



inside

RESOURCES AVAILABLE FOR OLDER ADULTS
Intermountain senior clinics offer a range of services2

BE PROACTIVE
Stop health problems before they start 4

THE DOCTOR IS IN
Walk your way to better health5

FIT & FABULOUS
Use these tips to beat the lunch box blues7

Want the total collection?
For past issues, visit
[selecthealth.org/
totalfitness](http://selecthealth.org/totalfitness).

Stress-Fighting Strategies for Every Stage of Life

Stress is a part of life. But it seems Utahns are more stressed than others. A recent survey found that Utah is the most stressed out state in America, with 45 percent of respondents to a Gallup-Healthways poll reporting high stress levels.

The sources of stress change throughout life. But one thing doesn't: its damaging effects on our health. Here's a breakdown of what's bothering us or our loved ones at different life stages, and what we can do about it.

THE TEEN YEARS

Help your teens list their sources of tension. Strike out the ones they can't change, like a friend's behavior, and define ways to take charge of the others, such as cutting back on work hours.

THE YOUNG ADULT YEARS

Stop and examine your finances. Make a plan for solving your most pressing problems, like credit card debt. To keep job strain from getting the best of you, develop a menu of emergency stress-busters.

FOR COUPLES AND PARENTS

Use tough times to come together. A survey by the National Marriage Project from the University of Virginia found 29 percent of couples felt closer during financial struggles. Finding a support group helped many of these couples.

CAREGIVING AND OLDER AGE

If you're caring for a sick or aging loved one, create a support team. Make a list of who can help and how. Use it when you need a break. The best caregivers also care for themselves.

Help for Local Seniors AND THEIR FAMILIES

Seniors in the Salt Lake Valley and the people who love them have two great resources to turn to for healthcare information and support: the Alta View Senior Clinic in Sandy and the Intermountain Senior Clinic in Murray. Both clinics give area seniors and their families one place to get the specialized care they need, ranging from disease

management to testing to advice about community resources.

Intermountain senior clinics feature board certified doctors and nurse practitioners who specialize in senior care. Care managers are available to share information about community resources and provide long-term planning and counseling. In addition, the following screenings and services are offered:

- Special “Welcome to Medicare” preventive exams and services (available for one year after seniors enroll in Medicare)
- Blood pressure and oxygen level checks and other clinical services
- Laboratory services, including blood and urine tests
- Nutritional counseling for people with diabetes and cardiovascular disease
- Cognitive clinics to address memory problems or judgment concerns
- Medication reviews and recommendations
- Information on homecare services
- Diabetes management and instruction
- Assistance with advance directives
- Information on places where seniors can volunteer in the community



If you have any questions about the Intermountain senior clinics and the services offered, or if you'd like to make an appointment, call the Alta View Senior Clinic at **801-501-2025** or the Intermountain Senior Clinic at **801-314-4544**.

In addition to the services provided by the Alta View Senior Clinic and the Intermountain Senior Clinic, Intermountain Healthcare® sponsors Senior Answers, a free telephone hotline, to help seniors and their families learn more about healthcare resources.

Senior Answers is available by calling **801-887-6600** (Salt Lake area) or **877-787-1444**. The hotline is available weekdays from 9:00 a.m. to 5:00 p.m. You can also visit intermountainseniors.org.





FIND FALL'S BOUNTY AT YOUR FARMERS MARKET

Get the most from fall produce by filling your canvas tote with a rainbow of foods. Different colored fruits and vegetables contain antioxidants with unique benefits, so eating a variety puts more health-boosting power on your plate. Look for the most vivid colors. The brighter the color, the more antioxidants a fruit or veggie contains.

Antioxidants are important because they may protect your body's cells from the harmful effects of free radicals. These molecules occur when the body breaks down food. Toxins in the environment, like cigarette smoke, also cause free radicals. Left unchecked, free radicals can cause diseases, including cancer.

Nutrients are at their peak when produce is freshly picked, so the goods at a local farmers market are brimming with benefits. Here's what to look for in autumn:

- Green vegetables are rich in antioxidants. Lutein, for example, helps protect your eyes and may prevent cataracts and macular degeneration. Greens are also a great source of other health essentials, such as folate, minerals, and fiber. Look for broccoli, Brussels sprouts, and Swiss chard.
- Orange and yellow plants are packed with carotenoids, such as beta-carotene and vitamin C. These nutrients promote vision and may reduce the risk of certain cancers. Shop for acorn and butternut squash, persimmons, pumpkins, and sweet potatoes.
- Red, blue, and purple shades mean a fruit or veggie is a rich source of anthocyanins or lycopene. These antioxidants may reduce your cancer risk and protect your heart. Fill up on cranberries, pomegranates, and red and purple grapes.

SELECTHEALTH IN THE NEWS

Learn how to cook your farmers market finds with our special "Fresh From the Market" cooking segments with KUTV Channel 2 Chef Bryan, presented by SelectHealth, throughout the summer and fall.



Visit SelectHealth at the Farmers Market

Enjoy fresh, local produce at the Downtown Salt Lake City Farmers Market at Pioneer Park (300 South and 300 West). You can stop by our booth for a free reusable bag and health screening.

THE SATURDAY FARMERS MARKET

runs through October 22 from 8:00 a.m. to 1:00 p.m.

THE TUESDAY FARMERS MARKET

runs through October 25 from 4:00 p.m. to dusk.

Visit downtownslc.org/farmersmarket to learn more.



HIGHEST IN MEMBER Satisfaction*

SelectHealth members rated us, “*Highest in Member Satisfaction among Commercial Health Plans in the Utah-Arizona Region, Two Years in a Row” according to the J.D. Power and Associates 2011 U.S. Member Health Insurance Plan SurveySM.

At SelectHealth, member satisfaction is a top priority. That’s why this award means so much to us. Thank you for choosing SelectHealth.

SelectHealth received the highest numerical score among commercial health plans in the Arizona-Utah region in the proprietary J.D. Power and Associates 2010–2011 U.S. Member Health Insurance Plan StudiesSM. 2011 study based on 33,039 total member responses, measuring 6 plans in the Arizona-Utah Region (excludes Medicare and Medicaid). Proprietary study results are based on experiences and perceptions of members surveyed December 2010–January 2011. Your experiences may vary. Visit

Stop Health Problems BEFORE THEY START

A little effort today can have big results tomorrow. That’s why we encourage you to be proactive about your health and receive preventive care exams, which many of our plans cover at no cost to you. We can even remind you when you’re due for a checkup and help you schedule an appointment.

ADDITIONAL TESTING OR TREATMENT

Services are covered under the preventive care benefit when your doctor or hospital submits claims with preventive diagnosis and procedure codes. When a preventive service identifies a health condition requiring further testing or treatment, regular copays, coinsurance, and/or deductibles may apply to the additional services. For example, if your doctor finds polyps during a preventive colonoscopy and orders additional tests or treatments, you may be responsible to pay a copay, coinsurance, or deductible.

To see if you’re current on screenings, shots, and exams, visit selecthealth.org/stayhealthy/proactivecare. If you have a question, call Member Services at **801-442-5038** (Salt Lake area) or **800-538-5038** weekdays, from 7:00 a.m. to 8:00 p.m., and Saturdays, from 9:00 a.m. to 2:00 p.m.

SelectHealth Awards the 2011 Select 25

The Select 25 award program recognizes 25 organizations that are helping to improve their communities’ health and well-being. Each recipient receives \$2,500 to further the work. This year, more than 200 organizations applied for an award.

“With so many great organizations and causes, it was a real challenge to choose just 25,” said Pat Richards, SelectHealth president and CEO. “SelectHealth is proud to assist these groups in making a difference in our state.”

Recipients were chosen from all areas of Utah. Their causes were varied, including preschool classes for autistic children, training programs for therapy animals, and exercise sessions for seniors.

Each of these organizations will be spotlighted throughout the year on selecthealth.org.



Youth Winter Sports Alliance in Park City helps low-income kids participate in winter sports.



Learn more about these organizations.

Snap this icon to find out about the organizations that received an award.

Get the free mobile app at <http://gettag.mobi>



Ways Our Pharmacy Tools Can Help You

Knowing more about your pharmacy benefit can save you time and money. Your drug benefit has different tiers, or levels, and each drug is categorized under one of these tiers. The lower the tier, the lower your cost will be. For example, Tier 1 includes mostly generic drugs, which cost you less.*

You can compare the price difference between brand-name and generic drugs by using the tools on our website. It's also important to talk with your doctor about lower-cost alternatives.

To access your pharmacy benefit, visit selecthealth.org and log in to your *My Health* account. Under our recently updated "Pharmacy Tools," you can view the following information:

- Pharmacy claims history
- Tier status of prescription drugs
- Copay and benefit information
- Advanced drug lookup
- Drug prices and lower-cost alternatives
- Potential drug interactions
- Pharmacy locator

**Generic drugs are typically less expensive than brand-name drugs, and the U.S. Food and Drug Administration requires them to be equally as safe and effective.*

***This section outlines information for members who have SelectHealth pharmacy benefits.*



The Doctor is in

WALKING YOUR WAY TO BETTER HEALTH

There is no question: Exercise is good for you. It helps you control your weight and may prevent chronic diseases. But with more Americans working longer and longer hours—in mostly sedentary and stressful jobs—it can be a challenge to find time for any kind of physical activity.

Walking is a good solution to these problems. It doesn't require a gym membership or fancy equipment, and it can be done almost anywhere. People at different fitness levels can start a walking program, and walking is easier on the knees than running.



*Meg Danielson, RN,
Manager, Health
and Wellness*



Walking as little as 30 minutes, five days a week may help you:

- Manage or lose weight
- Control your blood pressure
- Manage your blood glucose
- Improve your flexibility and fitness level
- Improve your cholesterol
- Build bones and strengthen muscles
- Lift your mood
- Enhance sleep quality
- Reduce your use of certain medications
- Prevent some diseases

If it's challenging to fit an extra 30 minutes of exercise into your schedule, start with three ten-minute walking sessions. Take a ten-minute walk in the morning, a ten-minute walk during lunch, and a ten-minute walk after dinner. If you are new to exercise or have a health condition, check with your doctor before you begin a new exercise routine.

If you're interested in starting a walking program at your office or work site, check out our Walk A DaySM program. We've done all the work to help you implement the program and get started. Visit selecthealth.org/employers and click on "SelectHealth Wellness." Then select "Work Site Support." You'll have access to a free PDF with our best plans and tips.

Take a Trip to BUILD FAMILY FITNESS



Vacations actually can be good for your family's health, according to some research. They help reduce stress and can be a good way for you and your family to enjoy some quality time together. Many families plan getaways that focus on family fitness. If you have children, combining fitness and fun can get them interested in physical activities early on.

Whether you're taking a weeklong adventure or a short road trip, get fit with these fun vacation ideas:

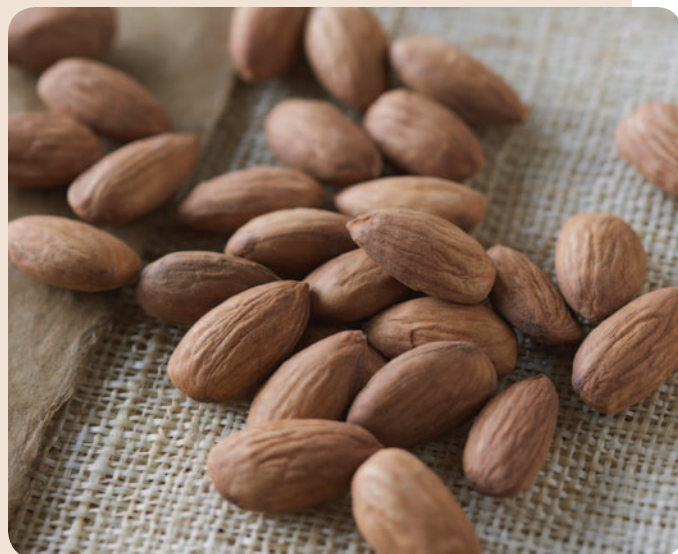
- Go camping. Take a hike or rent a rowboat for a little adventure.
- When staying at a hotel, ask the desk clerk to recommend fun sights nearby that you can explore on foot or bike.
- Are you a bit restless on the road? Stop driving and toss a Frisbee® or football for a few minutes.

No time to break away? Here are some suggestions for a mini vacation closer to home:

- Visit a nearby beach or pool for a day of swimming.
- Take skiing, tennis, or golf lessons.
- Do a charity run or walk as a family team.
- Visit the zoo for a good walking workout.
- Bring a basketball to the park and shoot some hoops.

Planning a Healthy Vacation

- Prepare a first aid kit that contains antacids, throat lozenges, antiseptic cream, bandages, antibacterial wipes, insect repellent, sunscreen, and aloe gel. You also may want to include decongestants or antihistamines for allergies. And bring an adequate supply of any prescription medication you regularly use.
- Stock up on plenty of nutritious snacks and drinks to supplement meal stops. Nonperishable items like dried fruits, nuts, and granola bars make the best and safest road food. And be sure to include reusable water bottles. Staying hydrated helps you avoid fatigue and light-headedness.
- Pack an emergency kit for the car with jumper cables, flashlights, flares, and equipment for changing a tire.



BEAT THE LUNCH BOX BLUES

We have heard that breakfast is a very important meal, especially for children. But to improve your child's school performance, it is even more critical to pack a healthy lunch.

The key element to healthy eating is balance. "Learning what your child likes and understanding the nutrients your child needs can help you both make good choices. Many children eat too many processed carbohydrates and fats and not enough fruits and vegetables," said Jeffery A. Ayers, DO, family medicine doctor at the Intermountain® Taylorsville Clinic.

Shake up your child's lunch box routine with these healthy suggestions:

1. **MAKE SANDWICHES WITH WHOLE-GRAIN BREAD.** Try a whole-grain wrap or tortilla to add variety.
2. **PACK FRUITS AND VEGETABLES.** Celery sticks, carrots, and cucumbers add a crunchy element to lunch. Include low-fat ranch dressing to encourage your child to eat more vegetables. Apples, oranges, and grapes are all kid friendly and provide a bit of sweetness.
3. **ADD LEAN PROTEIN.** Meat or tofu, cottage cheese, hard-boiled eggs, jerky, and low-fat cheese sticks are all good sources of lean protein.
4. **DRINK WATER.** Juice made from 100 percent fruit isn't bad, but it should be limited to no more than four ounces per day.
5. **TREATS.** Small, bite-sized treats in place of chips, cookies, candies, and sodas can help your child fuel up until school is out. There are also several low-fat, low-sugar, and high-protein treats available.

Small, simple steps will help your children develop a lifetime of healthy habits. Involve your children in planning and preparing lunches. If your kids aren't excited to take their lunches, let them pick out a new lunch bag. You can find many that include ice packs or insulation to keep food fresh and cool.

Stuck in a lunch rut? Try the recipe on the back cover for a delicious lunch-box idea.



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The information provided in this newsletter is intended to be used as a general guideline and should not replace the advice of your doctor. Always consult your doctor for individualized care. **The information contained in this newsletter does not guarantee benefits. If you have any questions about your benefits or need to confirm your benefits, call Member Services at 801-442-5038 (Salt Lake area) or 800-538-5038.**

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MEMBER SERVICES

801-442-5038 (Salt Lake area) or 800-538-5038



Tangy, Crisp Vegetable and Pasta Salad

NOW
you're cookin'

SERVES 6

INGREDIENTS

- ½ cup pasta, uncooked, such as shells or macaroni
- ¼ cup vinegar
- 2 tbsp sugar
- ½ tsp garlic powder
- ⅛ tsp black pepper
- ½ medium peeled, seeded, and coarsely chopped cucumber
- ½ medium thinly sliced carrot
- ½ medium coarsely chopped tomato
- ½ coarsely chopped green pepper
- ½ cup coarsely chopped broccoli florets
- ½ cup thinly sliced radishes
- 2 tbsp coarsely chopped onion, green or red

DIRECTIONS

1. Cook pasta according to package directions but do not add salt to cooking water. Drain, rinse with cool water, and drain again.
2. Meanwhile, in a small saucepan, combine vinegar, sugar, garlic powder, and black pepper. Stir and heat over medium heat until sugar is dissolved, but do not boil. Let cool.
3. Rinse and drain remaining ingredients. Combine in a shallow container, such as an eight-by-eight-inch pan.

4. Add cooked pasta and vinegar mixture. Mix gently.
5. Cover and refrigerate overnight.
6. Serve cold using a slotted spoon.
7. Cover and refrigerate leftovers within two hours.



NUTRITION FACTS

Calories: 192
Total fat: 7 g
Saturated fat: 2 g
Cholesterol: 103 mg