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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:
http://www.myretirementmanager.com/?utsystem
Contact your Benefits Office at ext. 7741 for your unique identification number

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 5:15 PM to 6:30 PM. The cost is $30 a month. Contact Caryn Vorsas for more information at ext. 7293
New Procedure Code added to Colonoscopy Benefit
By Tammye McCollum  
(March is National Colorectal Cancer Awareness Month)

UT Systems realizes the importance wellness plays in our lives as well as in our plan. On September 1, 2009, UT Select began covering colonoscopies at 100%. Effective January 1, 2010, UT SELECT began covering preventative virtual colonoscopies at the 100% preventative benefit level for network providers. Virtual colonoscopies performed at out of network providers will be subject to the out of network benefits and deductible (after deductible, the plan will pay 60% and the member is responsible for 40% plus any amount above the allowable amount). The Blue Cross and Blue Shield claims system has been coded to allow the preventive procedure code 74263 (Computed tomographic (CT) colonography, screening, including image post-processing).

There are two other virtual colonoscopy codes that are considered experimental and investigational at this time. They are both diagnostic in nature and continue not to be covered by the plan.

- 74261- Computed tomographic (CT) colonography, diagnostic, including image post-processing; without contrast material
- 74262 - Computed tomographic (CT) colonography, diagnostic, including image post-processing; with contrast material(s) including non-contrast images, if performed

Only preventative colonoscopies are covered at 100% and with the exception of the two virtual codes noted above, diagnostic colonoscopies are covered at the 80%/20% level, subject to deductible. If you are required to get a colonoscopy due to a reason other than preventative then it will be subject to the deductible and then 80/20%. If you have questions regarding this benefit enhancement, you are welcome to contact the Benefits Office or a BCBS representative.
Are you ready to stop smoking and start living a healthier life? Refer to these important tips to stay on course with your plan to quit smoking:

- Target a stop date and record your reasons for stopping.
- Get support from friends, family, your physician and stop-smoking resources and programs.
- Reduce stress to curb the urge to smoke.
- Decide on a method to help you quit. Take medication, if necessary, and use it correctly.
- Get rid of all cigarettes, lighters, ashtrays and other smoking-related items.
- Stay physically active. Exercise can help you fight cigarette cravings.
- Prepare for relapse by focusing on your goals and reasons for quitting.

Leave Smoking Behind – Smoking-related diseases cause an estimated 443,000 deaths in the United States each year. Take these steps to help you quit.

Prepare – Now that you’ve decided to stop smoking, you will need to set a quit date. Also, change your environment by getting rid of all cigarettes and ashtrays in your home, car and workplace. Don’t let people smoke in your home. Now is a good time to review your past attempts to quit. Think about what did and did not work. Once you have quit, don’t smoke at all.

Plan – Studies have shown that you have a better chance of being successful if you have help from others. Solicit support from family, friends and coworkers, talk to your health care provider and get individual, group or telephone counseling. Programs are also available at local hospitals and health centers. Call your local health department for information about programs in your area.

Behave – Smoking is a habit, so it’s only natural to think about it when you are trying to quit. Learning new behaviors can help distract you from the urges to smoke. Try talking to someone, going for a walk or getting busy with a task. Changing your routine can help, too. Take a different route to work or drink tea instead of coffee. Make sure you reduce your stress and plan something enjoyable to do every day. Drink plenty of water and other fluids.

Conquer – Are you thinking about trying medication to help you quit the habit? Medications not only help you stop smoking and lessen the urge to smoke, they can double your chances of quitting for good. There are currently five medications that the U.S. Food and Drug Administration (FDA) have approved to help you quit smoking. Ask your health care provider for advice before you try any medications and carefully read the information on the package.

Stay Committed – Most relapses occur within the first three months after quitting. Don’t be discouraged if you start smoking again. Remember that most people try several times before they finally quit. Watch out for difficult situations, such as drinking alcohol, being around other smokers, gaining weight and feeling depressed, and look for positive ways to counteract them. Review your reasons for quitting, and focus on the health and lifestyle benefits of not smoking.

Get Support – Having the right support and resources can help you break free from smoking, and stay that way. Use these resources for helpful tips on smoking cessation:

Quit Now - U.S. Department of Health & Human Services - connects you to your state quitline 1-800-QUIT-NOW; American Cancer Society - 1-800-ACS-2345; American Heart Association - 1-800-AHA-USA1; American Lung Association - 1-800-LUNG-USA; The Smoking Quitline of the National Cancer Institute - 1-877-44U-QUIT

Sources: Centers for Disease Control and Prevention (CDC), 2009; American Cancer Society; American Lung Association
What You Eat Affects How You Sleep (National Sleep Awareness Week March 2-8)
http://www.webmd.com/sleep-disorders/slideshow-sleep-foods?ecd=wnl_day_020410

If you could pick the right foods to help you get the best sleep possible, wouldn’t you? And if you knew which foods would hinder your restful slumber, wouldn’t you avoid them? Now’s your chance to learn which foods to eat, and which to steer clear of for a good night’s sleep.

Reach for Tryptophan–Rich Foods
We’ve all heard of warm milk’s magical ability to send us off to dreamland. Do you know why it’s true? Dairy foods contain tryptophan, which is a sleep–promoting substance. Other tryptophan–containing foods include poultry, bananas, oats, and honey.

Indulge Your Craving for Carbs
Carbohydrate–rich foods complement dairy foods by increasing the level of sleep–inducing tryptophan in the blood. A few perfect late night snacks to get you snoozing might include a bowl of cereal and milk, yogurt and crackers, or bread and cheese.

Have a Snack Before Bedtime
If you struggle with insomnia, a little food in your stomach may help you sleep. But don’t use this as an open invitation to pig out. Keep the snack small. A heavy meal will tax your digestive system, making you uncomfortable and unable to get soothing ZZZs.

Put Down the Burger and Fries!
As if you needed another reason to avoid high–fat foods, research shows that people who often eat high–fat foods not only gain weight, they also experience a disruption of their sleep cycles.

Beware of Hidden Caffeine
It’s no surprise that an evening cup of coffee might disrupt your sleep. Even moderate caffeine can cause sleep disturbances. But don’t forget about less obvious caffeine sources, like chocolate, cola, tea and decaffeinated coffee. For better sleep, cut all caffeine from your diet after noon each day.

Medications May Contain Caffeine
Some over–the–counter and prescription drugs contain caffeine, too, such as pain relievers, weight loss pills, diuretics, and cold medicines. These and other medications may have as much or even more caffeine than a cup of coffee. Check the label of nonprescription drugs or the prescription drug information sheet to see if your medicine interferes with sleep or can cause insomnia.

Skip the Nightcap
Here’s the catch–22 with alcohol: It may help you fall asleep faster, but you may experience frequent awakenings, less restful sleep, headaches, night sweats and nightmares. If you’re consuming alcohol in the evening, balance each drink with a glass a water to dilute the alcohol’s effects.

Beware of Heavy, Spicy Foods
Lying down with a full belly can make you uncomfortable, since the digestive system slows down when you sleep. And spicy cuisine can lead to heartburn. Make sure to finish a heavy meal at least four hours before bedtime.

Keep Protein to a Minimum at Bedtime
Sorry Atkins. Protein, an essential part of our daytime fare, is a poor choice for a bedtime snack. Protein–rich foods are harder to digest. So skip the high–protein snack before bedtime and opt for a glass of warm milk or some sleep–friendly carbs, like crackers.

Cut the Fluids by 8 P.M.
Yes, staying hydrated throughout the day is great for your body, but curtail your fluid intake before bed. You’re sure to have interrupted sleep if you’re constantly getting up to go to the bathroom.

Don’t Be Fooled by a Relaxing Smoke
Nicotine is a stimulant, with effects similar to caffeine. Avoid smoking before bedtime or if you wake up in the middle of the night.
Irish Stew  Taste of Home 2009

Ingredients

- 1-1/2 pounds lamb stew meat
- 2 teaspoons Crisco® Pure Olive Oil
- 4 cups water
- 2 cups sliced peeled potatoes
- 1 medium onion, sliced
- 1/2 cup sliced carrot
- 1/2 cup cubed turnip
- 1 teaspoon salt
- 1/2 teaspoon each dried marjoram, thyme and rosemary, crushed
- 1/8 teaspoon pepper
- 2 tablespoons all-purpose flour
- 3 tablespoons fat-free milk
- 1/2 teaspoon browning sauce, optional
- 3 tablespoons minced fresh parsley

Directions

- In a Dutch oven, brown lamb in oil over medium-high heat. Add water; bring to a boil. Reduce heat; cover and simmer for 1 hour.
- Add the potatoes, onion, carrot, turnip and seasonings. Bring to a boil. Reduce heat; cover and simmer for 30 minutes or until the vegetables are tender.
- In a small bowl, combine the flour, milk and browning sauce if desired until smooth; stir into stew. Add parsley. Bring to a boil; cook and stir for 2 minutes or until thickened. Yield: 6 servings.

Nutritional Analysis: One serving (1-1/2 cups) equals 279 calories, 9 g fat (3 g saturated fat), 92 mg cholesterol, 469 mg sodium, 17 g carbohydrate, 2 g fiber, 31 g protein. Diabetic Exchanges: 3 lean meat, 1 starch, 1 vegetable.

Irish Stew published in Light & Tasty February/March 2003, p50

Thicker Stews

If your stew needs just a little extra thickening, stir in a few tablespoons of fresh white, whole wheat or rye bread crumbs.
Shamrock Meringue Cups Recipe

Photo by: Taste of Home

Ingredients

- 4 egg whites
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1/4 teaspoon cream of tartar
- 1 cup sugar
- 1 can (14 ounces) fat-free sweetened condensed milk
- 1/2 cup lime juice
- 2 cups reduced-fat whipped topping
- 2 to 3 drops green food coloring, optional
- 20 green candied cherries

Directions

- Place egg whites in a small bowl; let stand at room temperature for 30 minutes. Add the vanilla, salt and cream of tartar; beat on medium speed until soft peaks form. Gradually beat in sugar, 1 tablespoon at a time, on high until stiff peaks form.
- Drop meringue into 12 mounds on two parchment paper-lined baking sheets. With the back of a spoon, shape into 3-in. cups. Bake at 275° for 45-50 minutes or until set and dry. Turn off oven and do not open door; leave meringues in oven for 1 hour.
- In a small bowl, beat milk and lime juice until combined. Cover and refrigerate for 1 hour or until set.
- Fold in whipped topping and food coloring if desired. Spoon 1/3 cup filling into each meringue cup. Cut 18 cherries in half and two into thin slivers; garnish each dessert with a shamrock shape. Yield: 12 servings.

Nutrition Facts: 1 serving equals 225 calories, 1 g fat (1 g saturated fat), 2 mg cholesterol, 110 mg sodium, 48 g carbohydrate, trace fiber, 4 g protein.
**HR/Benefits Staff:**

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<thead>
<tr>
<th>Name</th>
<th>Title</th>
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<tbody>
<tr>
<td>Georgia Melton (Assoc. VP of HR)</td>
<td></td>
<td>7022</td>
</tr>
<tr>
<td>Jeanette Turner (HR &amp; Benefits Manager)</td>
<td></td>
<td>7749</td>
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<td>Sherry Shipley (Benefits Specialist II)</td>
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<td>7741</td>
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<tr>
<td>Tammye McCollum (Benefits Analyst)</td>
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**Office Hours:** Monday – Friday 8am – 5pm

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**UT Health Science Center at Tyler Benefit Provider Numbers:**

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<thead>
<tr>
<th>Provider</th>
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<tr>
<td>UT Select/Blue Cross Blue Shield</td>
<td>1-866-882-2034 or <a href="http://www.bcbsdx.com/ut">www.bcbsdx.com/ut</a></td>
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<tr>
<td>Medco Health Prescription Plan</td>
<td>1-800-818-0155 or <a href="http://www.medco.com">www.medco.com</a></td>
</tr>
<tr>
<td>UT Flex</td>
<td>1-866-887-3539 or <a href="http://www.utflex.com">www.utflex.com</a></td>
</tr>
<tr>
<td>Dearborn National (Long Term &amp; Short Term Disability)</td>
<td>1-866-628-2606 or <a href="http://www.fdl-life.com/ut">www.fdl-life.com/ut</a></td>
</tr>
<tr>
<td>Teachers Retirement System of Texas</td>
<td>1-800-223-8778 or <a href="http://www.trs.state.tx.us">www.trs.state.tx.us</a></td>
</tr>
<tr>
<td>Delta Dental Premier</td>
<td>1-800-893-3582 or <a href="http://www.deltadentalins.com/universityoftexas">www.deltadentalins.com/universityoftexas</a></td>
</tr>
<tr>
<td>Superior Vision</td>
<td>1-800-507-3800 or <a href="http://www.superiorvision.com">www.superiorvision.com</a></td>
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<tr>
<td>Long Term Care</td>
<td>1-888-825-0353 or <a href="http://www.ltcbenefits.com/uts">www.ltcbenefits.com/uts</a></td>
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<tr>
<td>Dearborn National (Life Insurance)</td>
<td>1-866-628-2606 or <a href="http://www.fdl-life.com/ut">www.fdl-life.com/ut</a></td>
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