

total FITNESS™

spring 2008



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SelectHealth Will Award \$2,500 to a Select 25

In commemoration of our 25th anniversary in 2008, we will recognize several individuals, groups, and organizations throughout Utah for making a positive difference in their communities.

We introduced the Select 25 award program earlier this year to recognize those making outstanding contributions in community health and wellness or serving special populations in their areas. A SelectHealth and community-based committee will review the nominations, and 25 winners will be announced in

May. Award recipients will each receive \$2,500 to further their causes.

"We're excited to celebrate our anniversary by honoring many of the wonderful people and programs in our state working to make our lives and our communities better," said Sid Paulson, SelectHealth president and CEO.

"We appreciate our role in the community, and we expect to continue to help our members stay healthy and access the highest quality of healthcare."

At least three winners will be chosen from each region of the

state. Award recipients will be honored at a luncheon on May 27 in Salt Lake City.

We are still accepting entries until April 11. More information, including applications, is available at www.selecthealth.org/select25. A list of award recipients will also be posted in late May.

TO LEARN HOW TO GIVE YOUR HOUSEHOLD A SPRING CHECKUP, TURN TO PAGE 4.

What to Expect from Intermountain LDS Hospital

“EMERGENCY SERVICES AT LDS HOSPITAL WILL CONTINUE TO BE EXCELLENT EVEN THOUGH WE ARE NO LONGER TREATING THE SICKEST TRAUMA PATIENTS.”

—CRAIG SHANE, M.D., CHAIR OF THE ER

If you were to visit LDS Hospital in the heart of Salt Lake City today, it would be fairly easy for you to find a parking spot, your wait time in the Emergency Room (ER) would not be long, and you would not hear trauma codes overhead often. These are some of the many benefits of the hospital's transition into a premier community hospital.

PREMIER COMMUNITY HOSPITAL

With the recent opening of Intermountain Healthcare's new facility, Intermountain Medical Center, people may also be surprised to find a “new” LDS Hospital at its old site in Salt Lake City. “LDS Hospital will be scaled down to be a full-service community hospital,” said Administrator Mikelle Moore. “We will offer a full range of high-quality wellness, diagnostic, and treatment services.”

The hospital will now focus on simplifying access, increasing convenience, emphasizing the individual needs of patients and their families, and providing personal service to complement the extraordinary quality of the hospital's clinical care.

No major exterior changes are planned for the facility, and no buildings will be torn down. Still, a number of improvements will be made, starting with creating a more comfortable environment for patients and visitors. The hospital also plans to offer more areas for families to gather, new meditation and healing spaces, easier access to provider offices in the three medical office buildings, and a new community health information center. There will be an emphasis on community art and history, expanded entertainment options, and pastoral care services.

CONTINUED EXCELLENCE

Though fewer patients will walk through the doors of LDS Hospital with the opening of Intermountain Medical Center, the capability and quality of the world-class hospital remain at their best. “Emergency services at LDS Hospital will continue to be excellent even though we are no longer treating the sickest trauma patients,” said Craig Shane, M.D., chair of the ER. “Our 24/7 ER will serve about 80 patients a day and is completely integrated with Intermountain's trauma service, including Life Flight™, for patients who need it.”

And with the departure of several high-level services, such as transplant and care for major trauma patients, staff members have the opportunity to focus more on the following hospital services:

- Behavioral health
- Cancer care
- Heart services
- Inpatient nursing care
- Less invasive surgery
- Obesity management
- Senior services
- Surgical services
- Women's services

They will continue to do all this with a robust, 600-member medical staff that will provide expert care. “The caliber of our surgeons, anesthesiologists, nursing team, and operating room staff—and the quality of our procedures, technology, and outcomes—will continue to lead the nation,” said general surgeon Brent Christensen, M.D.

If you would like more information about LDS Hospital's future, contact Mikelle Moore at 801-408-1838 or mikelle.moore@imail.org.



Free Family Fitness Festival

come out and play!

For the fifth year running, SelectHealth invites you and your family to join us at the Family Fitness Festival on Saturday, May 17. The festival is free to the public and will focus on fitness, nutrition, and safety for the entire family.

JOIN THE FESTIVITIES

You'll have the chance to interact with local sports personalities and participate in clinics, games, and demonstrations to keep you healthy and moving. Help boost your family's immunity for an uninterrupted summer with free immunizations for children ages 18 and younger.

RAISE AWARENESS

Increased community awareness about health issues is essential to improving overall family health. "When kids are healthy, learning is easier. When adults are healthy, they function better," said Tamara Lewis, M.D., medical director of Intermountain Community Health and Prevention. "One of the goals of the SelectHealth Family Fitness Festival is to help families be healthier together." For this year's new location, event times, and more details, call **801-442-5679** or visit www.selecthealth.org/events.



Eight Healthy Habits for the Whole Family

Are you looking for ways to keep your kids active? Do you need help getting them to eat healthy foods? LiVe is a public service campaign from Intermountain Healthcare® that helps keep kids healthy and active. Visit intermountainlive.org for information about eight healthy habits to live by.



Stay Fit and Get Involved

SelectHealth is a proud sponsor of the following upcoming local events to help you have fun, get involved, and stay fit.

ARTHRITIS FOUNDATION WALK

The walk is on Saturday, June 7 at 10:00 a.m. at Wheeler Historic Farm. Call **801-536-0990** or visit www.arthritis.org.

ASTHMA WALK

The walk will take place at Sugar House Park on Saturday, May 3 beginning at 8:00 a.m. For more information, call **801-484-4456** or visit www.lungutah.org.

ANNUAL MULTIPLE SCLEROSIS (MS) WALK

The Annual MS Walk will take place on Saturday, April 12 at 10:00 a.m. at the Gateway Shopping Center in Salt Lake City. Registration begins at 8:00 a.m. For more information, contact Jeri Lynn Haacke at **800-FIGHTMS (800-344-4867)**, option 2, or jerilynn.haacke@nmss.org.

WESTFEST FAMILY 5K

Participate in the Westfest Family Classic 5K on Saturday, June 28 at 7:30 a.m. at the West Valley Family Fitness Center (5415 West 3100 South). Call **801-955-4000**.

Some event details are subject to change.



NOW
you're cookin'



Rainbow Fruit Salad

SERVES 12; FOUR OUNCES PER SERVING

The Centers for Disease Control and Prevention urges you to eat a variety of fruits and vegetables daily. Go to www.fruitsandveggiesmatter.gov for more information and lots of healthy recipes.

Source: National Heart, Lung, and Blood Institute

INGREDIENTS

For fruit salad:

- 1 large mango, peeled and diced
- 2 cups fresh blueberries
- 2 bananas, sliced
- 2 cups halved fresh strawberries
- 2 cups seedless grapes
- 2 nectarines, unpeeled and sliced
- 1 kiwifruit, peeled and sliced

For honey-orange sauce:

- $\frac{1}{3}$ cup unsweetened orange juice
- 2 tbsp. lemon juice
- 1½ tbsp. honey
- $\frac{1}{4}$ tsp. ground ginger
- 1 dash nutmeg

DIRECTIONS

- Prepare and combine the fruit.
- Combine all the ingredients for the sauce and mix.
- Just before serving, pour the sauce over the fruit.

PER SERVING

Calories 96
Total fat 1 g
Saturated fat <1 g
Cholesterol 0 mg
Sodium 4 mg

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4646 West Lake Park Boulevard
P.O. Box 30192
Salt Lake City, UT 84130-0192



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