Benefits and Wellness Newsletter

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Beneficiary Changes
By Tammye McCollum

With all the hustle and bustle of our busy lives, so many things can happen or change in the blink of an eye. When we have a tragedy or change in our life, we forget all the things that it can affect. We have seen personally here at the Health Center how quickly someone can be taken away. With that in mind, when you have a significant change in your life, remember to update your beneficiaries. Significant events (such as marriage, divorce, death of a beneficiary, birth of a child, and receipt of Medicaid by a person designated as a beneficiary) should prompt a review of your beneficiary designation.

All benefit eligible, full time and part time employees who are enrolled in the medical plan here at UT Health Science Center have a $10,000 life insurance and $10,000 accidental death policy which the Health Science Center provides at no cost to you. If you are enrolled in Teachers Retirement System, you also have a death benefit as an active employee that pays twice your annual salary up to a maximum of $80,000. You can change your beneficiary anytime during the year. You do not have to wait until annual enrollment to make changes to your beneficiary. Please contact your benefits office at ext. 7784 if you would like to request new beneficiary forms.

Wellness - Yoga Classes

It's a good time to add something different to your regular exercise routine. Yoga will improve your flexibility, decrease your stress, improve your circulation, and prevent injuries. Anyone can do it as there are modifications for all levels.

Classes are held every Tuesday and Thursday from 5:15 to 6:30 in the auditorium of the Biomedical Research Center.

The cost is $30.00 for 8 sessions and the sessions must be used within 60 days from the date of purchase. Come by for one free class to get you started. This is an ongoing class that can be started at any time.

All you need to get started is a yoga mat which can be purchased at Walmart or Target, and comfy clothes. If interested please call 7293 for more details.
Free Smoking/Tobacco Cessation Program available to all UT SELECT members:  http://www.livingwell.utsystem.edu/myhealth.htm

Living Well Health Manager powered by WebMD-Smoking Cessation Program  November is Great American Smoke out Month

Overview: A healthy lifestyle is the key to continued well-being. Changing your lifestyle for the better takes time and real effort. But, with the help of this program, you can do it. And it’s worth it: Quitting tobacco can reduce your risk of heart disease and stroke and improve your self-esteem.

About the Program: The Smoking Cessation Lifestyle Improvement Program has two equally important parts: the Readings and the Planner. Together, they take about 30 minutes per day to complete. We recommend that you read one step of the Readings per day and check your Planner daily.

How to Register:

Step 1: Log onto: Living Well Health Manager, powered by WebMD website at www.webmdhealth.com/ut
Step 2: Complete registration* and accept Privacy Policy
Step 3: Click on the Living Health Tab, then select the option under Lifestyle Programs “Smoking Cessation”

*Program available to all UT SELECT members.

American Cancer Society Quit-line.

Quitting smoking isn’t easy but it is a fight you can win. By using at least one of the ways listed below for your quit attempt, you can double your chances of being successful. By using more than one of the ideas listed below, you double your chances of staying quit for good!

- **Self help materials.** Self help materials are available to help you quit smoking, no matter where you are in the process. These materials can help you learn how to prepare for your quit attempt, develop strategies to help with cravings, and prevent relapse once you have quit. The self-help materials offer proven methods that are easy to follow and can keep your motivation high.
- **Support programs.** Support programs can be in a variety of forms – group smoking cessation programs, telephone counseling programs, or support groups. To learn about the options available in your community, contact the American Cancer Society 1-(800) QUIT-NOW or www.cancer.org.
- **Telephone counseling.** Telephone counseling is a proven, confidential, counseling program completed by telephone that will support and help you stay focused on your reasons for quitting.
- **Nicotine replacement therapy (NRT).** Nicotine replacement therapy can relieve many of the nicotine withdrawal symptoms that occur when a person stops smoking. NRT can double a person’s chance of successfully quitting. Talk to your doctor about a strategy that might work for you.

To learn about the FREE options available in your community, contact the American Cancer Society 1-800-QUIT-NOW, 1-800-784-8669 or www.cancer.org

UT SELECT FREE Tobacco Cessation Program

Quitting smoking takes desire, determination and support. That’s why UT SELECT has developed a motivational toolkit that can help members who are ready to take steps toward this major lifestyle change. Guidance and support with licensed wellness coaches. **How to register:** Call: 1-800-462-3275.

*Program available to all UT SELECT members.*
TB/FIT Test
By: Tammye McCollum

All employees are required to get a yearly TB (Tuberculosis) test. FIT test requirements are determined by the job function of the employee. If you are required to have a FIT test, it is required to be done yearly.

Occupational Health Clinic sends a reminder out at the beginning of every month in a System Wide Email that directs employees to their website to see if they are due for a TB or FIT test. It is the responsibility of every employee to check this list to see if they are due for either test. Employees have until the last day of the month in which they are due to have the test done. However, if you have not complied by the middle of the month, an email gets sent to the employee’s supervisor to let them know which employees are still non-compliant. The last week in the month in which the employee is due, if still non-compliant, a leave without pay (LWOP) letter will be prepared and given to the employee’s supervisor. The employee will begin leave without pay on the first day of the following month in which they are due, for up to 5 working days. Example: If a person works 7pm – 7am and does not comply with the guidelines, they would begin leave without pay at midnight and have to leave their shift. An employee cannot return to work until they have provided proof that they are in compliance. After 5 working days of non-compliance an employee will be terminated.

Please do not wait until the last minute to comply because you never know when something might happen to prevent you from being able to get your test. The important thing to remember is that one person being non-compliant makes the whole hospital non-compliant. This is not just a requirement of UTHSCT but of Joint Commission. Joint Commission looks at the data to see if we are compliant or not.

Keep Your Eyes Fit With Good Nutrition

What you eat affects every organ in your body, including your eyes. To maintain good vision at every stage of life, start with an active lifestyle and a healthy diet.

Obesity Causes Vision Problems
Most Americans are overweight or obese because of lack of exercise and an improper diet. In addition to increasing the risk of diabetes, heart attack and stroke, inactivity and obesity have also been shown to be risk factors for cataracts, glaucoma, and age-related macular degeneration (AMD).

Increasing your physical activity and maintaining a well-balanced diet will improve the quality of your life and help preserve your vision.

A Balanced Diet

The three major sources of fuel found in foods are carbohydrates, proteins, and fats. We need all three to supply our body with the nutrients it needs to stay healthy. The key is understanding the characteristics of each food group and knowing the amount and proportions of carbohydrates, protein, and fats that make up a healthy diet.
Keep Your Eyes Fit With Good Nutrition cont’d.

Carbohydrates

Carbohydrates (frequently called “carbs”) are ring-like structures of varying complexity that contain carbon, hydrogen, and oxygen in similar proportions. The primary function of carbohydrates is to provide energy for the body, especially the brain and nervous system.

- The most basic carbohydrate is called glucose. Glucose is a simple sugar, or monosaccharide. Other monosaccharides include fructose (fruit sugar) and galactose (milk sugar).
- Slightly larger simple carbohydrates are called disaccharides. Disaccharides include maltose (found in beer), sucrose (found in cane sugar), and lactose (found in milk).
- Complex carbohydrates are found in starchy vegetables, breads, cereals, rice, legumes, and pasta. The liver is the organ in our body that breaks down complex carbohydrates into glucose in order to provide energy for the body.

The glycemic index (GI) of a particular complex carbohydrate refers to how quickly it is broken down in the liver and raises blood sugar levels in the body. Carbohydrates with a high glycemic index promote weight gain in many people and increase the risk of Type 2 diabetes and diabetic retinopathy.

Table 1 lists common high and low glycemic index carbohydrates. Though it's not necessary to eliminate high GI carbohydrates for a healthy diet, you should limit your consumption of these and balance them with low GI foods.

**Table 1: Glycemic Index (GI) of Carbohydrates**

<table>
<thead>
<tr>
<th>High GI Carbs (Limit These)</th>
<th>Low GI Carbs (Better For You)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potatoes</td>
<td>Beans</td>
</tr>
<tr>
<td>Corn</td>
<td>Peas</td>
</tr>
<tr>
<td>Carrots</td>
<td>Peanuts</td>
</tr>
<tr>
<td>Bananas</td>
<td>Apples</td>
</tr>
<tr>
<td>White bread</td>
<td>Sourdough and rye breads</td>
</tr>
<tr>
<td>White rice</td>
<td>Brown rice</td>
</tr>
<tr>
<td>Overcooked pasta</td>
<td>Protein-enriched pasta</td>
</tr>
<tr>
<td>Honey and jams</td>
<td>Skim milk products</td>
</tr>
<tr>
<td>Sugary breakfast cereals</td>
<td>Whole grain cereals</td>
</tr>
<tr>
<td>Soft drinks</td>
<td>Oranges</td>
</tr>
<tr>
<td>Candy</td>
<td>Apricots</td>
</tr>
<tr>
<td>High fructose corn syrup</td>
<td>Natural fruit sugar (fructose)</td>
</tr>
</tbody>
</table>

Most nutrition experts agree that in a balanced diet, 50 to 60 percent of calories should come from carbohydrates - with as much as possible coming from low GI carbohydrates. Highly processed foods and refined sugars should be reduced or eliminated. [Click here to read the rest of the article on “Keeping Your Eyes Fit”](#)
Low Fat Thanksgiving Day Stuffing Recipe

www.recipezaar.com/recipe

Traditional flavor with minimum dietary impact. TIP: if you like crusty stuffing, remove foil the last 15 minutes of baking.

1¼ hours | 25 min prep

- 1 tablespoon unsalted butter
- 4 ounces sweet Italian turkey sausage, casings removed
- 1 cup mushroom, chopped
- 2 medium onions, chopped
- 3 celery ribs, chopped
- 1/2 cup celery leaves, chopped (from inner celery ribs)
- 1 lb reduced-calorie whole wheat bread, cut into 1/2-inch cubes and dried overnight (or in the oven)
- 1/4 cup fresh parsley leaves, chopped
- 2 teaspoons poultry seasoning
- 1 1/2 teaspoons salt
- 1/2 teaspoon fresh ground black pepper
- 1 1/2 cups turkey broth or chicken broth, as needed
- 1/2 cup egg substitute

1. In a big skillet, brown the sausage bits gently in half the butter, reduce heat to medium.
2. Add chopped or minced onions, mushrooms, celery, and celery leaves.
3. Cook, stirring often, until the onions are golden, about 8 minutes.
4. Scrape the vegetable mixture into a big bowl; mix in the bread cubes, parsley, poultry seasoning, salt, and pepper.
5. Gradually stir in broth combined with the egg substitute, until the stuffing is evenly moistened but not soggy.
6. Transfer stuffing to a lightly buttered casserole dish; drizzle with additional broth and remaining melted butter as desired, cover, and bake in a preheated 350° oven for 30-45 minutes. Serves 8-10.

Nutrition Facts

Serving Size 1 (149g) Recipe makes 8 servings

The following items or measurements are not included below: turkey broth

| Calories 178 | Cholesterol 11mg | 3% |
| Total Fat 4.6g | Sodium 903mg | 37% |
| Saturated Fat 1.7g | Potassium 286mg | 8% |
| Monounsaturated Fat 1.0g | Total Carbohydrate 29.6g | 9% |
| Polyunsaturated Fat 1.1g | Dietary Fiber 7.9g | 31% |
| Trans Fat 0.0g | Sugars 4.0g | |
| Protein 9.9g | | 19% |
Wild Rice with Cranberries and Apples
http://lowfatcooking.about.com/od/thanksgivin1/Thanksgiving.htm

If you're looking for an alternative to mashed potatoes or sweet potatoes at Thanksgiving or Christmas, try some nutty wild rice with sweet cranberries, apples and heart-healthy walnuts.

**Ingredients:**
- 1 cup wholegrain rice, uncooked
- 1 cup wild rice, uncooked
- 4 cups fat free, low sodium chicken broth
- 1 cup dried cranberries
- 1 cup apple, diced
- 1/2 cup chopped walnuts

**Preparation:**
Rinse and drain wild rice with cold water. Place wholegrain and wild rice in a large saucepan with the broth, and bring to a boil. Reduce heat and simmer until rice is tender and broth is absorbed, about 45 minutes. Transfer rice to a large bowl and fold in cranberries, diced apple and walnuts. Serves 6-8.

Low Fat Turkey Gravy
http://lowfatcooking.about.com/od/thanksgivin1/Thanksgiving.htm

**Ingredients:**
- Pan juices from turkey
- 1/4 cup flour
- 4 cups fat free, reduced sodium chicken broth
- 4 tbsp red wine
- ground black pepper to taste

**Preparation:**
While your cooked holiday turkey is resting, strain the pan drippings and pour into a gravy separator. Place roasting pan on stovetop over a medium heat. You will likely need two burners. Sprinkle flour into pan and stir until golden brown. Reduce heat to low. Return defatted drippings to pan, add chicken broth and wine. Stir with a whisk until blended. Turn heat back up to medium and cook, stirring constantly, until gravy thickens. Season with black pepper if desired. Pour into a gravy boat, ready to serve. Yields 4 cups
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Ext:  7741  

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Office Hours: Monday – Friday   8am – 5pm

UT Health Science Center at Tyler 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.medco.com  

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

**Ft. Dearborn (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  

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

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