



Insurance Insights

December 2008

Your Benefits/Your Money: Stretch Both with Generic Medications

Prescription drugs can be costly, especially for those who suffer from chronic illnesses. One way to save money on out-of-pocket costs for your prescriptions is to use generic medications whenever clinically appropriate, instead of brand-name drugs, which can be more costly.

Food and Drug Administration (FDA) approved generics are bioequivalent of their brand-name counterparts. That means they have the same effect on the body as brand-name medications. Generic drugs must meet the same strict FDA standards for quality, strength, purity, stability and safety as brand-name drugs.

Facts about generics

- Generic drugs typically cost 30 to 80 percent less than their brand-name counterparts. Many plans charge lower co-payments for generics.
- Even when your doctor writes a prescription for a brand-name drug, your pharmacist can fill your prescription with a generic equivalent, as long as the doctor has not checked the “dispense as written” box on the prescription.

UT SELECT Pharmacy Benefits

Your pharmacy benefits under UT SELECT are administered by Medco Health Solutions (Medco) and require a \$50 annual deductible per person, per plan year. Your prescription drug program offers three different benefit levels based on the drug category and allows you to utilize both retail pharmacies and the mail order pharmacy.

As outlined in the table below, generic medications are available for the lowest copayment at both the retail and the home delivery pharmacy.



UT SELECT Pharmacy Benefits

Access Options	Generic Drug Copayment	Preferred Drug Copayment	Non-Preferred Drug Copayment
Annual Deductible	\$50/person/year (Deductible does not apply to medical plan deductible)		
Retail Network Pharmacy: Up to a 30-day supply*. Refills allowed as prescribed. (Good option for new prescriptions)	\$10	\$30	\$45
Home Delivery Pharmacy: Up to a 90-day supply*. Refills allowed as prescribed. Best option for maintenance medication)	\$20	\$75	\$112.50

To identify if savings opportunities are available to you through generic medication options, log onto Medco's My RX Choices® web site to:

- View a single presentation of medications with potential savings;
- Comparison-shop for available lower-cost alternatives;
- Use the "with-a-click" option to have Medco contact physicians on your behalf to request approval for equivalent conversions received through mail; and
- Review options with your doctor and request prescriptions for lower-cost alternatives.

My Rx Choices® can be accessed via the web (www.medcohealth.com) or through Medco's toll-free service line (1-800-818-0155).

***Generic Drugs** are medications sold under a standard name that by law must have the same active ingredients and are subject to the same U.S. Food and Drug Administration (FDA) standards for quality, strength and purity as their brand name counterpart. Generic drugs usually cost less than brand name drugs.

***Preferred Drugs** are a list of brand name medications preferred for their clinical effectiveness and opportunities to help contain participant and plan costs. The list of preferred medications is available on the Medco web site (listed at the end of this section).

***Non-Preferred Drugs** are brand name medications that are not on the Preferred Drug list because there are effective and less expensive alternatives available. These medications require the highest copayments.

****If you choose to purchase a Brand Name Drug when there is a less expensive Generic alternative, you must pay the difference between the cost of the Brand Name drug and the Generic drug plus the applicable Generic Copayment. This difference does NOT count toward your \$50 annual deductible per person per plan year.**



Medication Safety Tips for Travelers

The key to healthy, fun traveling is to plan ahead. This is particularly true if you are taking medications, which, though meant to keep you well, can actually pose health risks due to travel and exposure to sun.

Try these tips:

- **Always keep your medications on you.** Medications should always be kept in carry-on luggage to avoid the possibility of getting lost with checked baggage. Also, the extreme temperatures checked baggage is exposed to may decrease the effectiveness of some medication.

According to the Transportation Security Administration (TSA), air travelers may now carry liquids, gels and aerosols in their carry-on bag when going through security checkpoints. The TSA's "3-1-1" guidelines state:

- All liquids, gels and aerosols must be in three-ounce or smaller containers. Larger containers that are half-full or toothpaste tubes rolled up are not allowed. **Each container must be three ounces or smaller.**
- All liquids, gels and aerosols must be placed in a single, quart-size, zip-top, clear plastic bag. Gallon-size bags or bags that are not zip-top such as fold-over sandwich bags are not allowed. **Each traveler can use only one, quart-size, zip-top, clear plastic bag.**
- Travelers must remove their quart-sized plastic, zip-top bag from their carry-on and place it in a bin or on the conveyor belt for X-ray screening. X-raying separately will allow TSA security officers to more easily examine the declared items.
- **Always keep a list of your medications.** On the list, be sure to include specifics, such as the doses and why you take each medication.
- **Carry prescriptions in their original containers.** It may cause confusion if they are kept in unlabeled containers or bags.
- **Take precautions with sun-sensitive medications.** Some medications, such as benzoyl peroxide and ibuprofen, can cause a reaction when skin is exposed to the sun. Medications usually include instructions that will tell you to wear sunscreen or to stay out of the sun altogether.

For more information on traveling with medications, visit www.medco.com.

**Transportation Security Administration, "Make Your Trip Better Using 3-1-1."* Available at: <http://www.tsa.gov/311/index.shtm>.

For more information go to the
UT System Benefits Programs Website: <http://www.utsystem.edu/benefits/>



Retirement Corner

December 2008

Bear markets: painful, but not uncommon

- There have been 13 bear markets (periods when the stock market declines by 20% or more from peak to trough) since 1926, an average of one every six years.
- Down 43% in the past 12 months (October 2007 peak to October 2008 trough), the current downturn already ranks as the fifth worst bear market ever, just behind 1973-74 and 2000-02.
- However, the duration of the downturn so far is relatively short, only 12 months versus an average duration of 22.
- The duration is particularly brief compared to prior severe market drops associated with economic recessions. Recessions frequently accompany bear markets, coinciding with the five worst bear markets and nine of the 12 overall (prior to 2007).
- Bear markets accompanied by recession have tended to be longer, all but one lasting 14 months compared to eight months or less for the three bear markets without recessions. Official recession announcements are typically made well after a recession has begun; today, most economists believe the U.S. will slip into or has already entered a recession.

Distress breeds opportunity

Every bear market is different, and the beginning of a new bull market is only known with the benefit of hindsight. However, bear markets have inevitably given way to market rebounds.

The 12 months following bear market troughs have always seen well above-average performance, with one-year stock returns averaging nearly 46%.

Courtesy of Fidelity Investments, <http://personal.fidelity.com/misc/framesets/iw.shtml>



Historical U.S. Stock Bear Markets (1926-2008)

Peak	Trough	Duration (Months)	Bear Market Magnitude	Recession During Bear?	1-Yr Return After Trough
9/3/1929	7/8/1932	34	-86%	Yes	124%
3/10/1937	4/28/1942	61	-60%	Yes	59%
3/24/2000	10/9/2002	31	-49%	Yes	34%
1/11/1973	10/3/1974	21	-48%	Yes	38%
10/9/2007	10/10/2008	12	-43%	?	?
11/29/1968	5/26/1970	18	-36%	Yes	44%
8/25/1987	12/4/1987	4	-34%	No	23%
5/29/1946	6/13/1949	37	-30%	Yes	42%
12/11/1961	6/26/1962	6	-28%	No	33%
11/28/1980	8/12/1982	21	-27%	Yes	58%
2/9/1966	10/7/1966	8	-22%	No	33%
8/2/1956	10/22/1957	14	-22%	Yes	31%
7/16/1990	10/11/1990	3	-20%	Yes	29%
Average (excluding 07-08):		22	-39%	-	46%

Source: ISI, Bloomberg, National Bureau of Economic Research, HaverAnalytics, FMRCo. (MARE) as of 10/20/2008. Recessions are defined by the National Bureau of Economic Research.

All stock returns represented by S&P 500 Index returns. Past performance is no guarantee of future results. You cannot invest directly in an index. The S&P 500®, a market capitalization-weighted index of common stocks, is a registered service mark of the McGraw-Hill Companies, Inc. and has been licensed for use by Fidelity Distributors Corporation.

Investment decisions should be based on an individual's own goals, time horizon, and tolerance for risk. Past performance is no guarantee of future results.



Wellness Wise

December 2008

2nd Annual UT System Physical Activity Challenge

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"!

**2nd Annual UT System Physical Activity Challenge
begins on January 1, 2009 and ends on April, 18 2009.**

Read more about our physical activity challenge program at
http://www.utsystem.edu/benefits/Health/challenge/tx_roundup_09.htm

Holiday Depression: Tips for Coping

10 Ways to Spot and Avoid Holiday Depression

Along with mirth and joy, the holidays bring almost everyone a dose of seasonal stress – and for some the risk of depression. Obligations of travel, errands, and parties make a snowdrift of our schedules. Trying to keep up, millions of people will catch a mild case of the holiday blues.

For those who have suffered from significant depression, though, the demands of the holidays can look more like an Everest. The question becomes not "how to fit it all in?" but "how to get through it all?"

It may be comforting to know that the rate of serious depression doesn't seem to rise during the holidays. Visits to mental health providers are no higher in November and December than at other times of the year.

Still, a holiday depression is as serious as any other. Maybe you can't make it "the most wonderful time of the year." But it can still be a season that's healthy, even happy, for you. Take a look at these practical tips to keep holiday depression at bay.

1. Plan Ahead to Cope With Holiday Depression

If you think a holiday depression is coming on, the first thing is to acknowledge it. "Some people are in denial about their own depression," says Elaine Rodino, PhD, spokeswoman for the American Psychological Association. "Then suddenly they're in the midst of it, and get hurt by it."



What you can do: Look at your past history and take stock of your feelings heading into the holidays. If you expect the holidays to trigger a significant depression, the smart thing to do is to schedule a visit with your therapist or psychiatrist before more hectic days arrive.

2. **Make Time to Reduce Stress During the Holidays**

"During the holidays, the things that we do all year to manage our stress -- eating right, getting enough sleep, exercising -- it's a time when these things are the first to go," says Jerilyn Ross, MA, LICSW, president of the Anxiety Disorders Association of America.

What you can do: Consider what you normally do to stay balanced during the year. Then, "schedule those things in, just like a meeting or a visit," says Ross. "Even 15 minutes of 'alone time' before you meet the relatives can keep you grounded."

3. **Set Realistic Holiday Expectations**

Overblown expectations may be a main reason for depression at the holidays. "People are often baffled" by holiday depression, says Ross. "They think, 'It's the holidays, I should be happy, but I feel sad.'" Faced with seemingly out-of-place feelings, people may not know "how to react, how to feel." We typically feel obligated to follow the traditions in which we were raised, Rodino adds. As families change, some holiday traditions go by the wayside.

What you can do: Be realistic. Most things -- including holidays -- won't turn out perfectly -- so don't expect them to. As Ross puts it: "Take away the 'shoulds.'" "People don't realize they can change and make new traditions" if old ones can't be maintained, says Rodino. Maybe it's not possible to have the big get-together every year. Instead, "doing charitable work or taking a trip together" can become new family holiday traditions, she adds.

4. **Help Yourself Through the Holidays by Helping Others**

When did the holidays become all about shopping and spending? The greatest gift you can give this holiday season is your time to those less fortunate. "Besides being uplifting, charitable work takes you out of the glitz and glitter" of the holidays that can leave you feeling empty, says Rodino.

What you can do: Volunteer. Call the United Way, a church in your neighborhood, or the local soup kitchen. They and the people they serve will be grateful for your help. "This accomplishes two things: it gets you around other people, and you're doing something that feels good," says Thomas Wise, MD, professor of psychiatry at George Washington School of Medicine and spokesman for the American Psychiatric Association.

5. **Don't Believe the Holiday Hype**

During the holidays, we're bombarded with media images of "how we should feel and experience the holidays," says Wise. "Families being joyous" is a common



theme, he adds. You may start to feel that your real-life family doesn't measure up.

What you can do: Be skeptical. Remember that most "normal" families have fractures and friction around the holidays. Most of the TV imagery is intended to sell you an idea of the holidays -- with the hope you'll buy something else they're selling.

6. Consider Seasonal Affective Disorder

If you get depressed every winter, your holiday depression could be due to seasonal affective disorder (SAD). This condition affects millions of Americans and is related to the reduced exposure to sunlight in colder months. "The shortest periods of daylight are right around the holidays" in most of the U.S., says Wise.

What you can do: See your doctor to discuss your pattern of symptoms of depression. If seasonal affective disorder contributes to your holiday depression, light therapy could help, says Wise.

7. Don't Add Guilt to the Mix

Part of the reason the holidays are stressful if you're depressed, says Rodino, is "there's this requirement for happy moods." When considering social engagements, you may feel "doomed if you do and doomed if you don't," she adds. Avoiding friends and family feels bad, and so does attending a party where "everyone's being cheery and you just can't."

What you can do: Give yourself a break. If you're depressed, do what makes you feel good. "If you can't do it, you shouldn't feel guilty for it" and make the situation worse, says Rodino.

8. Reach Out for Support if You Have Holiday Depression

People without loving families nearby can feel especially lonely during the holidays. A holiday depression feels bad; having "no support system makes it even worse," says Wise. If you're feeling alone, it's important not to isolate yourself.

What you can do: Reach out to others and make a connection during the holidays. Offer to help organize a holiday meal or gathering with others who are away from family. Make the effort to call family and friends who are far away. Take a chance on inviting someone new into your social circle. It may feel difficult but will most likely help you feel better.

9. Defer Family Conflicts Until After the Holidays

Tensions are often high during the holidays, and nerves wear thin during family get-togethers. This might not be the best time to settle old scores.

What you can do: Resist the temptation to get drawn into arguments. Simply saying, "why don't we talk about that next week?" usually works. Bring the issue up again when holiday stress has eased.



10. **Get Treated if You Feel Depressed**

The highest priority of the holidays is your mental health. According to Wise, "if you start to feel hopeless and helpless, having trouble sleeping and concentrating" -- in other words, seriously depressed -- it's time to get professional help.

What you can do: Call your regular mental health professional, or your primary care doctor. "Christmas [and the holidays] can be quite a challenge" for someone who's depressed, says Wise. The good news: Holiday depression, like any other depression, is treatable.



Article Sources:

- Elaine Rodino, PhD, spokesperson, American Psychological Association;
- Jerilyn Ross, MA, LICSW, president, Anxiety Disorders Association of America;
- Thomas Wise, MD, professor of psychiatry at George Washington School of Medicine and
- Spokesman for the American Psychiatric Association.

Resources

- [Employee Assistance Program \(EAP\)](#), a benefit of your University of Texas System employment, which provides confidential, professional assistance to help you resolve problems that affect your personal life or job performance. It is designed to allow you to seek help when you need it, at no charge. The EAP can help with stress, depression, alcohol or drug problems, financial issues, interpersonal problems and much more. It also offers other services such as seminars, training and resource referrals.

Visit the [UT System EAP main page](http://www.utsystem.edu/benefits/Health/eap/homepage.htm) for a directory of all institutions' EAP (<http://www.utsystem.edu/benefits/Health/eap/homepage.htm>).

- **Online/Live (telephonic) Stress Management Program** provided by UT SELECT.
Relax and stay awhile Stress management tools from the Personal Health Manager Do you long to be laid back and stress-free? Take a deep breath, count to 10 and let the Personal Health Manager do the rest. You can compose your questions—and yourself—and get confidential, e-mail answers from a supportive life coach using the Ask A Life Coach feature. Or, turn to the Live Well section where you can equip yourself to deal with life's challenges, such as:

- Workplace issues
- Financial concerns
- Relationship and family matters

Visit the Personal Health Manager at Blue Access® for Members today—and stay with it to manage your stress. Learn more:

- Visit <http://bcbstx.com/ut/>
- Log onto Blue Access
- Select Personal Health Manager Icon
- From there select the Living Well Icon on the top center banner

Article Source:

- Elaine Rodino, PhD, spokesperson, American Psychological Association;
- Jerilyn Ross, MA, LICSW, president, Anxiety Disorders Association of America;



- Thomas Wise, MD, professor of psychiatry at George Washington School of Medicine and
- Spokesman for the American Psychiatric Association.

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.

Holidays the Healthy Way

The holidays are in full swing, which means lots of family, fun...and FOOD! But it doesn't have to mean extra pounds. Even holiday treats can fit into a healthy eating plan. The key is balance and moderation.

To avoid holiday weight gain, balance the calories you consume with the calories you burn. Physical activity and moderate food choices will help. The tips below are gifts you can give yourself and your family to maintain a healthy lifestyle.

Let the holiday spirit move you!

If you make your family time active, you will become healthier and have fun doing so. Be adventurous and try something new, but also choose something you enjoy.

- Stick to your regular exercise routine as much as possible. Especially during the holidays, plan your physical activity routine in advance (don't leave it up to chance). Mark it on the calendar and consider it as important as any other appointment. Get at least 30 minutes of [moderate intensity physical activity](#) daily, and more if possible.
- Cut back on your family's television viewing time. Limit the number of hours your children spend playing video games. Instead make a new holiday tradition. Take a brisk walk (or wheel) around the neighborhood to see the holiday decorations or grab your bike, walking shoes and head out to the nearest trails or national park.
- Play some backyard football or Frisbee with children and adults before the big holiday dinner or during football half-time.
- Dance or exercise to your favorite holiday music.
- Make a New Year's resolution with friends to start a daily walking group.
- Be physically active to avoid or relieve the holiday stress.

Healthy Holiday Eating

- Overcome the urge to overeat. Standing by the buffet table is temptation to overeat. Remember holiday parties are a time to celebrate with family and friends, not just food.



- It's easy to overindulge during the holidays. Make sure to watch portion sizes and select one or two of your favorites from the host of tempting foods.
- Leave those extra calories behind — limit your intake of foods high in fat or added sugar.
- If you drink alcohol, do so in moderation.

Holidays the Healthy Way

The holidays are a great time to enjoy a colorful variety of fruits and vegetables.

- Bowls of fresh fruit are a festive and sweet substitute for candy or chocolates.
- Remember calories add up! This is especially true during the holidays when we snack more. For a healthy snack, choose a piece of fresh fruit.
- You've tried the leftover turkey sandwich; now try the leftover turkey salad! Add a few pieces of turkey to a generous portion of mixed greens, cucumbers, mushrooms, peppers, or any other vegetables you like. Sprinkle with dried cranberries for that authentic holiday taste.
- Check out FruitsandVeggiesMatter.gov for great ideas to serve your guests a variety of fruits and vegetables!

A Present Packed with a Colorful Variety

- For a great holiday gift, try going to your farmer's market or grocery store and selecting fresh fruits and vegetables. Place all your tasty treats in a basket, and you have a present packed with tasty fruits and vegetables.

Holiday Cooking: Keeping it Safe!

- As the holidays approach we like to celebrate by entertaining friends and family, throwing parties, and preparing feasts. From the buffet table to the office party, food moves center stage throughout the holiday season. Be sure to keep food safe by following [basic food safety steps](#).

Article Sources:

- [Division of Nutrition and Physical Activity, National Center for Chronic Disease Prevention and Health Promotion](#)



Healthy Recipe of the Month

December 2008

Healthy Recipes for the Holidays

Eating well during holiday season is a bit like walking up a down escalator while everyone else is going down the right way—and they're gorging on delicious-looking bonbons at the same time. You're already struggling just to stay on track yourself, and now you have to contend with all those happy faces, most definitely bound for even more treats that you can't have.

The recipes we've gathered here will help you stay the course without missing all the fun. Some are easy weeknight choices, others are dressed-up enough for a special get-together. Of course you can have some of what they're having too, but these great sides, entrées, and (yes!) desserts will help you stay focused—and feel a lot better.

Butternut Squash Soup with Chestnuts

- 4 large shallots, chopped
- 1 medium carrot, chopped
- 1 celery rib, chopped
- 1 (15-ounce) can diced tomatoes, drained
- 3 large thyme sprigs
- 1 Turkish or 1/2 California bay leaf
- 2 tablespoons extra-virgin olive oil
- 1 1/2 pounds butternut squash, peeled, seeded, and cut into (1-inch) cubes (about 3 1/2 cups)
- 5 cups water
- 1/4 teaspoon grated nutmeg
- 12 bottled cooked chestnuts, chopped (1/2 cup)

Cooking Instructions:

1. Cook shallots, carrot, celery, tomatoes, thyme, and bay leaf in oil in a 4- to 5-quart heavy pot over medium-low heat, stirring occasionally, until softened, about 8 minutes.
2. Add squash, water, nutmeg, 1 teaspoon salt, and 1/4 teaspoon pepper and simmer, covered, until squash is very tender, 20 to 25 minutes. Discard thyme and bay leaf.
3. Purée soup in batches in a blender until smooth (use caution when blending hot liquids). Thin soup if desired and season with salt and pepper.
4. Ladle soup over chestnuts in bowls.

Yield: 6 (first course) servings



Nutrition Facts:

- Calories 290
- Fat 8g
- Saturated Fat 8g
- Carbohydrates 0g
- Protein 39g
- Sodium 119mg
- Fiber 0g

Rosemary-Ginger Chicken

Chicken is a classic candidate for roasting. In this version, start marinating the chicken at least two hours before cooking. When prepping the ingredients, grate the lemon rind before squeezing the fruit for juice. Cutting the backbone of the chicken makes it easier to lay flat for even cooking. Adding a small amount of water to the pan prevents drippings from burning and giving off an unpleasant smell. -Recipe by Gwen Ashley Walters

Ingredients:

- 1 (3-pound) roasting chicken
- 2 tablespoons chopped fresh rosemary
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh sage
- 1 tablespoon chopped fresh thyme
- 3 tablespoons minced garlic
- 1 tablespoon olive oil
- 1 teaspoon kosher salt
- 1 teaspoon ground red pepper
- 1 teaspoon chopped peeled fresh ginger
- 1 teaspoon grated lemon rind
- 2 tablespoons fresh lemon juice
- Cooking spray

Cooking Instructions:

1. Remove and discard giblets and neck from chicken. Rinse chicken with cold water, and pat dry. Trim excess fat. Place chicken, breast side down, on a cutting surface. Cut chicken in half lengthwise along backbone (do not cut through breastbone). Turn chicken over. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
2. Combine rosemary and the next 10 ingredients (through juice). Rub garlic mixture under loosened skin and over surface of chicken. Cut a 1-inch slit in skin at the bottom of each breast half; insert tips of drumsticks into slits. Place chicken



- in a large zip-top plastic bag; seal bag. Refrigerate at least 2 hours or up to 8 hours.
3. Preheat oven to 425°.
 4. Place chicken, breast side up, on the rack of a roasting pan coated with cooking spray. Add water to pan to a depth of 1/4 inch. Place rack in pan. Bake at 425° for 40 minutes or until a thermometer inserted into meaty part of thigh registers 180°. Remove from oven; cover loosely with foil. Let stand 5 minutes, and discard skin.

Yield: 4 per serving (serving size: about 4 ounces)

Nutrition Facts:

- Calories: 151 (29% from fat)
- Fat: 4.9g (sat 1g,mono 2.2g,poly 0.9g)
- Protein: 23.5g
- Carbohydrate: 2.3g
- Fiber: 0.5g
- Cholesterol: 74mg
- Iron: 1.6mg
- Sodium: 322mg
- Calcium: 27mg

Roasted Variegated Potatoes With Garlic and Rosemary

Ingredients:

- 1 whole garlic head
- 4 fingerling potatoes (1/2 pound)
- 4 yellow Finnish potatoes (1/2 pound)
- 4 small red or blue potatoes (1/2 pound)
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- Rosemary sprigs (optional)

Cooking Instructions:

1. Preheat oven to 425°.
2. Remove white papery skin from garlic head (do not peel or separate cloves). Place potatoes and garlic in a saucepan. Cover with water; bring to a boil. Drain immediately; pat dry.
3. Combine the chopped rosemary, oil, salt, and pepper in a large bowl; add potatoes, tossing to coat. Arrange potatoes and garlic on a jelly-roll pan. Bake at 425° for 30 minutes or until tender, stirring occasionally. Separate the garlic head



into cloves, and discard skins; serve with potatoes. Garnish with rosemary sprigs, if desired.

Yield: 4 servings (serving size: 3 potatoes)

Nutrition Facts:

- Calories: 181
- Fat: 3.7g (sat 0.5g, mono 2.5g, poly 0.4g)
- Protein: 4.8g
- Carbohydrate: 33.8g
- Fiber: 3.4g
- Cholesterol: 0.0mg
- Iron: 2.6mg
- Sodium: 161mg
- Calcium: 55mg

Spiced Winter Fruit

Topped with low-fat vanilla ice cream, this also makes a simple elegant holiday dessert. Quince, which is in season in the winter months, is a yellow-skinned fruit that looks and tastes like a cross between an apple and a pear but turns pink when cooked; cooking mellows the tartness. (If you can't find quince, just use 2 additional apples or pears cut into wedges.)

Ingredients:

- 1 cup packed light brown sugar
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 2 tablespoons butter or stick margarine
- 2 quinces, each cut into 8 wedges (about 3/4 pound)
- 3 cups sliced peeled Bartlett or Anjou pear (about 1 1/2 pounds)
- 2 1/2 cups sliced peeled Granny Smith apple (about 1 1/2 pounds)
- 1/4 teaspoon freshly ground black pepper
- Cinnamon sticks (optional)

Cooking Instructions:

1. Combine first 4 ingredients in a small bowl; set aside.
2. Melt butter in a large nonstick skillet over medium heat. Add quinces; cover and cook 6 minutes, stirring occasionally. Add sugar mixture, pear, and apple; cover and cook 12 minutes, stirring occasionally. Stir in pepper; garnish with cinnamon sticks, if desired.



Note: This dish will hold up for up to 3 days if refrigerated in an airtight container. To serve, reheat over low heat.

Yield: 8 servings (serving size: 3/4 cup)

Nutrition Facts:

- Calories: 219 (15% from fat)
- Fat: 3.6g (sat 1.9g, mono 0.9g, poly 0.3g)
- Protein: 0.7g
- Carbohydrate: 50.1g
- Fiber: 4.5g
- Cholesterol: 8mg
- Iron: 1.1mg
- Sodium: 38mg
- Calcium: 38mg

Recipe Source:

- *Cooking Light*, MARCH 2005
- *Cooking Light*, DECEMBER 2000

Resources:

Personal Health Manager and Work–Life Balance:

With a wide range of online tools and information, you can better manage every aspect of health and wellness for you and your family with programs for UT employees, retirees and their dependents. Start by taking the health risk assessment to better understand your current health condition, identify potential issue and reinforce what you're doing right! Check out some of our resources and services:

1. **Online Personal Health Manager provided by Blue Cross Blue Shield of Texas** - Your source for health and wellness information, such as
 - Planning nutritious meals;
 - Recording workouts;
 - Health Coaching;
 - Keeping track of health records;
 - Addressing financial concerns;
 - Addressing relationship and family matters; and
 - Earning Blue Points.

Visit the Personal Health Manager at Blue Access® for Members today, and stay with it to manage your stress.

A MATTER OF HEALTH

Connecting Work & Life



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- Visit <http://bcbstx.com/ut/>
- Log onto Blue Access
- Select Personal Health Manager Icon
- Go to the top center banner



Featured Resources

December 2008

Employee Assistance Program (EAP)

The EAP is a benefit of your University employment, which provides confidential, professional assistance to help you resolve problems that affect your personal life or job performance. It is designed to allow you to seek help when you need it, at no charge. The EAP can help with stress, depression, alcohol or drug problems, financial issues, interpersonal problems and much more. It also offers other services such as seminars, training and resource referrals.

Visit the UT System EAP main page for a directory of all institutions' EAP at <http://www.utsystem.edu/benefits/Health/eap/homepage.htm>

Free Online & Telephonic Weight Management Program

Sometimes a little extra support is all it takes to stay on track with weight loss goals. The Blue Cross and Blue Shield Weight Management Motivational Toolkit provides just that. When our members decide to make positive lifestyle changes by managing their weight, we're ready with resources to help make the journey successful!

Read more about this free program available to all BCBS members (PDF).
http://www.utsystem.edu/benefits/newsletter/pubs/Weight_Management_Tool_Kit_08.pdf

24/7 Nurse Line:

A staff of trained, experienced registered nurse counselors is available 24/7 to answer health care questions and provide information about a wide variety of health care issues and medical non-emergencies. To talk to a nurse, call this toll-free number: 1-888-315-9473.

http://www.utsystem.edu/benefits/newsletter/images/27_7_nurseline.gif