



## inside

<b>VISION CARE</b> How to tell if you have poor vision.....	2
<b>GET FIT IN 2012</b> These tips will help you set realistic goals .....	3
<b>PREVENTIVE CARE</b> What does preventive care mean?.....	4
<b>FIT &amp; FABULOUS</b> DASH to health with a disease-fighting diet .....	7

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

## Drive on the Side of Caution

Whether it's bad weather or rush-hour traffic, driving safely often can be a challenge. If vision problems or other conditions, such as arthritis, are making driving difficult or uncomfortable for you, talk with your doctor.

Automakers also make adaptive equipment that may help you, such as pedal extenders, tilt steering, and backrests.

### SAFETY TIPS

There are many things you can do to enhance your safety on the road:

- Keep the windows, mirrors, headlights, and windshield clean.
- Scan at least a half block ahead for possible problems.
- If traveling with others, designate a navigator so that the driver can concentrate more fully on the road.
- If your car has day/night settings on the rearview mirror, use them to cut down on headlight glare.
- Turn your headlights on about 30 minutes before sunset. If traveling at dawn, leave them on about 30 minutes after sunrise.
- Always wear your seat belt.
- Ask your doctor to check your list of medications for potential effects they may have on your driving.

# Essential Vision Care FOR ADULTS



If your eyes are healthy, being able to see the world around you may be something you take for granted. But many vision diseases have no early signs or symptoms. Comprehensive eye exams are crucial to maintaining the gift of sight.

Serious conditions that can lead to vision loss include the following:

- **Age-Related Macular Degeneration (AMD).** More than any other vision problem, AMD causes Americans ages 65 and older to lose their ability to read.
- **Cataracts.** This clouding of the eye's lens is the primary cause of vision loss in the United States.
- **Diabetic retinopathy.** This sight-stealing condition is a common complication of diabetes. Proper management of diabetes can reduce your risk.
- **Glaucoma.** This disease damages the eye's optic nerve, which can lead to blindness. Early detection and treatment can often prevent serious vision loss.

## EYE EXAM SCHEDULE

The American Academy of Ophthalmology recommends that adults with healthy eyes and no symptoms have eye exams at the following intervals:

- Ages 20 to 39—once between ages 20 and 29; twice between ages 30 and 39
- Ages 40 to 64—once at age 40 followed by exams at the interval recommended by your eye doctor
- Ages 65 and older—every one to two years to check for cataracts, glaucoma, age-related macular degeneration, and diabetic retinopathy

## ACT FAST

If you experience any of these symptoms, you should contact an eye doctor at once:

- Sudden loss of vision in one or both eyes
- Sudden hazy or blurred vision
- Flashes of light or black spots in your field of vision
- Halos or rainbows around light sources
- Curtain-like loss of vision
- Loss of side (peripheral) vision



## QUIZ: Do You Have Poor Vision?

Millions of Americans lose some of their eyesight every year. Are you one of them? Vision loss or poor vision strikes most often among older adults—but it shouldn't be a normal part of aging.

Mark "true" if you recently began having difficulty:

1. Reading items like bills and medication labels, cooking, or fixing things around the house.

**True False**

2. Matching the colors of your clothes.

**True False**

3. Recognizing friends' or family members' faces.

**True False**

4. Reading street signs or store names.

**True False**

If any of these apply to you, see your doctor or eye care professional. You may have poor vision. This means that even with glasses, contacts, surgery, or medicine to help, you still have problems seeing well enough to do everyday tasks.

To find a participating provider, please visit [selecthealth.org/findadoctor](https://selecthealth.org/findadoctor).



# HOW TO SET REALISTIC WEIGHT-LOSS GOALS

Setting unrealistic and unattainable weight-loss goals is one of the reasons why people abandon their weight-loss plans.

If you're not sure how much weight you need to lose, you can ask your doctor to recommend a target weight or you can consult a Body Mass Index (BMI) table to determine if your weight is right on target or too high. Often, losing just five to seven percent of your weight can be enough to prevent weight-related health problems such as diabetes, heart disease, and other conditions.

## TAKE IT SLOW

It's tempting to try to shed pounds in a hurry by adopting a very low-calorie diet or an eating plan that has you leaving entire food groups off the menu. However, doing so could harm your health. Instead, experts recommend a slow and steady weight loss of one-half to two pounds a week. It's healthier and easier to maintain over time.

## AVOID FADS

Fad diets, such as the cabbage soup and zone diets, often promise quick and easy weight loss and should be avoided. Watch for these signs of a fad weight-loss plan:

- Weight loss that sounds too good to be true
- Lack of nutritional and medical information to support the diet
- Limited food choices—for example, diets that eliminate a food group such as carbohydrates

## MAKE A PLAN

Safe and effective weight-loss plans call for an increase in physical activity and a decrease in calories.

Physical activity helps you lose weight and decrease belly fat. As part of your plan, strive to be physically active by taking a walk, riding a bike, or playing tennis for 30 to 45 minutes on most days of the week.

Try these ways to eat fewer calories:

- Eat slowly. Give your brain time to get the message your stomach is full.
- Pay attention to portion sizes. Read the "Nutrition Facts" label on a food product and then eat only the amount of food that's listed as one serving.
- Eat more fresh fruits and vegetables, whole grains, low-fat dairy, and lean meats, fish, and chicken.
- Eat less foods that are high in calories and saturated and trans fats.

Finally, break down your overall weight-loss goal into smaller, weekly goals. For example, if you want to lose 20 pounds, strive to lose four pounds a month for five months.

---

**TO CALCULATE YOUR BMI**, visit the Centers for Disease Control and Prevention's website at [www.cdc.gov/healthyweight/assessing/bmi](http://www.cdc.gov/healthyweight/assessing/bmi).



# WHAT DOES PREVENTIVE CARE MEAN?

The goal of preventive care, such as regular checkups and screenings, is to help you avoid illness and to detect problems when they are most treatable. Many preventive services are now available at no cost to you. Examples of preventive services include the following:

- Examinations and/or screenings (for example, a mammogram, colon and prostate cancer screening, etc.)
- Flu and pneumonia vaccinations
- Screening laboratory and X-ray tests (such as Pap smears or cholesterol tests)
- Routine immunizations

Checkups may include tests performed by your doctor to manage a known condition, such as treating high blood pressure to prevent a heart attack or a stroke. Services performed to maintain a known condition are not usually considered preventive. Your regular copay, coinsurance, or deductible will apply to these additional services.

SelectHealth has always been committed to covering preventive services. However, not every preventive service is appropriate every year, and recommended screening guidelines may vary. Discuss your specific health needs with your doctor. If you would like to learn more about preventive care, visit [selecthealth.org/stayhealthy/proactivecare](http://selecthealth.org/stayhealthy/proactivecare).



## PREVENTIVE CARE MAY NOT BE COVERED AT 100 PERCENT AND CERTAIN LIMITATIONS MAY APPLY.

If you have questions, 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.

## Build Your Family Health Tree Online

There's one important thing most Americans neglect when it comes to their health: compiling a family health history.

Diseases can run in families, including conditions like heart disease, some cancers, diabetes, hemophilia, and rare genetic disorders. Knowing a family's medical history can help a doctor determine a patient's risk for disease and create an individualized approach to prevention, testing, and treatment.

While 96 percent of Americans know that it's important to have a family health history, only one-third have actually compiled one, according to the U.S. Surgeon General.

### HOW IT WORKS

That's why the Clinical Genetics Institute at Intermountain LDS Hospital has created "Our Family Health," a simple, online tool that allows you to compile and store your personal health history, as well as information about your children, parents, grandparents and more. The program is completely customizable, private, and secure.

Log in to *My Health* from [selecthealth.org](http://selecthealth.org). You'll find a link to "Our Family Health" on the left. Follow

the instructions to quickly and easily begin building your family tree.

And if you're a genealogy fan, you can import GEDCOM files with one mouse click. The program asks for information about race, diseases, and age of diagnosis—important information for a doctor to have to determine risk for some diseases.

"Our Family Health" also contains a resource directory that will give you reliable and reputable information on diseases and conditions that run in your family.

**VISIT [SELECTHEALTH.ORG](http://SELECTHEALTH.ORG)** and start your family health history today. It could keep you healthier!



# Preparing for Baby with INTERMOUNTAIN MOMS

Pregnancy is an exciting time for expectant parents, and now expecting mothers have two new resources to help them get ready for their new arrival. Intermountain Moms has recently launched a Facebook page and a mobile phone app.

The Intermountain Moms Facebook page connects women like you to a community of doctors and mothers. Visitors who “like Intermountain Moms” will find an open forum to ask questions about pregnancy and child care. They can also browse through a library of videos and connect with healthcare providers and facilities. Users can also ask experts questions and get video and text responses.

Both the Facebook page and mobile app allow you to create a baby announcement to send to friends and family through Facebook, Twitter, or e-mail. The announcement creator allows you to take a photo, pick a design from over 100 options, and share your announcement.



**SEE FOR YOURSELF** You can find the Facebook page and app at [facebook.com/intermountainmoms](https://www.facebook.com/intermountainmoms). Download the iPhone or Droid apps by searching for “Intermountain

Baby Announcer” in the Apple App Store or in the Droid Marketplace.

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

## The Doctor *is in*

### HOW TO USE ANTIBIOTICS CORRECTLY



*Stephen Barlow, M.D.  
Chief Medical Officer  
SelectHealth*

Antibiotics are important drugs that are used to fight bacterial infections and help save lives.

However, it’s important to understand that antibiotics can only kill bacteria germs. They don’t fight viral infections, including

colds, influenza, most coughs and sore throats, cases of acute bronchitis, and some ear infections. The best way to treat a viral infection is to get plenty of rest, drink lots of fluids, and let the illness run its course. You can ease symptoms with over-the-counter drugs, such as pain relievers, cough medicines, and decongestants.

Bacterial infections are the cause of strep throat, some sinus infections, most ear infections, and urinary tract infections. If your doctor prescribes an antibiotic for a bacterial infection, it is important to take the medicine exactly as prescribed. Don’t stop taking the drug early if you start to feel better—you need to take the full course of antibiotics to completely kill the bacterial infection.

#### **TAKING UNNECESSARY ANTIBIOTICS CAN BE HARMFUL**

Disease experts say that overusing antibiotics can actually jeopardize your safety. Bacteria are tough survivors, and they often adapt their structure to become hardier. This allows them to become resistant to the drugs we use to kill them. Researchers are concerned that if people continue to use antibiotics when they are not needed, there will be more strains of “super bug” bacteria that are resistant to all antibiotics. This means people will stay sicker for longer and may even die of illnesses that were once treatable.

#### **DO YOUR PART**

Using antibiotics wisely is everyone’s responsibility. It’s easy to do your part by not asking your doctor for antibiotics when you don’t need them and by taking antibiotics as directed when you do need them.

# Committed to Your Community

*We believe in taking an active role in improving the communities where we live and work. Listed below are some of the major local and statewide initiatives we have supported this year to help make Utah a better place to live.*

## STEP EXPRESS

This free program helps fourth-grade students work toward a healthier lifestyle through lesson plans, physical activities, and an eight-week fitness challenge. Students learn about proper nutrition and track minutes of exercise using a passport and convert the minutes to miles. Grants are given to the three schools with the highest average miles per student. To learn more, visit [stepexpress.org](http://stepexpress.org).

## TOUR DE CURE

Our team of 260 cyclists raised more than \$110,000 to benefit diabetes research and prevention as part of the American Diabetes Association's annual Tour de Cure event. The SelectHealth team is one of the top fundraisers in the nation. To join Team SelectHealth for 2012, visit [http://main.diabetes.org/site/TR/TourdeCure/UtahArea?pg=entry&fr\\_id=8080](http://main.diabetes.org/site/TR/TourdeCure/UtahArea?pg=entry&fr_id=8080).

## FARMERS MARKET

We offered free health screenings to more than 3,000 individuals and distributed nearly 10,000 free reusable shopping bags at the Salt Lake City Farmer's Market.

## ST. GEORGE MARATHON

We administered hundreds of free health screenings at the Wellness Expo for the St. George Marathon.

## UTAH SUMMER GAMES

We were proud to be a Gold Medal sponsor of the Utah Summer Games. This annual event in Cedar City provides aspiring athletes of all ages and skill levels an Olympic-style experience in 50 different sports, including archery, fencing, water polo, karate, and even bass fishing.

## Do You Have a Favorite Cause?

We are seeking applications for the Select 25 Awards, which will honor 25 winners with \$2,500 to further their causes. We want to recognize individuals, organizations, causes, or programs that best promote healthy living or serve special populations in their communities throughout Utah.

We encourage readers to submit applications for their favorite cause! Submissions for the Select 25 Awards will be accepted at [select25.org](http://select25.org).

Select  
25

## MENTAL EXERCISES HELP FIGHT MEMORY LOSS

Everyone's been through it: You know that you've met that woman, but you can't recall her name. Or maybe you can't remember where you parked your car. By learning some mental tricks, you may be able to make these lapses a distant memory.

Not surprisingly, people are more likely to remember emotional events. You're also more likely to recall events that you pay a lot of attention to or that relate to something you already know. Try these strategies to improve your memory:

- "Store" facts around a familiar room. For example, if you want to remember to pick up some milk at the grocery store, picture a milk carton sitting on your kitchen table.
- Connect the name of someone you just met to a famous person or a friend. For Ben, think Benjamin Franklin.

- Give important information your full attention. Make notes or lists to help you recall facts.
- Make up rhymes or sentences.



## GOOD HEALTH IMPROVES MEMORY RECALL

The following healthy choices also can positively affect memory:

- **Eat breakfast.** Children who skipped breakfast had slower memory recall than those who ate a morning meal. One reason may be low blood sugar levels.
- **Manage stress.** Stress causes the body to release cortisol, a hormone that may inhibit memory.
- **Keep your mind active with challenging activities.** Read the newspaper, play games, or learn a foreign language.



# DASH TO HEALTH WITH A DISEASE-FIGHTING DIET

Suppose medical scientists discovered a way to significantly lower your risk for heart disease, stroke, and kidney failure—without pills, surgery, or fancy gimmicks. Believe it or not, they have. It's called the DASH diet or Dietary Approaches to Stop Hypertension. This diet can help you lower your blood pressure and may help prevent high blood pressure in healthy adults.

## WHO CAN BENEFIT FROM DASH?

The ideal blood pressure for adults is less than 120/80. A person is considered to have hypertension if the top number—or systolic pressure—is 140 or higher, or the bottom number—diastolic pressure—is 90 or greater.



## GETTING MORE FRUITS AND VEGETABLES

Eight to ten servings of fruits and vegetables are recommended for the DASH diet. Here are some tips to help increase your daily fruit and veggie intake:

- Add sliced bananas or berries to your morning cereal.
- Heat frozen blueberries or strawberries in the microwave for a toaster waffle topping.
- Add a little curry or cinnamon to canned fruits and heat.
- Add shredded carrots to your sandwich.
- Top low-fat frozen yogurt with sliced peaches or berries.
- Add green bell pepper or zucchini to spaghetti sauce.



## CUTTING BACK ON MEAT, FISH, AND POULTRY

The DASH diet limits meat, fish, and poultry to six one-ounce servings a day or less. To cut back, begin thinking of meat as only one part of a meal rather than as the main course.

## DAIRY PRODUCTS ARE IMPORTANT, TOO

DASH calls for two to three daily servings of low- or nonfat dairy foods, such as yogurt, milk, and cheese. You can add dairy products to your diet by eating low-fat yogurt or cottage cheese as a snack and drinking skim or low-fat milk with meals.

The DASH diet also recommends that people eat four to five servings of nuts, seeds, and beans each week. Examples of one serving include one-third cup of nuts, two tablespoons of seeds, half a cup of cooked beans, or two tablespoons of peanut butter.

## OTHER LIFESTYLE HABITS

For the DASH diet to successfully control or prevent hypertension, you should also limit salt intake, avoid smoking, keep your weight at a healthy level, exercise 30 minutes almost every day, and drink alcohol only in moderation.



SelectHealth, Inc.  
Attn: Marketing/Total Fitness  
P.O. Box 30192  
Salt Lake City, UT 84130-0192

*Total Fitness* is presented by SelectHealth, Inc., P.O. Box 30192, Salt Lake City, UT 84130-0192. All rights reserved. *Total Fitness* and its graphic representation are trademarks. Reproduction without permission is strictly prohibited. No material in this issue may be reproduced without written permissions. The publishers do not assume responsibility for unsolicited editorial material. SelectHealth is the trademark of SelectHealth, Inc. *Total Fitness* is an information newsletter for the members of a SelectHealth plan.

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.**

5285MA

RNR

Nonprofit Org.  
U.S. Postage  
PAID  
SelectHealth Inc

#### MEMBER SERVICES

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

# Butternut Squash and Ginger Soup

SERVES 6

#### INGREDIENTS

- 1 tsp mild olive oil
- 1½ cups onion, chopped
- 3 cloves garlic, crushed
- 2 tsp fresh ginger, chopped
- 1½ lbs (6 cups) raw butternut or other winter squash, peeled
- ½ lb (1 cup) new potatoes, peeled and chopped
- 1 cup unsweetened 100 percent apple juice
- 3 cups water
- ½ cup skim milk
- ½ tsp salt

#### Garnish

- 2 tbsp parsley, chopped

#### DIRECTIONS

1. Heat the oil in a high-sided skillet or large saucepan on medium high. Sauté the onions for three minutes or until tender.
2. Add the garlic and ginger and cook one minute longer. Add the squash, potatoes, 100 percent apple juice, and water.

3. Bring to a boil. Reduce the heat and simmer 35 to 40 minutes or until very soft. Purée in a blender or processor, in batches, until smooth.
4. Pour back into the pan and stir in the milk and salt. Reheat and serve topped with parsley.

**NOW**  
*you're cookin'*



#### NUTRITION FACTS

Calories: 190  
Total fat: 1 g  
Carbohydrates: 45 g  
Cholesterol: 0 mg  
Sodium: 220 mg