well known that we are also experiencing an epidemic of chronic sleep deprivation. The percentage of adults who reported sleeping 6 hours or less jumped from approximately 20% of the population in 1985 to 25% of the population in 2004 across all age groups. Researchers in sleep medicine are finding evidence that sleep deprivation contributes to increased body mass and obesity. The emerging research suggests that the importance of sleep in maintaining a healthy weight has been underestimated by both the public and health officials alike.

Sleep deprivation raises levels of ghrelin, a hunger-stimulating hormone and decreases levels of leptin, a hunger-suppressing hormone.

For more sleep tips, go to NSF's Web site at www.sleepfoundation.org.

Delta Dental – New Feature on Website – Fee Finder

By Tammye McCollum

There is a new Feature on Delta Dental's website. You can now look up a procedure code and find the average fee for a procedure in your area. This tool provides the average fee charged for the selected procedure code based claims submitted in the past 18 months to the Delta Dental national provider database by all dentists with offices located in the selected ZIP code. It is not a guaranty of Delta Dental's payment or your out-of-pocket expenses. The actual fee charged by your dentist may vary. Please consult your evidence of coverage to see how visiting a Delta Dental network dentist can help you limit your out-of-pocket expenses. See example below:

RESULTS

Average fee for ZIP code 75792:

Procedure Code ⁽¹⁾	02750 - Crown - porcelain fused to high noble metal
Description	Crown - porcelain and precious metal
Average Fee ⁽²⁾	\$764.23

New Search

UTHSCT Offers Yoga Classes

By Chris Taylor



Under the direction of Caryn Vorsas, Director of Rehab Services, the Health Center now offers Yoga classes on site to all interested employees.

The course, taught by Debbie Tompkins, is held on Tuesdays and Thursdays from 5:15 to 6:15pm at the cost of \$30 per month. Eight sessions are included in the course.

All classes are held in the Biomedical Research Auditorium, located on campus. More than thirty employees have taken advantage of the course so far, but it is not too late to sign up!

You may pay at the Cashier's Office and contact Caryn for more information. A few supplies are needed, such as a yoga mat, which can be purchased at most local retailers.

Yoga can be a great wellness tool for mind and body. Don't wait, sign up today!

UT System Begins "America on the Move"

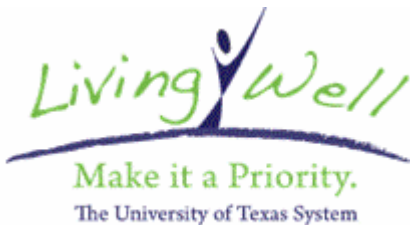
By Chris Taylor

UT System Wellness Coordinator, Rolando Roman announced in April the beginning of a new wellness program titled **America on the Move**.

Similar to the Texas RoundUp, the goal is to encourage individuals to take charge of their individual health and wellbeing by changing unhealthy habits such as poor diet, lack of exercise and managing chronic conditions.

A UT System Ultimate Challenge, America on the Move is a six-week physical activity program that will allow you to compete against your peers at other UT institutions, challenging each other to see who is the most active institution. The winning institution will receive UT System Ultimate Challenge Traveling Trophy.

Look for a system-wide email to highlight the challenge issued by the Wellness Committee.



Grilled Lime Chicken

http://www.bcbsforyourhealth.com/clubhouse/library/details.aspx?article_ID=13911

6 chicken breasts, boneless, skinless
 1/4 cup tequila or chicken broth
 6 ounces frozen limeade concentrate
 1 Tbsp. grated lime peel
 3 cloves garlic, finely chopped

Combine all marinade ingredients in a shallow container and mix well. Poke each chicken breast a couple of times with a fork and place in marinade container. Marinate in the refrigerator for at least one hour.

Spray grill with nonstick cooking spray and heat to medium-high heat. Grill marinated chicken 5 to 7 minutes per side or until no longer pink in center, brushing occasionally with marinade. Discard any remaining marinade.

NUTRITION INFORMATION: (Yield: 6 servings) Each serving provides: 337 calories; 3 g fat; 137 mg Cholesterol; 154 mg Sodium; 15 g Carbohydrates; 55 g Protein

HR/Benefits Staff:

Georgia Melton (Chief Human Resources Officer)
 Ext: 7022

Jeanette Turner (HR & Benefits Manager)
 Ext: 7749

Sherry Shipley (Benefits Specialist II)
 Ext: 7741

Tammye McCollum (Benefits Analyst)
 Ext: 7784

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.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