Wellness Tip: To prevent rounded shoulders or a hunched back, practice this yoga move, the cobra pose. It opens the chest and strengthens back muscles.

By: customercare@360-5.com Cleveland Clinic Wellness

Are your shoulders in a slump? The medical world calls it upper-cross syndrome; you know it as rounded shoulders. Whatever name you refer to it by, years of hunching over a desk can lead to this pattern of tight shoulders and a weak back. To correct it, try this yoga-inspired move, the cobra pose. It opens up the chest, stretches the shoulders and strengthens the upper back muscles. It’s the perfect antidote to a long day at your computer. To do it: Lie on the floor facedown, with the tops of your feet against the floor. Place your hands next to your shoulders, keeping your elbows close to your body. Pressing your feet, thighs and pelvis into the floor, straighten your arms and lift your chest off the floor. Thrust your chest out and push your shoulders back gently, as though you’re trying to hold a pencil between your shoulder blades. Press your tailbone toward the floor. To avoid straining your back, do not come up higher off the floor than is comfortable. Hold the pose for 15 to 30 seconds, breathing comfortably through the stretch. Practice daily.
With Father’s Day around the corner, June is also Men’s Health Month! Celebrate the favorite men in your life by nourishing their minds and bodies with good food.

If you think only women are concerned with their waistlines, think again. Overweight men are more likely to develop diabetes, heart disease and cancer than their trim waisted buddies. In addition, obese men have lower self esteem and higher rates of depression. Below are some tips for “waist management”.

**Bite this:**

**Breakfast.** No more excuses of “no time to eat”. Aim to have something for breakfast within 2 hours of waking to kick start your metabolism. Try light string cheese and whole grain crackers, a peanut butter sandwich or yogurt and fruit in the morning.

**Nuts.** Nuts of all kinds provide a healthy dose of MUFAS (mono-unsaturated fatty acids), which have been found to reduce cholesterol and belly fat. Replace chips and pretzels with a small handful of nuts twice a day.

**Beans.** Beans are loaded with appetite suppressing fiber and protein- a secret combo to fighting weight gain. Toss some black beans or kidney beans in your salad or next batch of soup.

**Fruit.** June is one of the best times of the year to enjoy fruit. High in water, vitamin C, potassium and fiber- enjoy berries, melon, kiwi and other seasonal fruit in place of high fat treats like pie or ice cream this time of year.

**Yogurt.** Real (thin) men eat yogurt. A Tennessee study found that obese subjects that ate 3 servings of fat free yogurt as part of a calorie-controlled diet lost 22% more weight and 61% more fat than dieters that simply cut calories and didn’t include as much calcium. Try yogurt in smoothies or as a between meal snack.

**Not that:**

**Alcohol.** They don’t call it a beer belly for nothin’. Excessive alcohol intake (over 2 drinks/day), can lead to weight gain, especially around your middle. Try some club soda with a twist of lime or a “mocktail” of diet tonic water and lime.

**Junk food.** There’s a reason potato chips, cookies, candy bars and donuts aren’t included in most diet plans. They aren’t diet food. One Snickers a week won’t tip the scales, but consume junk food day in and day out and your waistline will suffer over time.

**Pretzels.** That’s right- you read that correctly. Pretzels= little sticks of white flour coated in flecks of salt. They may be low fat, but their high glycemic index will raise your blood sugar, then drop it like a hot potato- causing you to keep eating.

**Muffins.** English muffins (whole wheat or multi-grain) are lovely. But most cupcake shaped muffins are just that- a cupcake in disguise. Many muffins contain over 450 calories and loads of fat. Don’t fool yourself into thinking they are health food!

**Bagels.** Most bagels are made with white flour, which gets digested quickly and won’t keep you full over time. Cream cheese is a nutritional nothing, even if it’s low fat. By all means, skip the “bagnut”- the cinnamon crusted bagel that’s more donut than bagel. It is really dessert in disguise.
NEW Tobacco Premium Program for All UT Select Participants

UT System will implement the Tobacco Premium Program as part of the UT SELECT Medical plan on September 1, 2012, the first day of the new plan year. It is being implemented because UT System cares about the health and well-being of its members. The use of tobacco is one of the leading preventable health risks worldwide, and the use of tobacco is inconsistent with the UT System’s culture of wellness.

Tobacco User Premiums

Members enrolled in the UT SELECT Medical plan will pay a monthly premium surcharge of $30 per tobacco user per month beginning on September 1, 2012, or on the first of the month following the declaration, whichever is later. The Tobacco Premium Program will be added to the UT SELECT premium that is deducted from your paycheck.

Premium surcharges are based on three categories:

- Member $30 per month;
- Spouse $30 per month, and
- Child(ren) $30 per month.

The premium surcharge for dependent children is $30 regardless of how many covered dependent children use tobacco. The maximum premium surcharge is $90 per family per month.

A tobacco user is a person enrolled in the UT SELECT Medical plan, age 16 and above, who has used tobacco products within the past sixty (60) days.

What do I need to do?

During Annual Enrollment (July 15–July 31, 2012), you must declare whether you and/or any of your covered dependents use tobacco by signing into your account on the My UT Benefits website.

After Annual Enrollment closes on July 31, 2012, you must make any changes regarding your tobacco usage and that of any covered dependents by printing out, completing and signing the declaration form. Submit the completed and signed form to your institution HR/Benefits Office.

If you are no longer using tobacco after you have declared yourself a tobacco user, you must complete a new declaration to update your status. You must have not used tobacco products within the 60 days prior to the date on which you complete and sign a new declaration. You must make any changes regarding your tobacco usage and that of any covered dependents by printing out, completing and signing the declaration form. Submit the completed and signed form to your institution HR/Benefits Office. Any additional premium surcharge(s) associated with a tobacco user declaration will stop the first of the month following the declaration.

Read frequently asked questions.

Free Resources to Help You Quit Tobacco

The UT System is committed to helping tobacco users quit by offering our UT SELECT covered members Smoking/Tobacco Cessation Programs, Pharmaceutical Therapy and Nicotine Replacement Therapy (NRT) at no cost to the member.

Learn more about our tobacco cessation programs at our Living Well website.

Prescription drug coverage

Yes. The UT SELECT Prescription Drug plan covers the following medications at a $0 copayment when they are used for prevention and/or part of a cessation program. To receive these medications at a $0 copayment, you must have a physician's prescription for the product, and it must be dispensed by a participating mail or retail pharmacy.

- Nicotrol NS: 90-day supply in any 365-day period.
- Nicotrol Inhaler: 90-day supply in any 365-day period.
- Zyban: 90-day supply in any 365-day period.
- Nicorette Gum /Lozenge: 90-day supply in any 365-day period.
- Nicotine Transdermal System: 90-day supply in any 365-day period.
- Chantix: 180-day supply in any 365-day period.
Best Sunscreen — Ready for Summer?
http://www.consumersearch.com/sunscreen/best-sunscreen

Broad-spectrum SPF sunscreen offers the best protection
Finding an effective broad-spectrum (as in protecting against UVA and UVB rays) sunscreen is easy. However, relying on SPF to make your decision about your protection needs isn't a good idea because the SPF sunblock rating doesn't indicate UVA protection. Rather it indicates the amount of protection from sunburn-inducing UVB rays. Although sky-high protection ratings, sometimes as high as 100, are becoming more commonplace, most experts say there is little need for an SPF that high. That's because a higher number does not necessarily equal a higher level of protection. For example, SPF 15 blocks 93 percent of rays, while SPF 30 blocks 97 percent. Higher SPF ratings still allow the same 3 percent of UV rays through to the skin. The only benefit of having higher SPF protection is that most people don't apply enough sunscreen to gain the full SPF benefit. Experts say that adults should apply 1 ounce of sunscreen (the equivalent of a palm-full or 2 tablespoons), for full-body coverage every two hours. Higher SPF ratings usually translate into thicker creams, but SPF sunscreens, for the most part, are becoming more lightweight and less goopy.

Until the UVA protection rating system goes into effect, experts suggest checking product labels for adequate UVA-screening ingredients -- titanium dioxide, zinc oxide, avobenzone and Mexoryl SX. According to experts, these are the only ingredients capable of screening long-wave UVA rays. Titanium dioxide and zinc oxide are more natural mineral sunscreens that sit on top of the skin and form an effective barrier against UV rays. Avobenzone and Mexoryl SX are chemical sunscreens that absorb UV rays.

It's important to note that issues like the texture or smell of a sunblock can be extremely subjective: What might feel nice to one person could potentially not feel very good at all to another person. That means you might have to try a few sunscreens before you find one that's both effective and feels good to you.

Overall, most experts and consumers say the lightweight Neutrogena Ultra Sheer Dry-Touch line of sunscreens is the best overall. These formulas provide broad-spectrum protection and are available in SPF 30, 45, 55, 70, 85 and 100 formulations. The SPF 30 formula (*Est. $10 for 3 oz.) is reviewed most often, but the SPF 55 also receives some positive ratings in reviews. Users at MakeupAlley.com and Drugstore.com praise the lightweight feel of the SPF 30, 45 and 55 sunscreens and say the formula dries to a nice, matte finish. Editors at InStyle magazine agree, recommending the Neutrogena sunscreen for those who don't like to feel like they are wearing a thick lotion. Testers say Ultra Sheer Dry-Touch absorbs so quickly that "you can't tell it's on." Many users say, however, that the SPF 70 and higher formulations are too thick and heavy. Paula Begoun, beauty expert and author of "Don't Go to the Cosmetics Counter Without Me," says SPFs of 70, 85 and especially 100 are a lot for the skin to handle and provide about 24 hours of protection, which is not necessary. Furthermore, she warns that each of these formulas contains methylisothiazolinone, a preservative that is known to cause irritation, even in small amounts. For that reason, we chose the SPF 30 version for our Best Reviewed section.

The SPF 55 and higher formulas do, however, include Helioplex -- an additive that may give greater peace of mind because it stabilizes UVA-screening avobenzone, allowing this product to protect the skin for longer periods. (Some experts say avobenzone, without stabilizing ingredients, degrades in sunlight, but we didn't find much solid research to back up this claim.) The SPF 30 and 45 formulas don't contain Helioplex, but experts say the UVA protection is still adequate. User reviews at MakeupAlley.com show a slight preference for these formulas because they are lightweight and don't leave any residue.

It should be noted that both Neutrogena Ultra Sheer Dry-Touch SPF 30 and SPF 45 sunscreens contain antioxidants (vitamins A,C and E), and the higher SPF formulations do not. Studies show that antioxidants are especially effective at protecting against sun damage when combined with sunscreen.

The drawback to the highly rated Neutrogena sunscreen is its cost of more than $3 per ounce, making it an expensive choice for families who go through gallons of the stuff each summer. One highly rated alternative is No-Ad Sunblock Lotion SPF 45 (*Est. $8 for 16 oz.), which costs approximately 50 cents per ounce. The company has been around since 1960, with a mission to provide high-quality sunscreen at affordable prices. To do this, No-Ad doesn't advertise their products.

We found a couple of reviewers at Drugstore.com who say they have been using No-Ad sunscreen for several years, including a farmer who spends many hours in the sun each day. In one professional test, No-Ad scores as well as other top-rated, higher-priced sunscreens for UVA and UVB protection, as well as water resistance. As with any new skin-care product, it's a good idea to test it on a small patch of skin before using. That's because No-Ad uses chemical sunscreens,
Best Sunscreen — Ready for Summer? (Cont’d)

as opposed to gentler more natural-sunblock ingredients. It also contains fragrance. Editors at GardenSnob.com, a
gardening website, say they have been using the sunscreen for years and praise it for its reasonable price, strong protection
and non-greasy feel. Users agree that No-Ad sunscreen is lightweight and absorbs easily. One reviewer at Amazon.com
says it "does not feel like you have lotion on you (it feels dry)."

Although it isn't reviewed as often as other sunscreens, No-Ad is an excellent, water-resistant sunscreen that contains
avobenzone and oxybenzone for broad-spectrum UVA and UVB coverage. It also contains antioxidants (vitamins A and E)
and aloe. Aloe is known to be a soothing water-binding agent that draws water to the skin. It also has antioxidant properties.

On the other end of the price spectrum, we found good reviews for La Roche-Posay Anthelios 40 (*Est. $35 for 1.7 oz.).
The big attraction for La Roche-Posay is Mexoryl SX, a UVA protector previously available only in Europe. The patented
formula is supposed to be more stable than avobenzone and to last for hours without losing its efficacy. Several
professional reviewers recommend the sunscreen simply because it contains Mexoryl SX. However, Begoun says that, for
the price, this sunscreen is actually "incredibly mundane." That's because, aside from the Mexoryl SX, it doesn't contain any
notable ingredients like antioxidants or good moisturizers. Begoun says there are plenty of other options that provide equally
good protection for a fraction of the price. Users at MakeupAlley.com give the sunscreen a mediocre rating because it is
thick, hard to rub in and leaves a noticeable white residue on the skin.

Shiseido Ultimate Sun Protection Lotion SPF 60 PA+++ for Face/Body (*Est. $40 for 3.3 oz.) also gets good reviews from
experts and users alike. It relies on zinc oxide for broad spectrum protection but has a silky texture compared to most
natural sunscreens. Begoun gives the formula a good rating for providing adequate coverage without feeling overly heavy
and thick, but she says that, for the price, the sunscreen is rather bland — it contains few antioxidants, unlike other formulas
that cost much less. Editors at Shape and Self magazines say they are impressed with the nongreasy texture, but some
users at MakeupAlley.com disagree, saying that the Shiseido sunscreen is a bit uncomfortable, especially on the face
because it feels heavy and has a strong scent.

Sport sunscreen and spray sunblock formulas

Sport-formula sunscreens are more water-repellent to resist sweat during activity. Banana Boat Sport Performance Broad
Spectrum SPF 100 (*Est. $12 for 4 oz.) contains avobenzone, octocrylene and oxybenzone for complete UVA and UVB
protection. Beauty expert Paula Begoun praises this sunscreen, even though it has a very high SPF rating — something she
typically says is unnecessary. This formula is different, according to Begoun, because it contains butyloctyl salicylate, which
stabilizes and boosts the active ingredients so that a small percentage provides a high level of protection. The formula is
also fragrance-free and contains some antioxidants (vitamins A, C and E), which further help to prevent skin damage.
Editors at Shape magazine say that Banana Boat sport sunscreen doesn't drip into the eyes either, even with excessive
sweating. The product is too new to have any user reviews as of this report. Still, we chose to include this sport sunblock in
our Best Reviewed section because it gets good professional reviews and has high quality ingredients with a proven track
record. It's important to note that Banana Boat has a few other Sport Performance sunscreens (SPF 15, 30 and 50) with
similar names, but they have a different formula and rely on slightly different ingredients.

Spray-on sunscreens can also be a convenient choice because users don't have to rub them in. However, a fair amount of
product is lost into the air during application (which can lead to less coverage), and users can't spray these sunscreens on
their faces. Still, Coppertone Sport Continuous Spray (*Est. $10 for 6 oz.) does well in professional reviews, where it gets
high marks for being water- and sweat-resistant. Editors at InStyle and Real Simple magazines also praise it for being able
to spray at any angle, making it easy to protect hard to reach areas. Users say this spray is easy to use and dries quickly.
A few, however, say that the Coppertone spray sunscreen feels a bit sticky, "like hairspray" and that it's hard to tell where it
has and hasn't been applied. Some mention getting burned in missed spots, which, it should be noted, can happen with any
sunscreen.

Begoun, on the other hand, gives this sunscreen a poor rating because it contains high levels of denatured alcohol
(common in spray-on formulas) that can irritate the skin. We didn't, however, find any user complaints about irritation.
Begoun also points to a bigger concern in its lack of any ingredients to protect against long-range UVA rays. The SPF 15
and 30 formulas rely on homosalate, octisalate, octinoxate and oxybenzone for sun protection but don't include any
essential UVA protectors (avobenzone, titanium dioxide, zinc oxide or Mexoryl SX). If you like the convenience that
Coppertone Sport provides, experts suggest using one of the SPF 50, 70 or 100 formulas, all of which contain avobenzone.
Best Sunscreen — Ready for Summer? (Cont’d)

Many spray-on sunscreens contain potentially irritating alcohol. One exception is Kinesys Performance Sunscreen Spray Fragrance Free SPF 30 (*Est. $19 for 4 oz.). Begoun says that it has a silky texture and provides reliable protection. The formula is very water- and sweat-resistant, making it a great option for outdoor athletes. Although manufacturers say this is a good option for those with sensitive skin, experts say that mineral-based more natural-sunscreen ingredients (titanium dioxide and zinc oxide) are better suited to sensitive skin than the chemical actives contained in Kinesys. It relies on avobenzone, octinoxate, octocrylene and octisalate for broad spectrum protection. The formula also contains the antioxidant vitamin E.

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<tr>
<th>Activity</th>
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<tr>
<td>Yoga Class</td>
<td>Ongoing – registration fee required</td>
<td>Contact Caryn Vorsas to sign up 903-877-7294. All classes taught on campus after 5pm.</td>
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<tr>
<td>Step Into Fitness</td>
<td>Monday &amp; Wednesday 4:30 – 5:30 pm. Where: Biomedical Auditorium No fees involved – Participation Waiver is required. Contact – Yolanda Moore ext. 7594</td>
<td>“Step” fitness is a positive, fun, low impact, energetic alternative to fitness promoting a much healthier employee &amp; lifestyle. In fact, some individuals have been able to totally turn around a family history of potential disease through “Step” fitness. “Step” fitness is more or less low impact aerobics/stepping any person of any age group can do it.</td>
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<tr>
<td>Aerobics</td>
<td>Tuesday &amp; Thursday 5:30 – 6:30 pm. Where: South Cafeteria Conference Room Contact – Darlene 903-877-1210 or Irene at 903-877-1220</td>
<td>Aerobics is here and it’s FREE! We are having Aerobic classes here at UTHSCT on Tuesdays and Thursdays from 5:30 to 6:30 pm. We are excited about offering this as part of the many wellness classes that are currently taking place. Several of us were part of the Gospel Aerobics class in Tyler and after the instructor had to leave, we elected to continue our class. So here we are! More importantly, we are doing it for health reasons. It’s a great way to get in shape; relieve stress; lower cholesterol &amp; high blood pressure; along with the many other health benefits associated with Aerobics. We are starting off with a low impact aerobics; at your own pace. We laugh and have fun! So come on out and enjoy the fun!</td>
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<tr>
<td>Blue Star Café’ &amp; Grill</td>
<td>Cafeteria</td>
<td>Check out the New Items that have been added to help assist “The Biggest Loser Teams” with their goals. Nutritional Information is provided.</td>
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Beef & Potato Salad With Smoky Chipotle

WebMD Recipe from EatingWell.com

This salad can be served as an appetizer, main dish or taco filling. Serve it with lime wedges, warm tortillas or tortilla chips.

Yield: 6 servings, about 3/4 cup each

Recipe Ingredients:

1. 12 ounces stew beef, (preferably from the chuck), cut into 1-inch cubes
2. 2 cloves garlic, chopped
3. 1 teaspoon salt
4. 3 medium boiling potatoes, peeled and cut into roughly 1/2-inch pieces
5. 3 tablespoons cider vinegar
6. 1 small red onion, cut into 1/4-inch pieces
7. 3 tablespoons extra-virgin olive oil
8. 2-3 tablespoons finely chopped canned chipotle chile in adobo sauce
9. 1 ripe medium avocado, cut into 1/4-inch pieces

Recipe Steps:

1. Bring 1 quart water to a boil in a medium saucepan. Add beef, garlic and salt. When the water returns to a boil, reduce the heat to medium-low. Skim off the foam that rises during the first few minutes of simmering. Partially cover and simmer until the meat is fall-apart tender, about 1 hour. Remove the meat to a plate with a slotted spoon; let cool.

2. Add potatoes to the meat broth (if there isn’t enough to cover them, add water) and simmer over medium heat until tender, 13 to 15 minutes. Scoop the potatoes into a medium bowl with a slotted spoon. Sprinkle with vinegar.

3. Coarsely shred the beef and stir it into the potatoes, along with onion, oil and chipotle to taste. Let cool to room temperature. Stir in avocado just before serving.

Recipe Nutrition:

Per serving: 245 calories; 15 g fat (3 g sat, 10 g mono ); 24 mg cholesterol; 15 g carbohydrates; 0 g added sugars; 13 g protein; 4 g fiber; 429 mg sodium; 458 mg potassium.

Nutrition Bonus: Zinc (21% daily value).

Carbohydrate Servings: 1

Exchanges: 1 starch, 1 1/2 lean meat, 2 fat
STAR Program
http://sharepoint/sites/HR/STAR%20Program%20Discount%20with%20ID/Forms/AllItems.aspx

The STAR Program is a discount program that was set up for employees to enjoy discounts when they present their ID Badges at any business on the list at the above SharePoint site. If you go to the Scanned Agreement Forms you can see the actual agreement form the business completed and the discount offered. We would love for our Discount Program to grow but to do that we need your help! If there is a place of business that you would like to see on the program just get the contact and mailing information to the Benefits Department (Tammye.mccollum@uthct.edu) or (Sherry.shipley@uthct.edu) and we will be happy to contact them in regards to participating in our program.

HR/Benefits Staff:

Georgia Melton (Assoc. VP of HR)                        Jeanette Turner (HR & Benefits Manager)
Ext: 7022                                               Ext: 7749

Sherry Shipley (Benefits Specialist II)                 Tammye McCollum (Benefits Analyst)
Ext: 7741                                               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.hcbttx.com/ut
Medco Health Prescription Plan
1-800-818-0155 or www.medco.com

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

Dearborn National (Long Term & Short Term Disability)
1-866-628-2606 or www.dearbornnational.com/ut

Teachers Retirement System of Texas
1-800-223-8778 or www.trs.state.tx.us

Employee Assistance Program (EAP)
903-530-6718 or www.johnhopkinsassociates.net

Delta Dental Premier
1-800-893-3358 or www.deltadentalins.com/universityoftexas
Superior Vision
1-800-507-3800 or www.superiorvision.com
Long Term Care
1-888-825-0353 or www.itcbenefits.com/uts

Dearborn National (Life Insurance & AD&D)
1-866-628-2606 or www.dearbornnational.com/ut
WebMD
www.webmdhealth.com/ut

RETIEMENT 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

STATUS CHANGES

Changes to your group insurance benefits can be made only if qualifying events occur. You have 31 days from the date of the event to notify your campus Benefits Office and change your benefit selections. If you do not make the changes during the 31-day Status Change Period, your changes cannot be made until the next Annual Enrollment which is in July, to be effective September 1.