



## Annual Enrollment for Benefits

October 2009

### Benefits Enrollment—By the Numbers

Approximately 200,000 employees, retirees and dependents at UT System’s nine academic universities and six health institutions are enrolled in a benefits plan through UT System. Overall, the employee, retiree and dependent enrollment totals at UT System institutions continued to expand during the past year. The table below summarizes enrollment of all benefits eligible subscribers\* and dependents by plan type effective September 1, 2009, with enrollment increases/decreases (over September 2008 enrollment) noted in parentheses.

### Summary of Enrollment by Plan—September 2009

Group Insurance Plans	Subscribers* (Increase/Decrease from Sept. 2008)	Dependents (Increase/Decrease from Sept. 2008)	Total (Increase/Decrease from Sept. 2008)
UT SELECT Medical (Blue Cross and Blue Shield of Texas)	98,143 (+1,980)	73,494 (+2,652)	171,637 (+4,632)
UT SELECT Dental (Delta Dental)	64,742 (+1,673)	57,520 (+2,005)	122,262 (+3,678)
Dental HMO (Assurant)	12,284 (-72)	10,624 (-293)	22,908 (-365)
Vision (Superior Vision)	61,800 (+2,539)	54,009 (+2,376)	115,809 (+4,915)
Voluntary Group Term Life (Fort Dearborn Life)	51,382 (+989)	46,972 (-331)	98,354 (+658)
Voluntary AD&D (Fort Dearborn Life)	37,199 (-269)	41,622 (-357)	78,821 (-626)



<b>Short Term Disability (Fort Dearborn**)</b>	23,451 (+4,796)	n/a	23,451 (+4,796)
<b>Long Term Disability (Fort Dearborn**)</b>	38,457 (+2,762)	n/a	38,457 (+2,762)
<b>Long Term Care (CNA)</b>	5,720 (-80)	936 (+40)	6,656 (-40)
<b>UT FLEX Medical (PayFlex)</b>	19,639 (+1,292)	n/a	19,639 (+1,292)
<b>UT FLEX Dependent Care (PayFlex)</b>	2,534 (+47)	n/a	2,534 (+47)

\*Subscribers include employees (active and leave), retirees, surviving spouses, and COBRA participants

\*\*New disability plan administrator 9/1/09

**Benefits Reminder**

**Check Your September Paycheck!**

Check your first pay stub or earnings statement after September 1st carefully to ensure that your Annual Enrollment elections are accurate. If you discover an unintended Annual Enrollment benefits election due to administrative error, contact your Benefits Office immediately.

For more information on Annual Enrollment election errors, review the September 2009 "A Matter of Health" newsletter at

[http://www.utsystem.edu/benefits/newsletter/articles/09sep\\_ben.htm](http://www.utsystem.edu/benefits/newsletter/articles/09sep_ben.htm).



## Seasonal Flu and H1N1 Flu Vaccine

There is a significant amount of information in the media regarding the coming availability of the H1N1 (swine) flu vaccine as well as efforts at various institutions and throughout many communities to provide both seasonal flu and H1N1 flu vaccinations. The following information explains how UT SELECT members will be billed when receiving either a seasonal flu vaccine or H1N1 flu vaccine from a BCBS network provider.

It is our understanding that the H1N1 vaccine will become available in early – mid October. The H1N1 vaccine is being provided at no cost by the U.S. government; however, there is a charge for the administration of the vaccine. If a UT SELECT member receives the H1N1 vaccine from a BCBS provider, the member will pay for the cost of the administration of the vaccine, up to the cost of the office visit co-payment. Because the cost of the administration of the H1N1 vaccine ranges from approximately \$16-\$22, the UT SELECT member will generally pay an amount less than the co-payment amount. However, if other services are rendered while the UT SELECT member is receiving the H1N1 vaccine, then the visit will be billed as any other office visit and the full co-payment will be applied.

Because there is not a U.S. government paid program for the seasonal flu vaccine, the billing for this vaccine will be handled the same as in previous years. When a UT SELECT member seeks services from a BCBS provider, the seasonal flu vaccine will be billed as a regular office visit and the full co-payment will be applied.

We hope this information is useful for you as we move into the flu season.

### Resources:

- <http://www.flu.gov/>



## Take Advantage of National Save for Retirement Week

When it comes to saving for retirement, there is never a better time than today to assess your prospects toward meeting your goals. And with our nation's leaders declaring Oct. 18 through Oct. 24 as National Save for Retirement Week, you have a great opportunity.

Many experts predict that you will need from 80 to 100 percent of your pre-retirement income to maintain your lifestyle after retirement. As an employee of the University of Texas System, you already participate in either the Teacher Retirement System or Optional Retirement Program, which when combined with Social Security benefits will provide you with a foundation once you enter retirement. However, you will need to add your own retirement savings in order fill the gap between that retirement foundation and your actual needs. That is where the UTSaver 403(b) Tax Sheltered Annuity (TSA) and the UTSaver 457(b) Deferred Compensation Plan (DCP) can make the difference.

Trying to figure out just how to save for retirement?

- Cooking instead of eating out could save \$50.00 a month.
- Clipping and using coupons could save as much as \$16.00 a month.
- Renting movies instead of going to the cinema might save \$14.00 a month
- Bringing your lunch to work could net you \$40.00 a month.

Small steps to save money can quickly add up to thousands of dollars a year that could go into a tax-deferred savings account dedicated to making sure you live the kind of retirement you deserve.

So make sure to mark this National Save for Retirement Week by saving now - your retirement future starts today.



## Wellness Wise

October 2009

### 4 Healthy Habits That Cut Disease Risk: Study Shows People Who Follow 4 Habits Sharply Reduce Risk of Serious Disease

1. Don't smoke.
2. Get off the sofa and take a walk.
3. Stay away from the junk food.
4. Watch your waistline.

You may have heard the advice before. But did you know that if you follow all four of these healthy habits together, you could decrease your chances of developing some of the most common and deadly chronic diseases by nearly 80%?

Researchers reporting in this month's *Archives of Internal Medicine* analyzed the health, lifestyles, and diet of 23,513 German adults 35 to 65 years old, starting in the mid-1990s. The study showed that those who had more healthy habits were much less likely to get diseases such as cancer, diabetes, and heart disease .

The analysis included a detailed look at each person's body weight and height , disease background, food frequency, and how well they followed these four healthy lifestyle habits over the eight-year study period:

- Never smoked
- Exercised at least 3.5 hours per week
- Maintained a body mass index (BMI) under 30
- Followed a diet high in fruits, vegetables, and whole-grain breads, and limited in meats

Most of the people in the study had at least one healthy habit; only 9% said they followed all four.

After adjusting for risk factors that might influence the development of disease, the researchers learned that those who followed all four healthy habits had a 78% lower risk of developing a chronic condition such as diabetes, cardiovascular disease, or cancer compared to those who reported none of the healthy habits.

Specifically, in the study, all four of the healthy habits combined were linked to a:

- 93% lower risk of type 2 diabetes
- 81% lower risk of heart attack



- 50% lower risk of stroke
- 36% lower risk of cancer

Researchers say it's important to adopt and teach healthy habits early in life. Their findings "reinforce current public health recommendations to avoid smoking, to maintain a healthy weight, to engage in physical activity appropriately and to eat adequate amounts of fruits and vegetables and foods containing whole grains and to partake of red meat prudently," study author Earl S. Ford, MD, MPH, of the CDC, and colleagues write.

The following habits may help you lower your risk of developing chronic diseases. They are listed in order of largest to smallest impact on disease risk, as determined by the recent study.

1. Maintain a healthy weight. Your body mass index should be lower than 30.
2. Never smoke. (But if you already do, you should quit.)
3. Get at least 3.5 hours of exercise every week.
4. Follow a healthy diet. Ask your doctor for recommendations.

**Source:**

Kelli Miller Stacy- WebMD Medical News  
Reviewed by Louise Chang, MD

## Take the First Step to better Health!

Shifting your habits to live a healthier life can be a very daunting challenge. The Living Well Health Manager, powered by WebMD, Lifestyle Improvement Programs gives you access to a variety of personalized, self-paced health improvement programs that can help you address many of the less healthful habits that people commonly struggle with. From managing your weight, quitting smoking, or even reducing stress – you'll find a variety of different programs designed to inspire and reinforce positive behavior change. These tailored online programs combine proven methodology with privacy, security and convenience.

**FREE FEATURES AVAILABLE TO ALL UT SELECT MEMBERS:**

- **Exercise Lifestyle Improvement Program** helps you lose weight and improve overall fitness.
- **Weight Management Lifestyle Improvement Program** provides personalized eating plans based on your individual tastes.
- **Smoking Cessation Lifestyle Improvement Program** contains a self-paced, interactive program based on proven behavior change techniques.
- **Nutrition Lifestyle Improvement Program** provides tips, ideas, and meal planners that promote a healthy diet.



- **Stress Management Lifestyle Improvement Program** teaches you about how stress can affect your life and gives you tools and tips for managing and reducing the impact it has on your health.

Start Living Well – register online at [www.webmdhealth.com/ut](http://www.webmdhealth.com/ut) and complete your HQ now and enjoy all the benefits!

### OTHER KEY FEATURES

- **WebMD HealthQuotient (HQ)** helps you identify your personal health risks, provides recommendations for reducing those risks, and guides you towards easy-to-use tools to help make healthy lifestyle changes.
- **Symptom Checker** helps you determine if and when you should seek medical treatment.
- **WebMD Health Topics** gives you current, reliable information about specific health conditions you may want to learn more about.
- **WebMD Lifestyle Improvement Programs** gives you the support and tools you need to stop smoking, eat healthier, manage your weight, improve your fitness, and even manage stress.
- **Tracking Tools** allow you to chart your progress toward achieving specific health goals.

**The Living Well Health Manager, powered by WebMD** will be available to all **UT SELECT members** (you, your spouse and dependent over the age of 18) starting July 1, 2009, exclusively through the "Living Well Health Manager powered by WebMD web site at: [www.webmdhealth.com/ut](http://www.webmdhealth.com/ut).

**Get To Know Yourself.** The WebMD HealthQuotient (HQ) is one of the most powerful tools available to you through the new '**Living Well Health Manager, powered by WebMD**' online program. Just answer a few simple questions, and you'll receive detailed information about your personal health risk factors – along with a customized plan to help reduce or eliminate them. With HQ, your health isn't left up to fate. It's up to you.

HealthQuotient is available to you at no additional cost and is accessible within your 'Living Well Health Manager, powered by WebMD' web site. HQ gives you the information you need to stay one step ahead of potentially serious or chronic health problems.

Here's what you can expect when you complete your WebMD HQ:

- Receive a personalized health risk assessment, including a confidential report with "at-a-glance" summary and prioritized results.
- Obtain personalized recommendations to help reduce or eliminate your risk factors.
- Explore compelling "what if" scenarios to learn about the potential impact of changing certain lifestyle behaviors.



- Results can help you determine if you need intervention before a more serious condition may develop. Complete your HQ today!

To complete the WebMD HQ, go to [www.webmdhealth.com/ut](http://www.webmdhealth.com/ut).

### **Living Well Health Manager—Health Coaching**

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 in which can be accessed through the Living Well Health Manager site. 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. To complete the WebMD HQ, go to [www.webmdhealth.com/ut](http://www.webmdhealth.com/ut).

### **IMPORTANT:**

- Be assured that the information you provide in the WebMD HQ is completely confidential and will not be released to your employer.
- [Print flyer and share with your dependents and co-workers.](#)
- Security Q&A:
  - **Q:** Who will have access to personal health information entered into the Living Well Health Manager?  
**A:** All personal health information entered into the Living Well Health Manager will be accessible only through the specific member's personal page. The employer will not have access to individual data.
  - **Q:** How is the security, recording, and distribution of personal information provided through the Health Quotient handled?  
**A:** WebMD treats information at the highest security level. Any information provided to UT System will be on a group level, never tied to a specific individual. The Request for Proposal process used by UT System contains requirements for rigorous security measures that



WebMD had to meet before being selected as the vendor for these services. These rigorous security requirements apply to all vendors contracting with the Office of Employee Benefits due to the sensitivity of the information and HIPAA requirements. WebMD's privacy policy is available on all pages of the Living Well Health Manager for viewing. For more details, please visit

[https://www.webmdhealth.com/main/hi\\_ethics/hi\\_ethics\\_privacy.aspx](https://www.webmdhealth.com/main/hi_ethics/hi_ethics_privacy.aspx)

- **Q:** How will information be used in the future?  
**A:** UT System will use aggregate information from the Health Quotient to have a clear understanding on how to better support our UT SELECT members as a group based on the overall health risks that are identified. UT System Office of Employee Benefits will work with each institution to evolve their wellness initiatives in conjunction with overall UT System initiatives and based on aggregate data for their specific group.

*This information is provided by The University of Texas System, Office of Employee Benefits and is not intended to replace the medical advice of your doctor or health care provider. Please consult your health care provider for advice about a specific medical condition.*

## 4,000 reasons to quit smoking

A healthy lifestyle is the key to continued well-being. Changing your lifestyle for the better takes time and real effort. But, with the help of this program, you can do it. And it's worth it: Quitting tobacco can reduce your risk of heart disease and stroke and improve your self-esteem.

Did you know there are more than 4,000 individual chemicals that have been identified in tobacco and tobacco smoke? Among those are more than 60 chemicals that are known carcinogens (cancer-causing agents). Smoking is responsible for nearly one in five deaths in the United States.\* Because cigarette smoking and tobacco use are acquired behaviors—activities that individuals choose to do—smoking is the most preventable cause of premature death in our society.

Below you will find list of great resources/programs that are available to you. Don't do this alone, experts can help you kick this habit!

1. **Living Well Health Manager powered by WebMD: The Smoking Cessation Lifestyle Improvement Program.**

Learn more about making better choices for a healthier future. The readings and planners provide practical information and useful tips and tools for improving your health and well-being.



**To Enroll follow the below steps:**

1. Visit <https://webmdhealth.com/ut>
2. Log onto **Living Well Health Manager powered by WebMD**
3. Click on "Living Healthy" frm the top banner
4. Select "**Smoking Cessation Program**" from the drop down menu

**2. American Cancer Society Quitline.**

Quitting smoking isn't easy but it is a fight you can win. By using at least one of the ways listed below for your quit attempt, you can double your chances of being successful. By using more than one of the ideas listed below, you double your chances of staying quit for good!

- **Self help materials.** Self help materials are available to help you quit smoking, no matter where you are in the process. These materials can help you learn how to prepare for your quit attempt, develop strategies to help with cravings, and prevent relapse once you have quit. The self-help materials offer proven methods that are easy to follow and can keep your motivation high.
- **Support programs.** Support programs can be in a variety of forms – group smoking cessation programs, telephone counseling programs, or support groups. To learn about the options available in your community, contact the American Cancer Society 1-(800) QUIT-NOW or [www.cancer.org](http://www.cancer.org).
- **Telephone counseling.** Telephone counseling is a proven, confidential, counseling program completed by telephone that will support and help you stay focused on your reasons for quitting.
- **Nicotine replacement therapy (NRT).** Nicotine replacement therapy can relieve many of the nicotine withdrawal symptoms that occur when a person stops smoking. NRT can double a person's chance of successfully quitting. Talk to your doctor about a strategy that might work for you.

To learn about the **FREE** options available in your community, contact the American Cancer Society **1-800-QUIT-NOW, 1-800-784-8669** or [www.cancer.org](http://www.cancer.org)

**3. Kick the Habit! FREE UT SELECT Quit Tobacco Support Program now!**

Quitting cigarette smoking and tobacco use takes desire, determination and support. That's why UT SELECT has developed a free program that can help members who are ready to take steps toward this major lifestyle change. [Read more about this free program available to all UT SELECT members \(PDF\)](#).

- *Ask A Life Coach* to get support and answers to your smoking-related questions
- Use *My Charts* to track your progress along the way
- Save data and view graphs in *Wellness Tools* for more detailed information about your success



### To Enroll follow the below steps:

1. Visit <http://bcbstx.com/ut/>
2. Log onto Blue Access
3. Select Personal Health Manager
4. From there you can go to: *Ask A Life Coach, My Charts* and/or *Wellness Tools*

### Supplemental Programs:

2. **UT SELECT** offers coverage for any smoking cessation prescription drug products including, but not limited to, nicotine gum and nicotine patches, except as may be provided under the Prescription Drug Program. For more information view the [UT SELECT Health Plan Guide \(PDF\)](#), pages 9 and 12.
3. **Use UT FLEX** for Smoking Cessation Programs "Medical Expense Reimbursement". More information go to UT FLEX <http://www.utflex.com>.
4. **U.S. Department of Health & Human Services.** [Tools and Resources](#).



## Healthy Recipe of the Month

October 2009

### Super Easy Winter Recipes

You open the front door after a long day at school or work and a cold drive home, and it hits you: the wonderful smell of a winter dinner wafting toward you, just as your body starts to feel the comfort of a warm house. The smell of a savory casserole baking in the oven, or a stew with herbs and spices simmering on the stove -- those are some of the best moments of winter. With all that in mind, I've put together a collection of easy winter recipes for delicious dinners.

Among these easy dinner recipes for winter are several casserole recipes. One recipe features pasta; another, beans; and a third, potatoes. You'll also find recipes for a tomato-based soup and a stove-top steak, in case you feel like having a nice, lean steak at a time when barbecuing outside is out of the question. And the best news? All are healthier than the standard versions of these comfort foods.

In winter, some produce items might not be available or affordable, but fear not. Frozen vegetables will generally work well in these winter recipes. And as far as fruits go, choose from pears, apples, avocados, cranberries, grapes, oranges, and kiwi to complement your winter dinner.

#### Chicken O'Brien Casserole

Just buy a rotisserie chicken at the supermarket, and you can easily have your three cups of shredded skinless, boneless chicken.

#### Ingredients:

- 2 pounds frozen O'Brien potatoes (about 8 cups), partially thawed
- 1 1/2 cups fat-free or light sour cream
- 1 cup chopped sweet onions or green onions (use the white and part of the green)
- 10 3/4-ounce can Healthy Request condensed cream of chicken soup
- 1/2 cup fat-free half-and-half (or substitute low-fat or nonfat milk)
- 2 cups shredded, reduced-fat sharp cheddar cheese
- 3 cups shredded, roasted chicken breast and thigh (skinless, boneless)
- 1/2 teaspoon salt (optional)
- 1/2 teaspoon pepper
- 2 ounces baked potato chips, coarsely crushed (or use Light Ruffles)

#### Preparation:



1. Preheat oven to 350 degrees. Generously coat the inside of a 13 x 9-inch baking dish with canola cooking spray.
2. In large mixing bowl, combine all ingredients except potato chips. Spread mixture into prepared dish; top with the crushed potato chips.
3. Bake, uncovered, for about 30 minutes, until casserole is lightly brown and bubbling.

**Yield:** Makes 10 entree servings

**WebMD Weight Loss Clinic members:** Journal as 1 portion frozen dinner light OR 1 cup "hearty stew" + 1 ounce low-fat cheese OR 1 serving lean meat with sauce

**Nutrition Information:** Per serving: 280 calories, 22 g protein , 30 g carbohydrate, 8 g fat, 3.7 g saturated fat, 58 mg cholesterol , 3 g fiber, 350 mg sodium. Calories from fat: 26%.

### No-Boil Sun-Dried Tomato Pesto Lasagna

Preparation goes fast with this no-boil recipe.

#### Ingredients:

- 15 ounces low-fat or part-skim ricotta cheese
- 2 cups shredded, part-skim mozzarella cheese (divided use)
- 1/2 cup shredded Parmesan cheese
- 1/2 cup egg substitute
- 2 tablespoons sun-dried tomato pesto (from a jar) or finely chopped sun-dried tomato (from a jar)
- 1/4 teaspoon ground black pepper
- 1/2 cup prepared pesto (such as Armanino pesto, found in the frozen Italian food section)
- 1/2 cup low-fat milk or fat-free half-and-half
- 3 cups shredded or finely diced roasted turkey breast (or use chicken breast)
- 1/2 cup chopped green onions (the white and part of the green)
- 2 cups marinara sauce from a jar, such as basil and garlic marinara (divided use)
- 9 whole-wheat blend lasagna strips (about 9 ounces)
- 1 cup shredded, part-skim mozzarella cheese

#### Preparation:

1. Preheat oven to 350 degrees. In a medium bowl, combine ricotta cheese, 1 cup of the mozzarella, the Parmesan, egg substitute, sun-dried tomato pesto (or sun-dried tomato), and black pepper and set aside. In another medium bowl, combine the 1/2 cup of regular pesto with the milk or half-and-half. Stir in turkey or chicken breast and green onions.



2. Spread 1 cup of the marinara sauce on bottom of 13 x 9-inch baking dish. Arrange 3 uncooked lasagna noodle strips evenly on top of sauce. Spread another cup of marinara sauce over the noodles. Top with half the ricotta cheese mixture (you can use two small spoons to drop small spoonfuls over the top). Arrange 3 more uncooked lasagna noodle strips in the pan, and spread the turkey-pesto mixture evenly over the top.
3. Arrange last 3 uncooked lasagna noodle strips over the turkey-pesto mixture and spread the remaining ricotta cheese mixture over the top. Cover with foil; bake for 50 minutes.
4. Remove foil, sprinkle 1 cup of mozzarella cheese over the top and bake uncovered for 10-15 minutes, or until hot and bubbly. Let stand 10 minutes before cutting.

**Yield:** Makes 12 servings

**WebMD Weight Loss Clinic members:** Journal as 1 portion frozen dinner light + 1 ounce low-fat cheese OR 1 cup hearty stews + 2 ounces low-fat cheese OR 1 serving lean meat without added fat + 1/2 cup starchy foods with 1 tsp. fat maximum

**Nutrition Information:** Per serving: 292 calories, 26 g protein, 24 g carbohydrate, 10 g fat, 5 g saturated fat, 56 mg cholesterol, 3 g fiber, 463 mg sodium. Calories from fat: 31%.

### Cheeseburger Chili Pie

This is basically a higher-fiber, lower-fat rendition of the famous Betty Crocker Impossibly Easy Cheeseburger Pie. If you don't want to use beans in this recipe, delete them and increase the ground beef to 1 pound.

#### Ingredients:

- 1/2 pound extra-lean ground beef (or substitute ground turkey or soy crumbles) 1 cup chopped sweet yellow or white onion
- 1 cup canned kidney beans, rinsed and drained
- 1 teaspoon chili powder
- 1/2 teaspoon ground pepper
- 1 cup shredded, reduced-fat sharp cheddar cheese (or substitute reduced-fat Jack or medium cheddar)
- 1/2 cup Heart Smart Bisquick
- 1 cup fat-free half-and-half (or substitute low-fat or nonfat milk)
- 1 large egg (use a higher omega-3 brand, if available)
- 1/4 cup egg substitute
- 2 ripe tomatoes, sliced



### Preparation:

1. Preheat oven to 400 degrees. Coat the inside of a 9-inch deep-dish pie plate with canola cooking spray.
2. In a nonstick frying pan coated with canola cooking spray, cook ground beef (breaking it up into bits as it cooks) with onions over medium-high heat, stirring occasionally, until beef is browned (about 5 minutes). Stir in kidney beans, chili powder, ground pepper, and shredded cheese. Spread mixture into prepared pie plate.
3. In mixing bowl, combine Bisquick, half-and-half, egg, and egg substitute with whisk, fork, or mixer until blended. Pour mixture into pie plate over the beef and bean mixture.
4. Bake about 25 minutes or until knife inserted in center comes out reasonably clean.

**Yield:** Makes 6 servings

**WebMD Weight Loss Clinic members:** Journal as 1 portion frozen dinner, light, OR 1 cup "hearty stews, chili, bean soup"

**Nutrition Information:** Per serving: 236 calories, 19 g protein, 22.5 g carbohydrate, 8 g fat, 4 g saturated fat, 73 mg cholesterol, 3.2 g fiber, 508 mg sodium. Calories from fat: 30%.

### Pasta Fagioli (Hearty Soup with Meatballs, Whole-Wheat Pasta, and Beans)

I like to use Trader Joe's Meatless Meatballs for this recipe. The soy-based meatballs are tender and take on the flavor of the dish well.

### Ingredients:

- 1 tablespoon olive oil
- 1 yellow, white, or sweet onion, coarsely chopped
- 2 teaspoons minced or chopped garlic
- 2 cups bottled marinara sauce or canned tomato sauce
- 4 1/2 cups chicken or vegetable broth
- 8 ounces dried whole-wheat pasta (like Rotelle); should be about 2 1/2 cups, depending on the shape
- 1 1/2 teaspoons dried parsley flakes
- 3/4 teaspoon dried basil
- 3/4 teaspoon dried oregano
- 15-ounce can dark kidney, white (cannellini), or navy beans
- 10 to 12 ounces prepared meatballs of your choice (lean beef, lean ground turkey, or vegetarian), thawed if frozen
- 1/4 cup shredded Parmesan cheese



### Preparation:

1. In a large, nonstick saucepan or stockpot, saute onion in olive oil over medium-high heat for about 5 minutes, stirring often. Stir in garlic and continue to cook for another minute. Stir in marinara sauce, broth, pasta, parsley, basil, oregano, and beans.
2. Cover pot and let soup boil for about 5 minutes. Reduce heat to simmer, add pre-cooked meatballs. Cover pot and cook for 45 minutes, or until pasta is al dente.
3. Ladle soup into individual bowls. Garnish each with a scant tablespoon of shredded Parmesan cheese.

**Yield:** Makes 6 servings

**WebMD Weight Loss Clinic members:** Journal as 1 1/2 cups "hearty stews, chili or bean soup" OR 1 portion frozen dinner light + 1 slice bread

**Nutrition Information:** Per serving: 340 calories, 22 g protein, 48 g carbohydrate, 7 g fat, 2 g saturated fat, 4 mg cholesterol, 11 g fiber, 1077 mg sodium. Calories from fat: 19%.

### Brandied Pepper Stove-Top Steak

If you want to ignite the brandy over the steak, you'll need plenty of clearance above your stove -- the flame shoots up about 3 feet. If you don't have that kind of space, you can just skip that step.

### Ingredients:

- 1 top round steak or London broil (about 1 1/2 pounds), free of visible fat, and about 1-inch thick
- 1 teaspoon coarse salt
- 2 teaspoons coarsely ground black peppercorns or fresh-ground black pepper
- 2 teaspoons canola oil
- 1 tablespoon whipped butter (salted or unsalted)
- 1/2 teaspoon dried sage
- 1/2 teaspoon dried thyme
- 1 teaspoon finely chopped rosemary
- 1/2 cup fat-free half-and-half
- 1/4 cup brandy

### Preparation:

1. Season both sides of steak with salt and pepper; firmly press seasonings into steak.



2. In large, nonstick saucepan or stockpot, over medium-high heat, begin heating canola oil. Add steak and sear (without disturbing it) for 7 minutes. Flip steak over; sear other side for another 7 minutes.
3. Meanwhile, in small, nonstick saucepan, melt butter, sage, thyme and rosemary over medium heat. Continue to heat and stir mixture until the butter is no longer foamy and has turned golden brown. Stir in fat-free half-and-half and set aside.
4. When steak has finished cooking, carefully pour the brandy over the steak. Turn off heat.
5. If you have plenty of clearance over your stove, complete the following step: While standing way back, ignite the brandy with a foot-long match. After about 5 seconds, the flames will die down. Remove the steak from the pan and place on a serving plate.
6. If you don't have enough clearance over your stove, just pour the brandy over the steak but don't ignite it.
7. Turn the heat back on to medium. Add the herb and fat-free half-and-half mixture to the saucepan in which the steak was seared, scraping up any bits sticking to the bottom of the pan. Simmer mixture for about 1 minute. Add any juices that have accumulated under the steak on the serving plate to the brandy cream sauce.
8. Cut steak into slices. Serve with brandy cream sauce.

**Yield:** Makes about 5 servings

**WebMD Weight Loss Clinic members:** Journal as 1 serving lean meat with sauce

**Nutrition Information:** Per serving: 255 calories, 32 g protein, 2 g carbohydrate, 9.5 g fat, 3.4 g saturated fat, 71 mg cholesterol, 0 g fiber, 556 mg sodium. Calories from fat: 33.5%.

### Source:

- [Living Well Health Manager powered by WebMD](#)
- Recipes provided by Elaine Magee; © 2009 Elaine Magee
- Elaine Magee, MPH, RD, is the "Recipe Doctor" for the WebMD Weight Loss Clinic and the author of numerous books on nutrition and health. Her opinions and conclusions are her own.

### Resources:

- **Living Well Health Manager, powered by WebMD.**  
We know good health is important to you and your family. That's why effective July 1, 2009, the University of Texas System will offer you a great new resource called the '**Living Well Health Manager, powered by WebMD.**' This personalized health information resource gives you and your family\* free and easy access to the information you need to make smart choices about your health. From providing critical information about preventing or managing serious



disease – to developing a personalized health improvement plan – you'll find a variety of powerful and easy-to-use tools from one of the most trusted sources of health and medical information – WebMD!

*\*Program available to all UT SELECT members (Employees, Retirees, Dependents (over the age of 18), Surviving Spouses and COBRA participants).*

### KEY FEATURES

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- **Symptom Checker** helps you determine if and when you should seek medical treatment.
- **WebMD Health Topics** gives you current, reliable information about specific health conditions you may be interested in.
- **WebMD Lifestyle Improvement Programs** gives you the support and tools you need to stop smoking, eat healthier, manage your weight, improve your fitness, and even manage stress.
- **Tracking Tools** allow you to chart your progress toward achieving specific health goals.

**The Living Well Health Manager, powered by WebMD** is available exclusively through the "Living Well Make it a Priority" web site at:

[www.webmdhealth.com/ut](http://www.webmdhealth.com/ut).

**Get To Know Yourself.** The WebMD HealthQuotient (HQ) is one of the most powerful tools available to you through the new '**Living Well Health Manager, powered by WebMD**' online program. Just answer a few simple questions, and you'll receive detailed information about your personal health risk factors – along with a customized plan to help reduce or eliminate them. With HQ, your health isn't left up to fate. It's up to you.

HealthQuotient is available to you at no additional cost and is accessible within your '**Living Well Health Manager, powered by WebMD**' web site. HQ gives you the information you need to stay one step ahead of potentially serious or chronic health problems.

Here's what you can expect when you complete your WebMD HQ:

- Receive a personalized health risk assessment, including a confidential report with "at-a-glance" summary and prioritized results.
- Obtain personalized recommendations to help reduce or eliminate your risk factors.
- Explore compelling "what if" scenarios to learn about the potential impact of changing certain lifestyle behaviors.
- Results can help you determine if you need intervention before a more serious condition may develop. Complete your HQ today!

## A MATTER OF HEALTH

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To complete the WebMD HQ go to [www.webmdhealth.com/ut](http://www.webmdhealth.com/ut).

- **IMPORTANT:**

- Be assured that the information you provide in the WebMD HQ is completely confidential and will not be released to your employer.

***This information is provided by The University of Texas System, Office of Employee Benefits and is not intended to replace the medical advice of your doctor or health care provider. Please consult your health care provider for advice about a specific medical condition.***



## Featured Resources

October 2009

### Living Well Health Manager, Powered by WebMD

We know good health is important to you and your family. That's why Effective July 1, 2009, the University of Texas System will offers you a great new resource called the **'Living Well Health Manager, powered by WebMD.'** This personalized health information resource gives you and your family free and easy access to the information you need to make smart choices about your health. [Learn how to begin living up to your potential.](#)

### Top Questions to Ask Your Doctor

We believe that an understanding of the relationship between health and cost of care and better communication with your doctor will ultimately increased use of self care practices. Below we have listed several top modifiable/preventable conditions with questions to ask your doctor:

- [Blood Pressure](#)
- [Cholesterol](#)
- [Diabetes](#)
- [Depression](#)
- [Metabolic Syndrome](#)

To view and print these top questions go to <http://www.livingwell.utsystem.edu/myhealth.htm#drQ>