



Health on the Move™

Benefits & Wellness Newsletter

December 2008
Issue 14

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Will you accept the challenge?

Just exercise 30 minutes a day,
5 days a week, for 6 weeks

To help you complete this challenge and make it easy to track your progress, all UT System Institutions have partnered with the Texas Round Up to celebrate our 2nd Annual UT System Physical Activity Challenge. The institution with the greatest participation based on headcount will be awarded the coveted "Traveling Trophy"!

Use the free online system, GetFitTexas! to keep a record of your progress. Follow the instructions on the screen to complete your registration. When you register select "Yes" under the questions "Are you a Texas state agency employee?" Then select the institution you represent. You will then be competing for the "UT System Physical Activity Challenge Traveling Trophy".

Challenge your family and coworkers to join as well.

2nd Annual UT System Physical Activity Challenge
starts on January 1st 2009 and ends on April 18th 2009.



Accept the challenge at
<http://www.LivingWell.utsystem.edu>



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

Hand-Washing – Best Defense Against Catching & Spreading Flu Virus

December 2-8 is National Hand-washing Awareness Week

By: www.webcrawler.com

December is the first official month of **flu season** so make sure to wash your hands; **hand-washing** is the best defense against catching and spreading influenza viruses. According to the [Centers for Disease Control and Prevention \(CDC\)](#), approximately 5% to 20% of U.S. residents get the **flu**, and more than 200,000 persons are hospitalized for flu-related complications each year.

National Hand-Washing Awareness Week is the first full week of December each year. According to the [Henry the Hand Website](#), the four principles of hand washing are:

- Wash your hands when they are dirty and before eating.
- Do not cough into your hands.
- Do not sneeze into your hands.
- Above all, do not put your fingers in your eyes, nose, or mouth.

The most common way that influenza viruses are spread is from person to person through respiratory droplets of coughs and sneezes (this is called "droplet spread"). This can happen when the droplets of a cough or sneeze from infected people are propelled (generally up to 3 feet) through the air and deposited on the mouth or nose of people nearby.

Flu viruses can also be spread when a person touches respiratory droplets on another person or an object and subsequently touches their own mouth or nose (or someone else's mouth or nose) before washing their hands.

For more information regarding the **flu** or **hand-washing**, visit healia.com.

 **Flu season hand washing Week**



National Drunk and Drugged Driving Prevention Month

December is National Drunk and Drugged Driving Prevention Month

By President George W. Bush

A Proclamation by the President of the United States of America 2007

Accidents related to drunk and drugged driving claim the lives of thousands of Americans every year. During National Drunk and Drugged Driving Prevention Month we seek to raise awareness about the dangers of driving under the influence of alcohol or drugs and encourage citizens to drive responsibly.

As a Nation, we must work together to prevent drunk and drugged driving on our roads. We can all play an important role by educating family members and friends about the devastating consequences of impaired driving and by insisting that they have a designated driver. Businesses, community organizations, and faith-based groups can promote substance abuse prevention and encourage alternative sources of transportation. By encouraging our fellow citizens to make responsible choices, we can help save lives.

My Administration is dedicated to strengthening efforts against drunk and drugged driving. We have partnered with communities across America to increase public awareness about this serious crime and prevent impaired drivers from putting themselves and others at risk. Through high-visibility enforcement operations, the Department of Transportation's National Highway Traffic Safety Administration is helping discourage individuals from drinking and driving. To take drug impaired drivers off the streets, the Office of National Drug Control Policy is working to give law enforcement officers the tools they need to detect when citizens are driving under the influence of drugs.

During National Drunk and Drugged Driving Prevention Month and throughout the year, we are reminded of the importance of driving free from the influence of alcohol and drugs. By working together, we can make our Nation's roadways safer for everyone.

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim December 2007 as National Drunk and Drugged Driving Prevention Month. I urge all Americans to make responsible decisions and take appropriate measures to prevent drunk and drugged driving.

IN WITNESS WHEREOF, I have hereunto set my hand this thirtieth day of November, in the year of our Lord two thousand seven, and of the Independence of the United States of America the two hundred and thirty-second.

GEORGE W. BUSH

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

Trust Your Typical Holiday Weight Gain

By: www.bcbstx.com/ut

If you heard a report this year that most people don't need to worry about putting on holiday pounds, we offer a caution before you dive into holiday celebration. You can throw research like that out the window if your past experience has proved different.

In the study, which appeared in the March 23, 2000 issue of *The New England Journal of Medicine*, nearly 200 men and women were followed pre-Thanksgiving to post-New Year's Day. The average holiday weight gain was only about one pound. The researchers concluded that the five pounds most people expect to gain is myth, not fact.

But you probably already know very well whether you gain weight over the holidays or not. We suggest paying more attention to that than to the research. You might be the five-pound exception rather than the one-pound rule, especially if you exercise less during winter months than during the rest of the year. But don't let assumptions about holiday eating and weight gain be a self-fulfilling prophecy. Here are some tips to keep off any extra pounds:

At Home:

- When making dips, use reduced-fat sour cream or low-fat yogurt.
- Instead of chips, serve whole-grain crackers or pita wedges.
- If you equate the holidays with baking, get together with friends and divvy up the jobs and treats. Package goodies right away for gift-giving, so you're not tempted.
- Chew gum while baking or cooking to keep from tasting food as you prepare it.
- Send home goody bags of leftover treats with family and guests.

At Parties:

- Don't go to parties hungry; eat a small, healthy snack before you go.
- Enjoy wine spritzers; they have half the calories of a glass of wine or other alcoholic drinks.
- Keep a glass in one hand and a napkin in the other; servers will be less likely to tempt you with hors d'oeuvres.
- Survey the entire buffet table ahead of time; that way you can make smart choices instead of sampling every dish.



Turkey Basics: Safe Cooking

By: www.bcbstx.ut.com



Roasting Instructions

Set the oven temperature no lower than 325° F. Preheating the oven is not necessary. Place the turkey on a rack in a roasting pan.

For safety and uniform doneness of the turkey, cook stuffing separately in a casserole. Use a food thermometer to check that the internal temperature of the stuffing has reached 165° F.

If you choose to stuff a turkey, you must use a food thermometer to check the internal temperature of the turkey and the stuffing. The temperature of a whole turkey must reach 180° F in the innermost part of the thigh and the center of the stuffing must reach 165° F. If the stuffing has not reached 165° F, continue cooking the turkey until the stuffing reaches 165° F.

If the turkey has a “pop-up” temperature indicator, it is also recommended that a food thermometer be used to test in several places, including the innermost part of the thigh and the center of the stuffing.

When cooking only a turkey breast, the internal temperature should reach 170° F.

Many factors can affect the roasting time of a whole turkey:

- A frozen or partially frozen turkey takes longer to cook than a completely thawed turkey.
- A turkey will cook faster in a dark roasting pan.
- The depth and size of the pan can affect heat circulation to all areas of the turkey.
- The use of a foil tent for the entire cooking time can slow cooking.
- An oven cooking bag will shorten cooking time.
- A stuffed turkey will take longer to cook than an unstuffed turkey.
- Ovens may heat unevenly.
- The oven rack position can have an affect on even cooking and heat circulation.

Optional Steps

- Tuck wing tips back under shoulders of turkey.
- Add 1/2 cup of water to the bottom of the pan.
- A tent of aluminum foil may be placed loosely over the turkey for the first 1 to 1 1/2 hours, and then removed for browning. Or, a tent of foil may be placed over the turkey after the turkey reaches the desired golden brown.
- For quality, you may choose to let the turkey stand 20 minutes before removing the stuffing and carving.

Approximate Cooking Times

Time charts are based on fresh or completely thawed turkeys at a refrigerator temperature of 40° F or below. Frozen or partially thawed turkeys will take longer to cook. The cooking time for a frozen turkey will take at least 50 percent longer than the time recommended for a fully thawed turkey. These cooking times are guidelines only. Use a food thermometer to determine safe doneness.

Unstuffed

4 to 6 lbs. breast... 1 1/2 to 2 1/4 hrs.
 6 to 8 lbs. breast...2 1/4 to 3 1/4 hrs.
 8 to 12 lbs.....2 3/4 to 3 hrs.
 12 to 14 lbs.....3 to 3 3/4 hrs.
 14 to 18 lbs.....3 3/4 to 4 1/4 hrs.
 18 to 20 lbs.....4 1/4 to 4 1/2 hrs.
 20 to 24 lbs.....4 1/2 to 5 hrs.

Stuffed

8 to 12 lbs.....3 to 3 1/2 hrs.
 12 to 14 lbs.....3 1/2 to 4 hrs.
 14 to 18 lbs.....4 to 4 1/4 hrs.
 18 to 20 lbs.....4 1/4 to 4 3/4 hrs.
 20 to 24 lbs.....4 3/4 to 5 1/4 hrs.

Note: Turkeys purchased stuffed and frozen with the USDA or state mark of inspection on the packaging are safe because they have been processed under controlled conditions. These turkeys should not be thawed before cooking. Follow package directions for handling.

For further information, contact: USDA Meat and Poultry Hotline
 1-888-MPHotline (1-888-674-6854)
 1-800-256-7072 (TTY)
 Email: mphotline@fsis.usda.gov
 FSIS website: www.fsis.usda.gov

Cornbread Stuffing

By Weight Watchers

Vegetable oil spray
 3 cups crumbled cornbread
 2 cups chicken broth (low sodium)
 1 cup fat-free, no-salt-added cracker crumbs
 3 ribs celery, finely chopped (1 ½ cups)
 1 large onion, finely chopped (2/3 cup)
 Whites of 2 medium eggs
 1/2 teaspoon pepper, or to taste
 1/2 teaspoon dried sage or poultry seasoning

Preheat oven to 350 degrees. Lightly spray a 9-inch round or square baking dish with vegetable oil. In a large bowl, combine remaining ingredients, stirring well. Pour into baking dish. Bake, covered, for 45 minutes.

*Or stuff loosely in cavity of a 10-12 pound turkey just before roasting.

Yield: Makes 8 servings. 3 points per serving.

Nutrition information: Calories 178, Protein 6 g, Carbohydrates 28 g, Cholesterol 9 mg, Total Fat 4 g, Saturated 1 g, Polyunsaturated 2g, Monounsaturated 10 g, Fiber 2 g, Sodium 367 mg

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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