New BCBS & Medco Insurance Cards

Separate New ID Cards to be Issued for UT SELECT Medical (BCBSTX) and UT SELECT Prescription Drug (Medco) Plans prior to September 1, 2009.

New State requirements for insurance identification (ID) cards were passed during the Texas Legislative Session earlier this year. The result is that beginning with plan year 2009-2010, UT employees and retirees will receive separate ID cards for the UT SELECT BCBS Medical plan and the UT SELECT Prescription Drug plan with Medco Health.

After you receive your Medical ID card in the mail, you can contact Blue Cross Blue Shield of Texas Customer Service at 1-866-882-2034 to request additional ID cards for your covered dependents.

Superior Vision ID Cards

Beginning September 1, 2009, Superior Vision will revise its ID Card to show the new Contact Lens Fitting Fee. Current UT enrollees in the vision plan will not be mailed revised ID cards (unless they make a change in coverage during this Annual Enrollment to be effective September 1, 2009); however, current enrollees can log into the secure online portal on Superior Vision’s website at www.superiorvision.com/ut to print an updated card. New enrollees effective September 1, 2009 and later will be mailed the revised ID Card. If you need a new card and do not want to print one from the website, you may call (800-507-3800)

PayFlex Debit Card

New UT FLEX Medical enrollees who selected the PayFlex Debit Card for plan year 2009-2010 can expect to receive their debit card in the mail prior to September 1, 2009. Current debit card users who made a UT FLEX election for 2009-2010 should check their current debit card for the expiration date. If the card is set to expire in August 2009, you will receive a new PayFlex Debit Card prior to September 1, 2009 as well. If the card does not expire in August 2009, you should retain the card and the new election will be loaded onto the current card effective September 1, 2009. If you need to contact PayFLex, you may do so by calling (866)-887-3539
Changes for Benefits Beginning September 1
By Tammye McCollum

For all Bi-weekly paid employees: The decision has been made to begin taking benefits out of 24 paychecks effective September 1, 2009, which would be your September 22nd paycheck. You will still receive 26 paychecks a year, but will only have benefits taken out of 24. Benefits include: Medical, Dental, Vision, Life Insurance, AD&D Insurance, Long Term Care, UT Flex Plan, Short Term & Long Term Disability Insurance, & Voluntary Retirement Programs.

Be sure to look at your September 22nd paycheck at the deductions being withheld. This is your first paycheck which will have any changes that you may have elected for FY2010. Contact your Benefits Department at ext. 7784 immediately if you have any questions.

Prostate Cancer Foundation
1250 Fourth Street · Santa Monica, CA 90401
p: 1.800.757.CURE (2873) · f: 310.570.4701
www.prostatecancerfoundation.org

Prostate Cancer Risk Factors — September is Prostate Cancer Awareness Month
http://www.prostatecancerfoundation.org/site/c.itIWK2OSG/b.70619/k.446E/Risk_Factors.htm

Prostate cancer is the most common non-skin cancer in America, affecting 1 in 6 men. The older you are, the more likely you are to be diagnosed with prostate cancer. Although only 1 in 10,000 under age 40 will be diagnosed, the rate shoots up to 1 in 38 for ages 40 to 59, and 1 in 15 for ages 60 to 69. In fact, more than 65% of all prostate cancers are diagnosed in men over the age of 65.

But the roles of race and family history are important as well. African American men are 61% more likely to develop prostate cancer compared with Caucasian men and are nearly 2.5 times as likely to die from the disease. Men with a single first-degree relative—father, brother or son—with a history of prostate cancer are twice as likely to develop the disease, while those with two or more relatives are nearly four times as likely to be diagnosed. The risk is even higher if the affected family members were diagnosed at a young age, with the highest risk seen in men whose family members were diagnosed before age 60. (When weighing risk factors for prostate cancer, it’s also important to recognize that there are non-risk factors, or factors that have not been linked to an increase in risk.)

Although genetics might play a role in deciding why one man might be at higher risk than another, social and environmental factors, particularly diet and lifestyle, likely have an effect as well.

In fact, research in the past few years has shown that diet modification might decrease the chances of developing prostate cancer, reduce the likelihood of having a prostate cancer recurrence, or help slow the progression of the disease.

More information about how dietary and lifestyle changes can affect the risk of prostate cancer development and progression can be found in the Nutrition, Exercise and Prostate Cancer guide.

Additional Reading:

Prostate Cancer News: Risk Factors
New WEBMD Health Risk Assessment:  www.webmdhealth.com/ut

Find the information and motivation.

Some individuals may be eligible to receive support from a personal Health Coach. Through a series of convenient phone conversations, your Health Coach can help you establish your health goals — and create a personalized program to meet your needs. Your coach will help you focus on the lifestyle behaviors that can help maximize your health. Some of the topics you discuss may include:

- Exercise
- Nutrition
- Strength training
- Weight management
- Stress management
- Smoking cessation
- Depression
- Alcohol

To see if you’re eligible for a personal Health Coach, you must first complete your HQ located in your Living Well Health Manager. While it’s up to you to take the first step toward better health by completing the HQ, support is just around the corner to help you achieve your big dreams of better health.

Incorporate health into daily life.

Lifestyle Improvement Programs give you access to a variety of personalized, self-paced, step-by-step programs to improve your health. You’ll find several different programs designed to inspire and reinforce positive behavior change. These online programs combine proven methodology with the ultimate in privacy, security and convenience.

The Lifestyle Improvement Programs include:

- Exercise – An exercise program with a personalized planner helps you lose weight and improve overall fitness.
- Weight Management – An online weight management tool provides personalized eating plans based on individual tastes.
- Emotional Health – Educational material, techniques for emotional health self-care, and a mood chart to help you maintain a more positive mood.
- Smoking Cessation – A self-paced, interactive program based on proven behavior change.
- Nutrition – Online tips and ideas that promote a healthy diet.
- Stress Management – Information, activities, journaling, and more to help you reduce and manage stress.

Manage your health online.

Managing your own health, and the health of your family, just got easier! With your own Personal Health Record (PHR) from WEBMD, you can now keep track of everyone’s most important health information.

It’s easy. All of your health information is stored in one easy-to-find place, available anytime.

It’s private. Without your permission, no one can view your information.

It’s yours for life. No matter where you live or work, your health information goes with you.

Your WEBMD PHR is located in your Living Well Health Manager.
Slow-Cooker Chicken Tortilla Soup

By:  http://allrecipes.com/Recipe/Slow-Cooker-Chicken-Tortilla-Soup/Detail.aspx

1 pound shredded, cooked chicken  
1 (15 ounce) can whole peeled tomatoes, mashed  
1 (10 ounce) can enchilada sauce  
1 medium onion, chopped  
1 (4 ounce) can chopped green chile peppers  
2 cloves garlic, minced  
2 cups water  
1 (14.5 ounce) can chicken broth  
1 teaspoon cumin  
1 teaspoon chili powder  
1 teaspoon salt  
1/4 teaspoon black pepper  
1 bay leaf  
1 (10 ounce) package frozen corn  
1 tablespoon chopped cilantro  
7 corn tortillas  
vegetable oil

Directions:

1. Place chicken, tomatoes, enchilada sauce, onion, green chiles, and garlic into a slow cooker. Pour in water and chicken broth, and season with cumin, chili powder, salt, pepper, and bay leaf. Stir in corn and cilantro. Cover, and cook on Low setting for 6 to 8 hours or on High setting for 3 to 4 hours.

2. Preheat oven to 400 degrees F (200 degrees C).

3. Lightly brush both sides of tortillas with oil. Cut tortillas into strips, then spread on a baking sheet.

4. Bake in preheated oven until crisp, about 10 to 15 minutes. To serve, sprinkle tortilla strips over soup.

HR/Benefits Staff:

Georgia Melton (Assoc. VP of HR)  
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

UT Health Science Center at Tyler Benefit Provider Numbers:

UT Select/Blue Cross Blue Shield  
1-866-882-2034 or www.bcbsts.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.theharrowtwork.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