

total FITNESS™

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For past issues, visit www.selecthealth.org/totalfitness.

State-of-the-Art Women's Services Are Here

Intermountain Healthcare® strives to provide the highest-quality care and comfort to all patients. For example, a woman can get any kind of care she needs at Intermountain Healthcare hospitals in the Salt Lake Valley.

LDS HOSPITAL

LDS Hospital has just completed a floor-to-ceiling makeover of its Women's Center with beautiful colors, more windows, and new furnishings. Delivery rooms are now the largest in

the valley, and the special care nursery now offers private rooms. In addition, a new women's surgery center offers a wide range of services, including many minimally invasive procedures.

ALTA VIEW HOSPITAL

Because of the smaller, more intimate setting at Alta View Hospital, expectant mothers can almost always count on having their baby delivered by the doctor they've grown to know and trust. The hospital also has a unique model of care

for Salt Lake Valley, in which the same nurse follows a new baby from birth to leaving the hospital with her new family.

INTERMOUNTAIN MEDICAL CENTER

At Intermountain Medical Center, the Newborn Intensive Care Unit serves critically ill infants with advanced technology and a highly trained staff. This year, the nurse midwifery group marked its first year at the new hospital, while celebrating ten years of serving women and babies at various locations.

TO LEARN ABOUT A MIRACLE DELIVERY AT INTERMOUNTAIN MEDICAL CENTER, TURN TO PAGE 2.

A miracle at INTERMOUNTAIN MEDICAL CENTER

Lily Marie Barnard was not delivered in the maternity unit as most babies are at Intermountain Medical Center. She was the first baby to be delivered in the hospital's heart catheterization lab, a move that occurred when her mom Alisa suffered life-threatening heart failure in the final weeks of pregnancy.

BEATING THE ODDS

"It was frightening, it really was," said Patrick W. Fisher, M.D., the advanced heart failure/transplant cardiologist at Intermountain Medical Center who coordinated a team of experts to care for Alisa. Together, that team of cardiologists, cardiothoracic surgeons, anesthesiologists, pulmonologists, high-risk OB/GYNs, nurses, engineers, and technicians crafted a plan to help Alisa and Lily beat the odds.

An Intermountain Life Flight™ helicopter rushed Alisa from McKay-Dee Hospital in Ogden to Intermountain Medical Center, where she was examined by maternal fetal specialist Mike Draper, M.D. He called Dr. Fisher, and together they decided to put Alisa on medication that would hopefully stabilize her while they considered their options.

Doctors had to decide which to do first: place a pump in her heart to take over some of the work or deliver the baby. In the end, they decided to deliver Lily first. After less than five hours of labor—but no pushing because that would stress Alisa's heart too much—Lily Marie was delivered safely and healthy. Applause and tears broke out in the room full of heart specialists and maternal fetal doctors.

TECHNOLOGY AND TEAMWORK

"I just got a quick look at the side of her before they started to work on my heart," said Alisa, who was whisked to a nearby table where Intermountain Medical



Baby Lily and mom, Alisa

CLASSES FOR NEW PARENTS AND SIBLINGS

Classes are available for new parents at all three of Intermountain's local hospitals. Classes cover parenting 101, breastfeeding, Lamaze, third-trimester support, childbirth, baby massage, siblings, adoptive parents, prenatal exercise, aquatic exercise, and postpartum depression. For more information on classes or to find a doctor, visit Intermountainhealthcare.org or contact the Women's Services department at any of these hospitals.

Center cardiologist James Revenaugh, M.D., quickly inserted an Abiomed™ Impella® 2.5 heart recovery pump—the smallest heart device in the world.

A few days later, Alisa's heart was stabilized and doing well enough to safely remove the device. "This was an extremely complex and high-risk situation with the potential for catastrophic outcome for both Alisa and her baby. It was a great example of teamwork," said Dr. Revenaugh.

"If this had happened someplace else, I'm not sure we'd have Alisa or Lily with us today," added Dr. Fisher. Today, Alisa has returned home to her husband, Paul, and their four children, including their happy and healthy newborn. "I feel lucky to be alive," said the 30-year-old

Layton woman. "I know I was extremely fortunate to be with this team. I'm amazed at their dedication and feel really blessed to have been brought here."

As a SelectHealth member, Alisa looks back on the attentive service she received when she had questions. "SelectHealth was great through this whole process," said Alisa. "They made everything as easy as it could be for me. I called several times to ask questions about procedures and billing, and each person I spoke with was so helpful. You never think you will go through something like this—you take your insurance for granted. I was so grateful to have the wonderful doctors and staff at Intermountain Healthcare and SelectHealth on my side."

SelectHealth offers a prenatal program to its members for no extra cost. It's called Healthy Beginnings, and you can enroll by calling 801-442-5052 or 866-442-5052. Find out more at www.selecthealth.org/healthybeginnings.

myhealth

An Online Guide to Your Health Benefits



We know managing your healthcare and insurance can be confusing at times. That's why we created *My Health*, our secure member Web site, connecting you to tools that make managing your health easier. Below is a look at some of *My Health's* offerings.

COVERAGE AND CLAIMS. View your coverage and claims' status, get a quick summary of your health plan, review amounts paid year-to-date, and order new ID Cards*.

PHARMACY TOOLS*. Which drugs are covered? How much will I pay? Find answers to many of your pharmacy questions by accessing the following tools designed to help make the most of your prescription coverage:

- Explanations of Benefits for prescription claims
- Potential lower-cost alternatives for drugs
- Prescription copays and benefits, including deductible and out-of-pocket amounts
- Prescription drug history
- Tier statuses of prescription drugs

DECISION SUPPORT. The following *My Health* tools help you make more informed decisions about your healthcare and prepare for the future:

- "Plan Cost Compare" estimates anticipated costs based on plan

selection and how often you utilize healthcare services.

- "Hospital Compare" allows you to compare ratings for SelectHealth's network of Intermountain Healthcare® hospitals based on procedure, diagnosis, or location.
- "Treatment Cost Estimator" estimates medical costs for common conditions, procedures, tests, and visits based on averages.
- "Symptom Checker" allows you to enter symptoms you are experiencing to help determine whether medical attention is necessary.

INSURANCE EDUCATION. Learn the basics of healthcare and how to get the most out of your plan with the following:

- Tutorials, including "My Health," "Healthcare 101," and "High-Deductible Health Plans"
- "Common Questions," providing answers to common benefit and claim questions
- "Using Your Benefits," for the basics of using your medical and pharmacy benefits

To learn about more ways *My Health* can help, turn to pages 4 and 7. Or log in at www.selecthealth.org/myhealth and start exploring today.

** Availability is dependent on employer and facility participation.*



Ride for a Cure with Us!

The American Diabetes Association® *Tour de Cure* is Saturday, June 13 at Rees Pioneer Park in Brigham City. SelectHealth is once again a major sponsor. Last year our team made history with 294 cyclists—the largest team ever, nationwide—raising more than \$80,000.

We're looking to grow! Visit www.diabetes.org/utahtourdecure to register for the event. For more information about Team SelectHealth, call **801-442-7927** or join us on **Facebook** by searching for "SelectHealth Tour de Cure Team."



CREATE A SINGING SMILE-O-GRAM

There's nothing better than making someone smile—especially without warning! Visit www.protecttoothy.com to create a wacky Singing Smile-o-Gram that you can send to all your friends. It's easy: Just upload a fun photo, slap on a silly grin, choose a song, and voilà! You've created a smiling, singing masterpiece! While you're on the site, check out our new SelectHealth dental plans. Employer plans are available now; individual plans will be available beginning July 2009.

Healthy Foods Don't Have to Break the Bank

Do you go into sticker-shock when you load your shopping cart with healthy foods? A study in the *Journal of the American Dietetic Association* found that healthy foods such as lean meats, low-fat dairy products, fruits, and vegetables are significantly more expensive than junk foods.

Still, the benefits of eating foods that provide nutritional value over cheaper, junk food alternatives that provide mainly extra calories are endless. Here are some tips for enjoying healthy foods without busting your budget:

- Buy staples such as brown rice, oatmeal, and beans in bulk when they go on sale. Or get them through wholesalers, such as Costco®, or by joining The Community Food Co-Op of Utah, which you can find at www.crossroads-u-c.org/cfc.

- Buy produce in season—it's usually cheaper. A farmers' market is a great place to look for deals. During the off months, don't shy away from frozen or canned foods.
- To lengthen the life of broccoli, cauliflower, carrots, corn, and other veggies you freeze at home, blanch them first. Put them in boiling water for one to three minutes and then plunge them into ice-cold water. Drain well and then freeze in plastic bags.

For more tips on healthy eating and shopping on a budget, visit www.fruitsandveggiesmorematters.org.



 myhealth



CHECK OUT NEW TOOLS ONLINE

Through our integration with Intermountain Healthcare, you can now access your clinical information, gathered by our many facilities, with *My Health*. Log in for the following services*:

- **MEDICAL RECORDS.** View lab results, imaging reports, medications, and allergy lists. Create pocket-sized or full reports of your medical history to share with your doctor(s).
- **APPOINTMENTS.** View pending and past appointments.
- **SECURE MESSAGING.** E-mail questions to your provider after signing up at your doctor's office.

**Available only if visiting a participating Intermountain Healthcare facility.*

GARDENING AND YARD WORK

When You Have Allergies

Spring is a great time to tend to your yard and garden. However, if you suffer from outdoor allergies, gardening can trigger symptoms. Here are a few things to consider.

WHEN PLANTING

- Choose plants that are low pollen producers. These include colorful blooming flowers. Roses, impatiens, and petunias are all good choices.
- Use nonallergenic elements in your garden, like sand, rocks, and water.
- Avoid plants with small off-white to greenish flowers. These can cause more allergies.
- Avoid hedges. They're good places for pollen, dust, and mold to collect.

WHEN GARDENING AND WORKING IN THE YARD

- Wear proper attire to reduce exposure to pollen such as a hat, gloves, glasses, and a paper mask.

- If you are allergic to mold, don't rake leaves, mulch, or hay.
- Keep your grass cut short and keep your windows closed while cutting it.
- Pull weeds immediately. They are the worst pollen producers.

WHEN CLEANING UP

- Rinse off your gardening tools after use.
- Keep gardening clothes outside of the house, if possible. Wash them separately.
- Shower and wash your hair after yard work to remove any pollen.
- Keep Fido clean, too! Bathe your dog weekly to remove pollen from its fur.

The Doctor *is in*

YOU CAN ACT AGAINST ALLERGIES

When you have an allergic reaction, it means your immune system mistakenly believes a substance is harmful and responds by trying to eliminate it. Allergic reactions can be caused by dust, plant pollen, certain foods, or medicines. Symptoms may be mild, such as a runny nose and itchy eyes, but in rare cases symptoms can include difficulty breathing or even loss of consciousness.

Rhinitis is the medical term for irritation and inflammation of the tissues lining the nose associated with allergies. People can experience symptoms all year, seasonally, or after exposure to a trigger. There are two main types of rhinitis: allergic and nonallergic.

Allergens such as grass and trees commonly cause seasonal allergic rhinitis. Many people also suffer reactions to certain odors, such as perfumes, spicy foods, detergents, or cigarette smoke. These irritants are typical triggers for nonallergic rhinitis.

Luckily, there are several treatment options available. Ask your doctor or pharmacist which treatments are right for you. Also, try reducing your exposure to allergic triggers with the following tips:

- Keep windows closed. Use air conditioning.
- Clean moldy surfaces with bleach.
- Keep pets out of the bedroom and bathe them often.
- Vacuum and dust frequently.
- Change your air conditioning or heating filters regularly.

Stephen L. Barlow, M.D.
Vice President and Chief Medical Officer
SelectHealth



Stephen L. Barlow, M.D.





Get More out of Your Membership

Two Great Services

Benefits Through Intermountain Healthcare

There are all kinds of helpful resources for members at Intermountainhealthcare.org. Here is just some of what you will find:

- **HELP PREPARING FOR A HOSPITAL STAY.** Know what to expect and learn about advanced care planning, life in the hospital, patient safety, patient rights, and the hospital care team.
- **CLASSES AND EVENTS.** Register for health-related classes and conferences.
- **KIDS HEALTH INFORMATION.** Check out this interactive kid-and-parent-friendly Web site with information about parenting, growth development, and more.
- **CAREPAGES.** Create and use CarePages, designed to help patients, friends, and family stay connected, informed, and supported.

1 MEMBER DISCOUNTS
Did you know that as a SelectHealth member, you can receive special discounts on a number of health-related products and services? Simply show your SelectHealth ID Card. A complete list of available discounts can be found at www.selecthealth.org/discounts.

Here are some to keep in mind:

- **EYEWEAR:** Up to 40 percent off frames and lenses, contacts, and sunglasses
- **VISION CORRECTION:** 10 percent off vision-correcting procedures, including LASIK eye surgery
- **FITNESS CENTERS:** Various discounts at more than 100 fitness centers throughout Utah
- **ALTERNATIVE MEDICINE:** Up to 25 percent off chiropractic services, massage therapy, and acupuncture



- **VITAMINS AND NUTRITIONAL SUPPLEMENTS:** Up to 40 percent off vitamins and supplements
- **HEARING AIDS:** Up to 15 percent off hearing aids offered through a partnership with Intermountain Healthcare audiology clinics
- **DRUG EDUCATION:** Up to \$80 savings on drug prevention and intervention products offered through DrugTalk™

Note: Products and services offered through our member discounts program are not covered benefits. These discounts are offered by participating vendors separate from your health plan benefits. SelectHealth does not endorse, guarantee, or warrant in any way the products and/or services offered by participating vendors. Discounts and vendors may be subject to change without notice.

2 HELP FINDING A DOCTOR

Looking for a doctor near you? SelectHealth Member Advocates® will gladly help you with any of the following tasks:

- Scheduling appointments for annual exams and immunizations
- Helping you avoid unnecessary costs by finding a doctor in your health plan network
- Learning more about participating providers, such as what languages they speak and whether they are accepting new patients
- Making an appointment with a specialist
- Securing an appointment for urgent care when your doctor is unavailable

Call Member Advocates at **801-442-4993** (Salt Lake area) or **800-515-2220**, weekdays, from 7:00 a.m. to 8:00 p.m., and Saturdays, from 9:00 a.m. to 2:00 p.m.

YOUR FIRST 5K: *You Can Do It!*



Many people are intimidated by the idea of a 5K race. But the 5K distance offers something for everyone. It's equivalent to 3.1 miles, which makes it an achievable distance for new runners. Still, it supplies a challenge for more advanced runners learning to sustain and improve their speed. It's no wonder 5Ks have become the most popular racing distance.

WHY SHOULD I SIGN UP FOR A 5K?

Participation in 5K races offers rewards far beyond the physical benefits. Training and participating on race day gives you a chance to enjoy the outdoors and

socialize with friends. It also offers a challenge and a chance to focus on reaching a specific goal. Many 5Ks also raise money for charities.

Visit www.selecthealth.org/events to find SelectHealth-sponsored runs and walks across Utah. Find a 5K in your area by visiting www.active.com. You might also check with your local recreation center or favorite charity.

HOW TO GET STARTED

Most people (yes, even beginners) can be ready to run or walk a 5K in a matter of eight weeks with a little training, so plan accordingly. New runners often use a run/walk strategy for their first race. Even advanced runners can benefit from following a specific training schedule in order to achieve a goal time in the 5K. There is no shortage of Web sites offering beginner, intermediate, and advanced training templates. Check out www.active.com, www.mysaltlakerunningco.com, or www.runningplanet.com to find one that works for you. We have included one example here.

Manage Your Health and Fitness Goals Online

Log in to *My Health* at www.selecthealth.org/myhealth and start enjoying all the benefits of being a SelectHealth member. Get personalized health information and take advantage of the following WebMD® health management functions:

- “My Health Score” lets you do a personal health assessment and create action plans.
- “Health Center” provides access to WebMD’s customizable health topics and management centers.
- “Personal Health Journal” allows you to manage and maintain health information and fitness goals in a central location.

5K TRAINING SCHEDULE FOR BEGINNERS

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	20-30 min EZ	1.5 m run	CT or Rest	1.5 m run	Rest	1.5 m run	Rest
2	20-30 min EZ	1.75 m run	CT or Rest	1.5 m run	Rest	1.75 m run	Rest
3	20-30 min EZ	2 m run	CT or Rest	1.5 m run	Rest	2 m run	Rest
4	25-35 min EZ	2.25 m run	CT or Rest	1.5 m run	Rest	2.25 m run	Rest
5	25-35 min EZ	2.5 m run	CT or Rest	2 m run	Rest	2.5 m run	Rest
6	35-40 min EZ	2.75 m run	CT	2 m run	Rest	2.75 m run	Rest
7	40 min EZ	3 m run	CT	2 m run	Rest	3 m run	Rest
8	20-30 min EZ	3 m run	CT or Rest	2 m run	Rest	Rest	5K RACE!

CT=Cross Training (i.e., biking, swimming, or elliptical); EZ=simple, less strenuous activity

*Training schedule reproduced with permission from www.running.about.com

MEMBER SERVICES

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



NOW
you're cookin'

Kiwi Mango Salsa

SERVES THREE; PREP TIME: 15 MINUTES

INGREDIENTS

- 3 medium kiwifruit
- $\frac{3}{4}$ cups peeled and chopped mango
- 1 tbsp minced green chile peppers
- 2 tbsp fresh lime juice
- $1\frac{1}{2}$ tsp honey
- 3 tbsp cilantro
- $\frac{1}{8}$ tsp salt
- 3 ounces tortilla chips (1 oz per serving)

DIRECTIONS

- Peel the kiwifruit, cut lengthwise into quarters, then slice.
- Put the kiwifruit into a medium bowl and add all the remaining ingredients, except the tortilla chips.
- Mix gently.
- Serve with chips or over cooked fish or chicken.



PER SERVING
Calories 202
Total fat 2.7 g
Saturated fat 0 g
Cholesterol 0 mg
Sodium 279 mg
Fiber 5 g