Dearborn National Life Insurance

By Tammye McCollum

Dearborn National (formerly Ft. Dearborn Life Insurance) is the Company which carries our life insurance and accidental death coverage. If you are a benefit eligible employee and elected the medical coverage, UT pays for you to have $10,000 life insurance and $10,000 accidental death coverage with your medical coverage. Annual Enrollment is fast approaching, so it is a good time to take a look at your coverage and begin evaluating if you have enough. Employees are eligible to carry up to 6 x their salary. You are also eligible to carry $10,000 coverage on your spouse and/or dependent children. You can request an additional $15,000 or $40,000 on your spouse. If you want to increase the amount of coverage you carry on yourself or your dependents then you will need to go online at Annual Enrollment and make that change. You will be required to complete EOI (evidence of insurability) on any increase on yourself or your dependents.

Did you know that the Dearborn National Life Insurance and/or Accidental Death Policy that you carry on yourself or your dependents is assignable to a funeral home? That means if you lose a loved one and you carry them on your life insurance and/or accidental death coverage, you can have the payment assigned to the funeral home to pay for the expenses without the worry of how you will pay for an unexpected cost of a funeral. All you will need to do is contact Tammye McCollum in HR/Benefits at ext. 7784 to handle the claim.

Be sure to keep your beneficiary information up to date. If you have any life changing event, such as marriage, divorce or death you will need to change your beneficiary form. Contact the Benefits Department at ext 7784 to request new beneficiary forms.

Wellness Events

Boot Camp  Walking Boot Camp combines the high-energy calisthenics, strength, and agility drills with walking intervals. It combines muscle-sculpting strength moves and fat-burning cardio, plus age-defying agility and flexibility drills. Each “station” is approximately 1.5 minutes and then you move to the next. It energizes attitudes toward exercise, because you are constantly switching gears from one type of exercise to the next. Held every Monday & Wednesday from 5:30-6:30 PM. Contact Penny Robinson Ext. 5900

Yoga Classes  Yoga is a great 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 a month. Contact Caryn Vorsas for more information at ext. 7293.
May is Correct Posture Month
Self-Test for Posture Problems
The following tests will help you determine your posture status:

The Wall Test
Stand with the back of your head touching the wall and your heels six inches from the baseboard. With your buttocks touching the wall, check the distance with your hand between your lower back and the wall, and your neck and the wall. If you can get within an inch or two at the low back and two inches at the neck, you are close to having excellent posture. If not, your posture may need professional attention to restore the normal curves of your spine.

The Mirror Test
Front view: Stand facing a full length mirror and check to see if:
1. Your shoulders are level.
2. Your head is straight.
3. The spaces between your arms and sides seem equal.
4. Your hips are level, your kneecaps face straight ahead.
5. Your ankles are straight.

Side view: This is much easier to do with the help of another or a photo. Check for the following:
1. Head is erect, not slumping forward or backwards.
2. Chin is parallel to the floor, not tilting up or down.
3. Shoulders are in line with ears, not dropping forward or pulled back.
4. Stomach is flat.
5. Knees are straight.
6. Lower back has a slightly forward curve, not too flat or not curved too much forward, creating a hollow back.

The ‘Jump’ Test
Feel the muscles of your neck and shoulders. Do you find areas that are tender and sensitive? Are the buttock muscles sore when you apply pressure? What about the chest muscles?

Lifestyle Tips for Lifelong Good Posture
• Keep your weight down. Excess weight, especially around the middle, pulls on the back, weakening stomach muscles.
• Develop a regular program of exercise. Regular exercise keeps you flexible and helps tone your muscles to support proper posture.
• Buy good bedding. A firm mattress will support the spine and help maintain the same shape as a person with good upright posture.
• Pay attention to injuries bumps, falls, and jars. Injuries in youth may cause growth abnormalities or postural adaptations to the injury or pain that can show up later in life.
• Have your eyes examined. A vision problem can affect the way you carry yourself as well as cause eye strain.
• Be conscious of where you work. Is your chair high enough to fit your desk? Do you need a footrest to keep pressure off your legs?
• Straighten Up and Stay Healthy!

What Does Perfect Posture Look Like?
Perfect standing posture is when the following are properly aligned: the points between your eyes, chin, collarbone, breastbone, pubic area and midpoint between your ankles. From the side, you can easily see the three natural curves in your back. From the front, your shoulders, hips and knees are of equal height. Your head is held straight, not tilted or turned to one side. From the back, the little bumps on your spine should be straight line down the center of your back. Obviously, no one spends all day in this position. But, if you naturally assume a relaxed standing posture, you will carry yourself in a more balanced position and with less stress in your other activities.
May is National Melanoma/Skin Cancer Detection and Prevention Month

What Is Non-Melanoma?

This topic is about non-melanoma skin cancer, including basal cell cancer and squamous cell cancer. For information about melanoma skin cancer, see the topic Skin Cancer, Melanoma.

What is non-melanoma skin cancer?

Skin cancer is the abnormal growth of cells in the skin. It is the most common type of cancer. It is almost always cured when it is found early and treated. So it is important to see your doctor if you have changes in your skin. Most skin cancers are the non-melanoma type. There are two main types of non-melanoma skin cancer:

- Basal cell carcinoma - Most non-melanoma cancers are this type. It can damage deeper tissues, such as muscles and bones. It almost never spreads to other parts of the body.
- Squamous cell carcinoma - This type is less common. It often starts in skin that has been injured or diseased. It sometimes spreads to other parts of the body.

What causes it?

Non-melanoma skin cancer is usually caused by too much sun. Using tanning beds or sunlamps too much can also cause it.

How is non-melanoma skin cancer diagnosed?

Skin cancer usually appears as a growth that changes in color, shape, or size. This can be a sore that does not heal or a change in a wart or a mole. These changes usually happen in areas that get the most sun-your head, neck, back, chest, or shoulders. The most common place for skin cancer is your nose. Your doctor will use a biopsy to find out if you have skin cancer. This means taking a sample of the growth and sending it to a lab to see if it contains cancer cells.

What increases my risk for non-melanoma skin cancer?

If you have light skin that sunburns easily, you are more likely to get skin cancer. Your risk is higher if you are male or if you are over 40. Your risk is higher if others in your family have had it or if you have had it before. You may also be more likely to get it if you have been exposed often to strong X-rays, to certain chemicals (such as arsenic, coal tar, and creosote), or to radioactive substances (such as radium).
May is National Melanoma/Skin Cancer Prevention  (cont’d)

Symptoms
Non-melanoma skin cancer may appear as a change in the skin, such as a growth, an irritation or sore that does not heal, or a change in a wart or a mole.

Basal cell carcinoma usually affects the head, neck, back, chest, or shoulders. The nose is the most common site. Basal cell carcinoma occurs at least three times as often as squamous cell carcinoma. There are several types of basal cell carcinoma, including nodular, superficial, and sclerosing (morpheaform). They look different but they all need the same treatment. Signs of basal cell carcinoma can vary depending on the type and may include skin changes such as:

- Firm, pearly bump with tiny blood vessels in a spiderlike appearance (telangiectasias).
- Red, tender, flat spot that bleeds easily.
- Small, fleshy bump with a smooth, pearly appearance, often with a depressed center.
- Smooth, shiny bump that may look like a mole or cyst.
- Patch of skin, especially on the face, that looks like a scar and is firm to the touch.
- Bump that itches, bleeds, crusts over, and then repeats the cycle and has not healed in 3 weeks.
- Change in the size, shape, or color of a wart or a mole.

Squamous cell carcinoma usually affects the face, head, or neck. Signs of squamous cell carcinoma include any:

- Persistent, firm, red bump on sun-exposed skin.
- Patch of skin that feels scaly, bleeds, or develops a crust. The patch may get bigger over a period of months and form a sore.
- Skin growth that looks like a wart.
- Sore that does not heal or an area of thickened skin on the lower lip, especially if you smoke or use chewing tobacco or your lips are often exposed to the sun and wind.

Other conditions, such as actinic keratosis, may have symptoms similar to skin cancer. It is important to have any new or persistent skin change evaluated by your doctor.

How is it treated?

Your doctor will want to remove all of the cancer. There are several ways to do this. The most common way is to numb your skin so that it does not hurt, then cut out the cancer. You will be awake while this is done.

This surgery almost always cures non-melanoma skin cancer. After your treatment, you will need regular checkups because having skin cancer once means you are more likely to get it again.

Can non-melanoma skin cancer be prevented?

You can prevent it by being careful in the sun. Stay out of the sun at midday, when the sun’s rays are strongest. Wear sunscreen or other sun protection. Do not use tanning booths or sunlamps.
Monthly Activity Information for The University of Texas Health Science Center at Tyler

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<thead>
<tr>
<th>Activity</th>
<th>Dates</th>
<th>Description</th>
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<tbody>
<tr>
<td>National Employee Health and Wellness Event</td>
<td>May 19th, 2010</td>
<td>Morrison Café will present “Balanced Choices,” a live cooking demonstration, sample health eating options, education on portion control and a free Yoga class.</td>
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**Contact Information**: Chris Taylor at 903-877-7575 or Caryn Vorsas at 903-877-7294

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<td>AHA Start! Heart Walk</td>
<td>September - TBA</td>
<td>Join the American Heart Association in the annual Tyler Start! Heart Walk.</td>
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**Contact Information**: Chris Taylor at 903-877-7575

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<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>
</tbody>
</table>

**Contact Information**: Caryn Vorsas 903-877-7294

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<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>
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**Contact Information**: Penny Robinson at 903-877-5900
Braised Chicken with Baby Vegetables and Peas
http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=1891919

Ingredients
2 tablespoons butter, divided
2 bone-in chicken breast halves, skinned
2 bone-in chicken thighs, skinned
2 chicken drumsticks, skinned
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 (14-ounce) cans fat-free, less-sodium chicken broth
1 cup dry white wine
1/2 teaspoon chopped fresh thyme
12 baby turnips, peeled (about 8 ounces)
12 baby carrots, peeled (about 8 ounces)
12 pearl onions, peeled (about 8 ounces)
6 fresh flat-leaf parsley sprigs
2 bay leaves
2 tablespoons all-purpose flour
3/4 cup fresh green peas
2 tablespoons chopped fresh flat-leaf parsley

Preparation
1. Melt 1 tablespoon butter in a Dutch oven over medium-high heat. Sprinkle chicken evenly with salt and pepper. Add chicken to pan; sauté 5 minutes on each side or until browned. Remove from pan.

2. Add broth to pan; cook 1 minute, scraping pan to loosen browned bits. Add wine and next 6 ingredients (through bay leaves); stir. Add chicken to pan, nestling into vegetable mixture; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until chicken is done. Discard bay leaves and parsley sprigs. Remove chicken and vegetables from the pan.

3. Place a zip-top plastic bag inside a 2-cup glass measure. Pour cooking liquid into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag. Drain drippings back into pan, stopping before fat layer reaches opening; discard fat. Return liquid to pan. Bring liquid to a boil; cook until reduced to 1 1/2 cups (about 5 minutes).

4. Melt remaining 1 tablespoon butter in a small skillet. Add flour, stirring until smooth. Add flour mixture to cooking liquid; cook 2 minutes or until slightly thick, stirring constantly. Return chicken and vegetable mixture to pan; stir in peas. Cook 3 minutes or until thoroughly heated. Garnish with chopped parsley.

Nutritional Information
Calories: 324   Fat: 11.4g (sat 5.1g, mono 3.4g, poly 1.5g)   Protein: 32.6g   Carbohydrate: 22.1g   Fiber: 5.2g
Cholesterol: 100mg   Iron: 3.3mg   Sodium: 818mg   Calcium: 89mg

Yield: 4 servings (serving size: 3/4 cup vegetables, 1/3 cup sauce, 1 chicken breast half or 1 chicken thigh and 1 drumstick, and 1 1/2 teaspoons parsley)
UT Health Science Center at Tyler Benefit Provider Numbers:

**UT Select/Blue Cross Blue Shield**
1-866-882-2034 or www.hbcbstx.com/ut

**Medco Health Prescription Plan**
1-800-818-0155 or www.medco.com

**UT Flex**
1-866-887-3539 or www.utflex.com

**Dearborn National (Long Term & Short Term Disability)**
1-866-628-2606 or www.fdl-life.com/ut

**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.lcbenefits.com/uts

**Dearborn National (Life Insurance)**
1-866-628-2606 or www.fdl-life.com/ut

**WebMD**
www.webmdhealth.com/ut

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**HR/Benefits Staff:**

Georgia Melton (Assoc. VP of HR)       Jeanette Turner (HR & Benefits Manager)
Ext: 7022                          Ext: 7749

Sherry Shipley (Benefits Specialist II)       Tammye McCollum (Benefits Analyst)
Ext: 7741                          Ext: 7784

**Office Hours:** Monday – Friday 8am – 5pm