



# Health on the Move™

## Benefits & Wellness Newsletter

September 2008  
Issue 11

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### 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](http://www.aigretco.com/RetireMan)

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

## Beneficiary Forms

*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 Center have a \$10,000 life insurance and \$10,000 accidental death policy which the Health 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. 7741 if you would like to request new beneficiary forms.

## 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, whatever time frame you are being paid for is the same time frame you are paying for benefits. The September 1 paycheck will be paying for your August benefits. Please check your October 1 paycheck to make sure that you deductions are correct. If you have any questions or concerns, please contact your Benefits Office at ext. 7784.

**American Heart Associations  
Annual Heart Walk will be on  
Saturday, Oct. 11, 2008  
At Robert E Lee HS Soccer  
Field  
Watch Emails for more details**

## Get a Purpose to Stay Healthy, On Purpose! –

September is Healthy Aging Month

By: Dr. Kent Davis (UTHSCT)

As we grow older it is easy to look back and say, “I did my part.” With family pressures relieved, many give up their social commitments in order to travel or “take a rest.” Diets and healthy activities often suffer. We find that people need to work to both stay involved in the community, and to stay healthy if they want to age well. To live longer while feeling better, the following are helpful:

***Eat a reduced calorie diet with plenty of fruits and vegetables*** - Our dieticians at UTHSCT can help, if you have questions.

***Maintain a reasonable weight*** - Being overweight causes all kinds of medical problems. Losing even a few pounds can help.

***Stay on a regular exercise program*** - Regular is the key. Overall, you will feel better, and have fewer injuries. Start with low intensity, and increase slowly. Work with your physician if you have concerns.

***Keep one or more hobbies*** - This gives you something to do and keeps your mind active.

***Keep socially active*** - This keeps your mind sharper, and helps prevent the depression that can come with being alone.

***Do something to contribute to your community*** - It is important to have a purpose in life!

***Regularly see your Physician*** - Avoiding health problems obviously does keep you healthier. Be sure to take your medicines, see your doctor regularly, and take the flu vaccine.

***Avoid tobacco*** - Prevent strokes, heart attacks, and cancer.

***Drive safely*** - Use a seatbelt, and avoid medicines that make you sleepy.

People who follow these guidelines have been shown overall to live longer, happier lives, have fewer injuries and fractures, need fewer medicines (and spend less on medicines), need less medical care, and contribute more to their community. Get a purpose, on purpose! You will be glad you did.

## BCBS New Initiative “Go Green”

By: Tammye McCollum

There is a new initiative being launched by Blue Cross and Blue Shield of Texas (BCBSTX) called “Go Green”. The “Go Green” initiative will begin on September 1, 2008 in an effort to reduce costs and do our part for environmental awareness by reducing the use of paper. This was announced through a flyer that was mailed to all active employees and retirees on August 18, 2008. An explanation of benefits (EOB) will be sent on all claims processed by BCBSTX for UT members electronically through BCBSTX’s Blue Access for Members (BAM) website. If you have never enrolled on BCBSTX website, please take time to do this. THE BAM website gives you access to review up to 18 months of EOB history and access to your Personal Health Manager.

If you would like to request to continue receiving your EOB’s by paper in the mail, you can do this by altering user preferences after September 3, 2008 on Blue Access for Members website or by contacting your BCBS UT Select Customer Service at (866) 882-2034.

## On-the-Spot Workouts: Take an Activity Break Wherever You Are

BCBS Website

Add more movement to your day and you will feel more energized and alive. Choose among these one-, five- and 10-minute exercise moves, even when you're out of your regular workout environment, to enhance your health, strength, stamina, coordination and state of mind. Mix and match the given activities, which provide benefits based on the following key: (c) cardio, (s) strength/core strength, (f) flexibility and mobility, (r) restorative and (a) awareness.

### At Home:

#### 1 Minute

TV timeout (s): During commercials, do a series of crunches, push-ups or squats.

Balancing act (s, a): While doing any stationary chore (brushing your teeth, etc.), stand on one foot for 30 seconds, then the other.

#### 5 Minutes

Sock-skate (s, c): Put on socks and "skate" across the kitchen floor -- or grasp a counter and slide each foot to the side and back.

#### 10 Minutes

Shower power (f): Stretching as you take a shower or bath, helps soothe muscles and increase joint suppleness.

### At Work:

#### 1 Minute

Natural face-lifts (a): Raise your eyebrows, open your mouth and say "aahhh" to unkink your jaw and get blood flowing to your face.

Back in action (f, a): Once an hour, exhale and round your spine to press your lower back against the back of your chair; pause, release and repeat 3 or 4 times.

#### 5 Minutes

Walk your talk (f, s, c): During phone calls, stand up and walk, step side to side, do knee lifts or stretch.

#### 10 Minutes

Coffee to go (c): During breaks, bypass the lunch room, change into walking shoes and log a half-mile in or out of the building.

### Gym Extras:

#### 1 Minute

Lunge sandwich (c, s): When you're doing cardio, squeeze in 60 seconds of walking lunges every 10 minutes.

Ball moves (s): Do the following moves for quick core training when you finish your regular workout.

1. **Squat & Lift:** Holding a stability ball, lift your arms overhead, squat, touch the ball to the floor and return to start position.
2. **Inchworms:** In a plank position -- hands on the floor, thighs on the ball -- bring your knees toward your chest, then straighten your legs.
3. **Knee Lifts:** Sitting on the ball, hands at your sides, alternate lifting each knee to your chest.

## On-the-Spot Workouts: Take an Activity Break Wherever You Are (Cont'd)

BCBS Website

### 5 Minutes

Cardio counts (c): After you finish training a body part (triceps, back, etc.), do 2 minutes of moderate intensity and 30 seconds of high intensity on any cardio machine.

### 10 Minutes

Release and de-stress (a): Take 10 in the sauna or steam room when you've finished your workout.

### Spur of the Moment:

#### 1 Minute

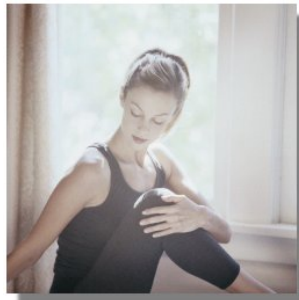
Tighten then relax each of your muscle groups, starting with your feet and moving up to your neck.

#### 5 Minutes

Waiting in line? Breathe deeply, expanding your rib cage, and visualize a beautiful place in nature. Check your posture by shifting your shoulders back and lifting your torso.

#### 10 Minutes

After shopping, put your packages in the car, put another dime in the meter and take a walk.



### Health Risk Assessment

If you have not already completed your online Health Risk Assessment, go online to [www.bcbstx.com/ut](http://www.bcbstx.com/ut) and learn more about your health habits today!

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### 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*

## Peach Cobbler

*BCBS website*

8 Ripe peaches, peeled, pitted, sliced  
 Juice of 1 lemon  
 1/3 tsp cinnamon  
 1/4 tsp nutmeg  
 1/2 cup all-purpose flour  
 1/4 cup dark brown sugar, packed  
 2 Tbsp margarine, thinly sliced  
 1/4 cup quick cooking oats

Preheat oven to 375 F. Spray pie pan with non-stick spray. Arrange peach slices in bottom of pan. Sprinkle with lemon juice, cinnamon and nutmeg. In a small bowl, combine the flour and brown sugar. With pastry mixer or a fork, crumble the margarine into the flour-sugar mixture. Add the oats and combine. Sprinkle the mixture on top of the peaches. Bake until peaches are soft and topping is browned. Serve warm. Yield: 8 servings.

Each serving provides: Calories: 140 Fat: 3 g Protein: 7 g Cholesterol: 0 mg  
 Sodium: 35 mg Carbohydrate: 26 g Fiber: 1.5 g

### 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](http://www.bcbstx.com/ut)

**Medco Health Prescription Plan**

1-800-818-0155 or [www.medcohealth.com](http://www.medcohealth.com)

**UT Select/Blue Cross Blue Shield**

1-866-887-3539 or [www.payflex.com](http://www.payflex.com)

**The Hartford (Long Term & Short Term Disability)**

1-800-741-4306 or [www.thehartfordatwork.com](http://www.thehartfordatwork.com)

**Teachers Retirement System of Texas**

1-800-223-8778 or [www.trs.state.tx.us](http://www.trs.state.tx.us)

**Delta Dental Premier**

1-800-893-3582 or [www.deltadentalins.com/universityoftexas](http://www.deltadentalins.com/universityoftexas)

**Superior Vision**

1-800-507-3800 or [www.superiorvision.com](http://www.superiorvision.com)

**Long Term Care**

1-888-825-0353 or [www.ltcbenefits.com/uts](http://www.ltcbenefits.com/uts)

**Ft. Dearborn Life Insurance**

1-866-628-2606 or [www.fdl-life.com/ut](http://www.fdl-life.com/ut)