



Health on the Move™

Benefits & Wellness Newsletter

October 2008
Issue 12

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October Paycheck

By Tammye McCollum

Any changes that you made to your benefits during annual enrollment will be effective September 1, 2008, if no EOI was required. However, if you increased or decreased your benefits, you will not see the change in cost on your paycheck until October 1, 2008. Remember, the time frame you are being paid for is the same time frame you are paying for benefits. The September 1 paycheck paid for your August benefits. Please check your October 1 paycheck to make sure that your deductions are correct. If you have any questions or concerns, please contact your Benefits Office at ext. 7784.

New Plan Year Started September 1st

By Tammye McCollum

It's that time of year again when deductibles, calendar year maximums and coinsurance start over again (September 1, 2008). Remember you have a \$50 deductible with Medco Health, so when it seems like your copay is higher than normal, it is probably because you have not met the deductible yet for the new year. Depending on the price of the medication, you possibly could pay your copay plus the \$50 deductible. The \$250 deductible with BCBS and \$25 deductible with Delta Dental also start over.

Effective September 1, 2008, BCBS will no longer mail paper explanation of benefits (EOB's) and all participants are encouraged to use BCBS website (www.bcbstx.com/ut). It is a great tool to keep track of your personal health manager. You can access your EOB's directly on their website. If you wish to continue receiving paper explanation of benefits, please call BCBS at (866) 882-2034.

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:

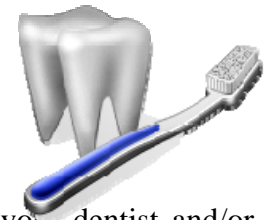
www.aigretco.com/RetireMan

Contact your Benefits Office at ext. 7741 for your unique identification number

Basic Dental Care

October is Dental Hygiene Month

Website: <http://yourhealth.goodshepherdhealth.org/library/healthguide/en-us/illnessconditions/topic.asp?hwid=hw144414&>



What is Basic Dental Care?

Basic dental care involves brushing and flossing your teeth regularly, seeing your dentist and/or dental hygienist for regular checkups and cleanings, and eating a mouth-healthy diet, which means foods high in whole grains, vegetables and fruits, and dairy products.

Why is Basic Dental Care Important?

Practicing basic dental care:

- Prevents tooth decay.
- Prevents gum (periodontal disease), which can damage gum tissue and the bones that support teeth, and in the long term can lead to the loss of teeth.
- Shortens time with the dentist and dental hygienist, and makes the trip more pleasant.
- Saves money. By preventing tooth decay and gum disease, you can reduce the need for fillings and other costly procedures.
- Helps prevent bad breath. Brushing and flossing rid your mouth of the bacteria that cause bad breath.
- Helps keep teeth white by preventing staining from food, drinks, and tobacco.
- Improves overall health.
- Makes it possible for your teeth to last a lifetime.

Are there ways to avoid dental problems?

Keeping your teeth and gums healthy requires good nutrition and regular brushing and flossing.

- Brush your teeth twice a day- in the morning and before bed – and floss once a day. This removes plaque, which can lead to damaged teeth, gums, and surrounding bone.
- Use a toothpaste that contains fluoride, which helps prevent tooth decay and cavities. Ask your dentist if you need a mouthwash that contains fluoride or one with ingredients that fight plaque. Look for toothpastes that have been approved by the American Dental Association.
- Avoid foods that contain a lot of sugar. Sugar helps plaque grow.
- Avoid using tobacco products, which can cause gum disease and oral cancer. Exposure to tobacco smoke (secondhand smoke) also may cause gum disease, as well as other health problems.
- Practice tongue cleaning. You can use a tongue cleaner or soft-bristle toothbrush, stroking in a back-to-front direction. Tongue cleaning is particularly important for people who smoke or whose tongues are coated or deeply grooved.
- Schedule regular trips to the dentist based on how often you need exams and cleaning.

When should my child start seeing a dentist?

By the time your child is 6 months of age, your doctor should assess the likelihood of your child having future dental problems. If he or she thinks your child will have dental problems, be sure your child sees a dentist before his or her first birthday, or 6 months after the first primary teeth appear, whichever comes first. After your first visit, schedule regular visits every 6 months or as your dentist recommends.

Experts recommend that your child's dental care start at 12 months of age. If your baby has dental problems caused by injury, disease, or a developmental problem, see your pediatric dentist right away.

American Heart Association 2008 Tyler Heart Walk

By Tammye McCollum

The American Heart Association's annual Heart Walk for Tyler will be held on Saturday, October 11, 2008. There will be a "Hall of Hearts" challenge which will extend from the Outpatient Laboratory front desk in Riter to the Pharmacy. Donations will be accepted starting Monday, September 22, 2008. Anyone donating \$3 or more will be able to enter their name in the drawing for a prize. Deadline to enter your name into the drawing is September 26, 2008. Prizes included: (3) Oil changes from Peltier Chevrolet and Classic Toyota in Tyler, Dinner for Two at Spring Creek Barbecue, ExxonMobil fuel card and a Target gift card. However, donations for the "Hall of Hearts" wall will continue through October 3, 2008. The registration for the Heart Walk on October 11th will be from 7-8am (not necessary if you sign up with your Team Leader before hand). Heart Survivor Photos will be from 7:30-8am, 5K Fun Run begins at 8am, Kids Dash begins at 8:45am and Heart Walk begins at 9am.



Lower Your Breast Cancer Risk

By TopHealth October Edition

It's true that certain risk factors for breast cancer are beyond a woman's control. *Examples:* family history and aging. Fortunately, researchers are finding that certain lifestyle choices may lower risk:

- ✂ **Cut the Fat.** Countries with high-fat diets have the highest rates of breast cancer; exactly why isn't certain. *Smart:* Choose foods high in fiber, such as beans, bran, whole grains, fruits and vegetables such as cabbage, Brussels sprouts and broccoli.
- ✂ **Stay Active.** Research suggests that exercise helps prevent breast cancer. One study found that women who exercised at least four hours a week cut their breast cancer risk by 60%, while those who worked out 1-3 hours a week reduced their risk by 30%.
- ✂ **Limit Alcohol if You Drink.** More than 40 studies have linked heavy alcohol use to an increased risk of breast cancer.
- ✂ **Keep Screening.** Do monthly self-exams and see your health care provider regularly. *Lifesaver:* Ask about having mammograms – when to start and how often to have one.



Getting To The Core

By Lori Andrews, PT (UTHCT)

Our “core” strength is our body’s center of gravity and includes the abdominal, pelvis, leg and back musculature. We use our core strength to maintain good posture for sitting, standing, and walking. Good core strength allows us to walk proud and stand tall. This is important because it helps our bodies function at top efficiency and endurance, contributing to an overall feeling of well being. Maintaining strong abdominal, hip, leg and back muscles are important to support our back’s natural curves. It is of utmost importance in maintaining our ability to perform our necessary activities of daily living such as lifting, reaching, standing, sitting, walking and more.

A more sedentary lifestyle and naturally occurring changes in age can cause weakness and loss of flexibility in our core musculature. A weak core results in poor posture, pain, loss of endurance, fatigue and often injury. We begin to lose that overall feeling of well being.

We must make a conscious effort to regain and maintain our core stability as we get older. This includes core strengthening exercises which should be performed three times a week for maximum effectiveness. Some examples of these exercises include: Pilates, Yoga, specific core routines, and the use of training balls and equipment. Controlling our weight, eating a nutritional diet, maintaining cardiovascular fitness, using good body mechanics and staying active will aid in maximizing our exercise results.

A physical therapist is trained in the evaluation of core strength deficits and can provide guidance, intervention, and, if necessary, treatment. We also, currently offer Yoga classes for our employees as part of our UT Wellness Initiative. Please call extension 7293 for more information or stop by our department and talk to one of our therapists. We are located on the 2nd floor between the “A” Tower and the Riter Center.

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!

YOGA CLASSES

Yoga is a great wellness 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 for 8 sessions to be used within 60 days. Contact Caryn Vorsas for more information at ext. 7293

Easy Salmon-Veggie Tin Foil Dinner

BCBS website

2 small leeks, white and pale part chopped fine
 2 large carrots, cut into julienne strips (width of matchsticks)
 1/2 lb. snow peas (fresh or frozen)
 4 salmon steaks or fillets (4-6 oz. each)
 2 tsp. fresh ginger, grated
 2 Tbsp. rice vinegar
 1 tsp. plus 1 Tbsp. sesame oil, divided
 Salt and freshly ground pepper
 1 lb. fresh spinach
 1 Tbsp. fresh lemon juice

Preheat oven to 450 F. Tear four large sheets (18 x 12") of heavy duty foil and lay them out on a counter or table. Make four separate servings, each on a piece of foil. Divide leeks, carrots and snow peas into four piles and place one pile in the middle of each sheet of foil. Place a piece of salmon on top of each mound of vegetables. Divide ginger, vinegar and one teaspoon of oil over each piece of fish. Season with salt and pepper. Double-fold the foil and seal it tightly, to form four packets. (Leave enough room in each packet for the heat to circulate. Place packets on a cookie sheet and bake for 20 minutes, or until the fish flakes easily with a fork. Meanwhile rinse the spinach leaves and place them in a large microwave safe bowl or platter. Drizzle the spinach with fresh lemon juice and the remaining 1 tablespoon of oil. Microwave it on high power for 3-4 minutes, checking it every minute or so to make sure the spinach is tender but not over-cooked. Place one-fourth of spinach in the center of each 4 serving plates, making a flat bed to place the fish on. When salmon is cooked, open the packets carefully to allow the steam to escape. Transfer the contents of each to the bed of spinach on each plate. Yield: 4 servings.

Each serving provides: Calories: 333 Fat: 17 g Protein: 28 g Sodium: 185 mg
 Carbohydrate: 17 g Fiber: 6 g

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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.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.ltcbenefits.com/uts

Ft. Dearborn Life Insurance

1-866-628-2606 or www.fdl-life.com/ut