



Health on the Move™

Benefits & Wellness Newsletter

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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 6:15pm. The cost is \$30 per month. Contact Caryn Vorsas for more information at ext. 7293

Annual Enrollment is Fast Approaching!

By Tammye McCollum

Annual Enrollment is fast approaching us. It's that time of year to start looking at the benefits you currently are enrolled in and decide if you need to enhance them in any way. You will be able to make changes to your benefits during the month of July to be effective September 1, 2008. *With gas prices soaring and the cost of everything going up, we can be thankful our premiums will remain the same on all plans for 2009.*

Helpful hints:

- PayFlex is the only plan that requires you to re-enroll in every year and reelect the debit card every year. All other plans will remain the same if you don't make any changes to them.
- Evidence of Insurability (EOI) is required if you add anyone to your medical insurance, increase life insurance amounts, add short term or long term disability or add long term care. Be sure to complete the form on line and then print the form, sign and mail to the address on the top of the form postmarked by August 15th. If you are adding a dependent that has had continuous coverage through another plan, you will not need to complete the EOI, but you must contact your benefits office to furnish proof of coverage.
- If you are a new employee and your medical insurance was not in effect by June 1st, you will not see any medical coverage on UT Touch. Do not try to add the medical if it is not there. Contact your Benefits Office with any questions.
- Once you have made changes on UT Touch, you should receive a confirmation by email the next day. Please look closely at the confirmation to make sure all changes are on the letter. Contact your Benefits Office with any questions, ext. 7741.

Annual Enrollment Sessions will be on **July 7, 2008**. We will have our Insurance Vendors here to answer any questions you may have regarding your Benefits. Also we will have Bob Westmoreland here from Office of Employee Benefits.

Retiree Session	9am - 10am	BioMed Research Auditorium
Employee Session	1pm - 3pm	Hudnall Auditorium

UTHSCT Health Fair was a Big Success!

By Tammye McCollum

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!

Thanks to everyone, including our vendors who helped to make this year's Health Fair a great success. A lot of time and hard work went in to the preparation of the Health Fair and we appreciate all that the Health Fair Planning Committee did to make this such a great success. We would like to say a big thanks to our Lab who donated free Lipid Panel screenings this year. Approximately 111 of our employees took advantage of the free lab test and were able to discuss their results at the Health Fair with our Dietitians and Condition Management Team. We had approximately 25 booths at the Health Fair with 265 employees who actually signed in at the Health Fair. Be sure to check out the pictures from the Health Fair at:

<http://sharepoint/sites/infectioncontrol/default.aspx>

It's Never Too Late to Plan for Retirement!

Still haven't enrolled in one of the UT System Voluntary Retirement Programs? Don't forget that your participation in one of the mandatory programs (Teacher Retirement System or Optional Retirement Program) may not be enough to fund your living expenses in retirement. Contributing to one of the Voluntary Programs may help get you closer to your retirement goals.

Visit <https://www.aigretco.com/retireman/to enroll>.

Once you choose a contribution amount and Provider through the link above, work with your Provider directly to complete its application and to choose your investments.

Keep in mind that investing involves risk. The value of your investment will fluctuate over time and you may gain or lose money.

Approved Vendors:

AIG Retirement
Fidelity Investments
ING
Lincoln
Financial
MetLife Resources
TIAA- CREF



America on the Move

By Chris Taylor

America on the Move Foundation (AOM) is a national non-profit organization, with the goal of improving health and quality of life by promoting healthful eating and active living among individuals, families, communities and society. It's free and easy to register. Simply go to www.americaonthemove.org and sign up as an individual, a family, a team, a community or whatever works best for you.

Research shows that small, specific changes in food and physical activity behaviors can have a positive effect on health and effectively stop weight gain. AOM provides free web-based programs, tools, and resources to individuals, families, groups and communities of all types and sizes.

AOM Goals Include:

- Bringing scientists and non-scientists together from multiple disciplines in order to synthesize and stimulate new knowledge.
- Translating cutting-edge science into accessible information for easy use by individuals, groups and communities that can positively affect health behavior.
- Empowering individuals to take control of their health by making and sustaining small measurable changes to their daily eating and activity routines
- Encouraging public and private partnerships at the national, state and local level to build programs that reach individual and communities and support sustainable behavioral change.

AOM Tips of the Month:

Breakfast

Give your day a healthy start with these breakfast tips:

- Select nonfat or 1% milk instead of whole milk
- Use a small glass for your juice and a small bowl for your cereal
- Savor a bowl of bananas, berries, low-fat milk, and sugar substitute
- Substitute a no-calorie sweetener for sugar in your coffee, tea, and cereal
- Choose light yogurt made with no-calorie sweetener
- Substitute no-sugar-added jelly or jam for the sugar-rich varieties
- Spread your muffin, bagel, or toast with 2 teaspoons of fat-free or light cream cheese
- Split a bagel with someone, or wrap up the other half for tomorrow's breakfast
- Use a nonstick skillet and cooking spray in place of butter or margarine to prepare your eggs
- Try turkey sausage or Canadian bacon for less fat than regular
- Fill your omelet with onions, peppers, spinach, and mushrooms instead of cheese and meat
- Lighten up your omelet, frittata, or scrambled eggs by using 4 egg whites or 1/2 cup egg substitute
- Trade regular butter for light whipped or low-calorie butter substitute.



How Many Steps Do You Take in One Day?

By BCBS Website (*Natural Health, 7 Volume 32*)

Fitness researchers believe the more steps you take the more energy you'll have and the healthier you'll be. People who regularly rack up steps report feeling less fatigued and stressed and more productive than their sedentary counterparts, says Andrea Dunn, Ph.D., an exercise scientist at the Cooper Institute of Dallas. And a study in the *International Journal of Obesity* last year found that people who take 9,000 steps a day are more likely to be classified as normal weight, while people who take less than 5,000 are more likely to be classified as obese.

To see if a pedometer can really motivate people to get moving (and give them benefits like more energy) we recruited two readers and gave them pedometers to wear every day for three weeks. The first week was just meant to measure the cold, hard truth about how many steps they took on an average day. Over the next two weeks, we used tips from researchers Dunn and Catrine Tudor-Locke, PH.D., assistant professor of health promotion at Arizona State University in Mesa to help our testers increase their steps. Their ultimate goal was 10,000, the number many experts recommend for good health. Here's a look at how this device helped them boost their steps-and their energy levels.

One Week Prior – How Much Do They Really Walk?

Before starting our two-week plan, our readers needed to know how many steps they normally take. April Troy, 45, a director of special events and security in New York City, hadn't been walking much. After September 11, fearing another terrorist attack, she changed her usual route to work. Instead of walking several blocks to take the subway, she took cabs the entire 50-block distance. She discovered that a typical day gave her 4,500 steps, fewer than she'd imagined.

Our second reader, Donna Provenzano, 42, lives in suburban Randolph, N.J. with her husband and 12 year old son. Working part-time in the customer service department at a local store and establishing a new Boy Scout troop had left her too busy to exercise regularly. That first week she logged an average of 6,000 steps a day, but wondered how she would find the time to walk more than that.

Both women said they felt strangely invigorated by the reality check of measuring their steps. "I love having the pedometer on," Troy said. "I feel like I've got this little secret." And Provenzano saw a connection between inactivity and low energy. She spent her lowest day, 2,800 steps, sitting at her desk making phone calls. She'd felt busy and was exhausted at bedtime, but realized there's a big difference between being mentally active and physically active. As it turns out, this is a common experience. "A lot of people will feel busy, but that doesn't mean they're very physically active," says fitness researcher Tudor-Locke. At the end of the baseline week, both readers were eager to try increasing their number of steps.

Week One – Life Interferes

Reaching 10,000 steps seemed unattainable at first. A heat wave hit New York and New Jersey, sending temperatures into the mid-90s. Troy struggled, not just from the heat, but because a co-workers quit suddenly. She found herself working longer hours to compensate, which dashed her plan to walk after work. Her numbers stalled around 5,000 each day, although she'd set a goal for herself of 7,000 steps a day. In the office that Saturday after an already long week, she was stressed and left early for a walk. "After the walk, the stress had left me, and I just felt so much better," she said.

Our experts urged Troy not to be hard on herself. Tudor-Locke said it helps some people to take an average of their steps over the week 'so you can live with a day that's low,' she said. "You don't kick yourself if you miss one day." Instead, you try again the next day.

Sluggish from the humidity, Provenzano forced herself out of the house for 10-minute walks or brief sessions of yard work. Walking 30 minutes on the treadmill at the air-conditioned YMCA early in the morning also helped increase her numbers. As the week progressed, her energy levels soared. By Friday of that week, Provenzano broke 10,000 steps.

How Many Steps Do You Take? (Cont'd)

The Pedometers Pay Off

Troy increased her steps to over 10,000 steps a day. She discovered that a single walk had powerful mood-lifting effects. She was more energetic and positive on days she walked. Provenzano found she liked walking in the morning. She said that if she didn't walk in the morning she found herself rushing around trying to get her numbers up and that was more stressful. Little tricks for boosting your numbers (like pacing as you make calls, or using the stairs instead of the elevator) do add up, but they won't contribute to thousands of steps a day, they said.

How to Use a Pedometer to Get Moving

A pedometer reveals how active you really are. A quick glance at the digital readout can motivate you to walk more, experts say. In fact, many people develop friendly competitions with spouses or friends to see who can take more steps. That's good news, because the more you move, the more you'll see benefits like increased energy. Here's how to get started:

- **Buy a pedometer.** Select a model that only tracks steps. Fancier models that count calories or distance are notoriously inaccurate, says Andre Dunn, Ph.D. Expect to pay \$15 to \$30.
- **Wear it correctly.** Pedometers are designed to clip to your waistband or belt. To ensure an accurate count, wear the pedometer directly over your right or left hipbone, Dunn says. (One of our reader testers, Donna Provenzano, warned that the pedometer seemed less accurate on days when she wore high-waisted clothing like skirts.) Put it on as soon as you get dressed, and keep it on until you go to bed.
- **Establish a base line.** Without changing your habits, wear the pedometer for one week. Each night, jot down your step count and a few words about what you did that day. Did you spend the day at your desk? Walk to the post office? Pull weeds in the garden?
- **Figure out what stops you.** Look over your numbers for the week. "Come up with your own personal list of things that help or hinder you," explains Catrine Tudor-Locke, Ph.D. "Then start to do more of the things that help you, and start to reduce the things that hinder you" says Tudor-Locke.
- **Set good goals.** Many experts recommend that you aim for 10,000 steps a day (which is roughly five miles), but if that feels like too much, tailor your goal to your life: Take an average of your step counts during your base-line week add 3,500 steps, and make that number your daily goal, Tudor-Locke recommends. "The best goal is one that can be sustained," she says.
- **Avoid Step-Stealers.** To increase your steps, fight the temptation to use time savers like drive-through windows, elevators, or meal delivery services. Instead, park away from the bank's door and walk in, take the stairs, or walk around the corner to get lunch. Make a contingency plan for what you'll do when it's too rainy or too hot to walk outside. You might decide to go to the mall to walk, or use a treadmill. And look for ways to make time with loved ones more active. Instead of watching a video together, go bowling or visit a community festival.



Crab Cakes

<http://www.mrfood.com/recipe>

3/4 cup plain bread crumbs
 1/2 cup mayonnaise
 1 egg
 2 scallions
 2 tablespoons fresh lemon juice
 1 tablespoon Dijon-style mustard
 1 tablespoon chopped fresh parsley
 1 tablespoon Worcestershire sauce
 1 teaspoon Old Bay Seasoning
 2 cans (6-1/2 ounces each) lump crabmeat, drained and cleaned
 2 tablespoons butter

1. In a medium bowl, combine all the ingredients except the crabmeat and butter; mix well. Fold in the crabmeat, being careful not to break it up. Form into eight equal-sized patties.
2. In a large skillet, melt the butter over medium heat. Saute' the patties for 3 to 4 minutes per side, or until browned. Serve immediately. Makes 8 patties.

Options: Imitation crabmeat will work fine, too. And if you make smaller patties, you'll have a great patty appetizer. Serve them with tartar, cocktail, or mustard sauce for dipping.

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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