

total FITNESS™

fall 2008



inside

HOW TO STAY YOUNG
Quitting cigarettes may be the secret to youthful skin, whiter teeth, and lasting good health.....3

BLOOD PRESSURE FACTS
High blood pressure has no symptoms, but you'll definitely want to know if you have it.....5

ARE YOU PREPARED?
A medical emergency in Utah may not be likely, but you should still know what to do.....6

EXERCISE AT HOME
This routine from our SelectHealth trainer won't require you to join a gym, but it will make you sweat.....7

New Focus on Mental Wellness Improves Care

Intermountain Healthcare® clinics are tackling more than just a patient's physical concerns during routine office visits. They're doing their best to uncover and treat mental health problems, too. It's all part of a new program called Mental Health Integration that helps doctors diagnose and treat behavioral illnesses. This helps improve patient outcomes by focusing not just on symptoms but on the underlying causes of problems as well.

"About 60 percent of physical problems have a behavioral health

component," Linda Leckman, M.D., chief executive officer of Intermountain's Medical Group, told the *Deseret News*.

The new program began as a pilot study at the Bryner Clinic, pioneered by advanced practice nurse Brenda Reiss-Brennan. "The goal is to care for the whole health of the patient and family, not just the obvious physical symptoms," said Reiss-Brennan.

Since beginning Mental Health Integration, the Bryner Clinic has noted the following benefits:

- Fewer undiagnosed cases of depression
- Reduced Emergency Room visits
- Increased satisfaction from patients, doctors, and clinic staff
- No increase in cost

They also found routinely asking patients questions about mental health reduced the stigma associated with mental illness.

To learn more about the program, call Reiss-Brennan at 801-442-3012.

FOR MORE INFORMATION ABOUT THE BENEFITS OF MENTAL HEALTH INTEGRATION, TURN TO PAGE 2.

Weight Loss *QA*



Advice from Meg Danielson, R.N., Certified Wellness Coach, SelectHealth

Q. Can you recommend a good weight-loss goal?

A. Don't fixate on the scale. Instead, focus on eating healthy and being active. If weight is a major concern, aim for gradually achieving a healthy body mass index (BMI). To check your BMI, which is based on a ratio of height to weight, log in to *My Health* and click on "Health and Wellness," then "Condition Centers." Select "Weight" for a helpful BMI calculator and more.

Q. Is there a diet that works over the long term?

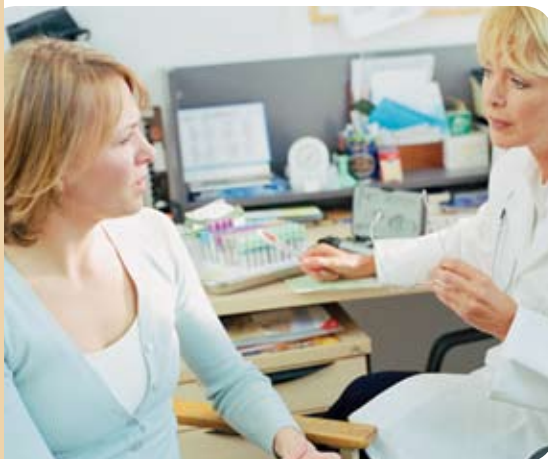
A. Diets focusing on weight loss tend to be ineffective or unhealthy if they restrict calories too much or limit your food variety. When planning meals, emphasize fruits and vegetables, whole grains, and beans, and choose lean meats and low-fat or nonfat dairy products.

Q. I haven't been active in a long time. How can I start exercising?

A. If you feel capable of only light activity, gradually increase how much you do. Try to build up to at least 30 minutes of moderately intense exercise on most days. Talk with your doctor about your weight-loss goals before starting any new exercises.



Introducing Mental Health Integration



Intermountain's Board of Trustees set a goal in 2007 that all Medical Group clinics be trained in a new program called Mental Health Integration. "So far we are about 95 percent of the way there," said Brenda Reiss-Brennan, the advanced practice nurse who pioneered the model in a pilot study with the Bryner Clinic.

HOW THE PROGRAM WORKS

This new method of practice calls on doctors and medical staff to take the lead in identifying and treating mental illness. Doctors

gather information about mental health by asking questions as simple as whether a patient has recently felt depressed. Then, if a patient needs help, a team of professionals is ready to provide it.

Depending on the type of care the patient needs, the doctor may be joined by a mental health expert, a care manager, a consumer advocate, or mentors. Most of the team is already in the clinic, making it easier to coordinate and move quickly to determine the best course of treatment. "Everyone is trained in what to look for and how to respond in a compassionate way," said Reiss-Brennan.

A BIG IMPACT AT INTERMOUNTAIN AND ACROSS THE NATION

So far thousands of patients in 68 primary care clinics around Utah have benefited from Mental Health Integration. The model has been so successful that healthcare organizations from Oregon and Maine, as well as non-Intermountain clinics in Utah, are already incorporating the program into their own practices.

CONVENIENT SERVICE FOR MEMBERS

Caring SelectHealth Member Advocates®, or healthcare advisors, will gladly help you with any of the following tasks:

- Scheduling appointments for annual exams and immunizations
- 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 provider 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.



SMOKING

the secret to looking older

Beyond the obvious health dangers, cigarettes are one of the fastest ways to ravage your appearance. Below are types of cosmetic damage you can expect as a result of smoking cigarettes.

SKIN CHANGES. Smoking increases your risk for moderate to severe facial wrinkling. What's more, one study showed heavy smokers' upper arms had the same fine wrinkling normally seen in older people.

VOCAL SHIFTS. Smoking can cause swelling of the vocal cords, the development of polyps, and throat cancer. These conditions can lead to a deepening and scratchiness of the voice. Because of the risk for cancer, anyone who develops voice changes should see a doctor.

DENTAL ISSUES. Cigarettes stain your teeth a dirty yellow, contribute to gum disease, and give you bad breath.

BODY RAMIFICATIONS. Smoking can leave you too winded to exercise, contributing to poor physical health.

Don't let these premature aging changes happen to you. With today's nicotine replacement therapies, medications, and support counseling, help is available.

SelectHealth also offers a private smoking cessation program for most* members called Free & Clear™. You receive access to a toll-free quitline and a free Quit Kit. To learn more or enroll, call **800-292-2336**. The Utah Tobacco Quit Line is another free resource, available at **888-567-TRUTH (8788)**.

* Smoking cessation is not a covered benefit with all plans.

What A Woman Wants Show

Clip the coupon below for free admission to the show that has everything a woman wants! SelectHealth will be there offering screenings, demonstrations, and giveaways. Here are the details you'll want to know so you can join us.

WHEN: Friday, September 26, from 10:00 a.m. to 8:00 p.m., and Saturday, September 27, from 10:00 a.m. to 6:00 p.m.

WHERE: South Towne Expo Center, 9575 South State St., Sandy, Utah

WHAT: Makeovers; information on finance and women's health and wellness; health screenings; tips on cooking, home décor, skin care, and fashion; and much more. Enjoy, learn, participate, and shop!

HOW: For more information, visit www.whatawomanwantsshow.com.



A Free Kit, Emotional Support, and More

SelectHealth Healthy Beginnings® is a prenatal program available to all members at no extra cost. In addition to emotional support, you'll receive a free healthy pregnancy kit and book just for enrolling. What's more, a cash incentive is available for those who enroll by the end of their 16th week and complete the program. Participation involves just a few short interviews over the phone. To join, call **801-442-5052** (Salt Lake area) or **866-442-5052**.

Free Admission!

BRING THIS COUPON WITH YOUR SELECTHEALTH ID CARD

FOR FREE ADMISSION to the What A Woman Wants Show on either Friday, September 26, or Saturday, September 27.





HOW HEALTHY ARE YOU?

You may not realize there are little things you can do to have a positive impact on your health.

We encourage you to log in to *My Health* and utilize the WebMD® My Health Score, a 15-minute quiz to assess your health. Once you complete the quiz, you'll find out your risk areas and receive a game plan for getting them under control.

If you're at risk for a chronic condition, you'll be connected to our Care Management programs. To get started, visit *My Health* at www.selecthealth.org. Log in and click on "Health and Wellness."

DISEASE MANAGEMENT: WE'RE HERE WHEN YOU NEED US

Judy Evans's Story

The following is a testimonial from Judy Evans, who turned to SelectHealth's Disease Care Management team after learning she had type 1 diabetes.

SURPRISE DIAGNOSIS

"In August 2003, a diagnosis of type 1 diabetes took me completely by surprise. My doctor was testing my blood for an iron deficiency and in the process discovered I was on the verge of a diabetic coma. The day of the test, my blood sugar level was 463.

"The doctor put me in the hospital immediately. While I was there, a diabetes specialist visited me and left a diabetic kit that included a meter, some needles, and an insulin pen. She told me to check my blood sugar and take my insulin shots. Other than that, I didn't have a clue how to handle my diagnosis.

GETTING HELP

"Fortunately, I heard about SelectHealth's Disease Care Management program. The program connected me to Meredith Link-Leavitt, R.N., a diabetes care manager who was a lifesaver. Meredith was there to answer questions about my struggles. What should my numbers be?

How should I calculate the amount of insulin in my meal? What was the least painful way to check my blood?

"Meredith answered every question precisely but managed to do it in terms that made sense. I programmed her number into my cell phone and felt relieved whenever I called her. If I left a message, she never failed to call back.

SUCCESS STORY

"Using Disease Care Management, I was treated as a person, not just a name. I can't say enough about how the program and special attention from Meredith made my surprise diagnosis as positive an experience as it possibly could have been."

HERE TO HELP

As a resource to members, SelectHealth's disease management program offers support for patients with chronic health conditions, including diabetes, hypertension, asthma, and much more. A team of nurse care managers will help make sure your health is under control through education, newsletters, assistance with coordination of care, and follow-up phone calls.

NEED HELP NAVIGATING THE HEALTHCARE SYSTEM?

In the event of an emergency, or if you suffer from a chronic condition, nurse care managers are available to help you find your way through the healthcare system, allowing you to focus on getting better. These local, compassionate nurses are knowledgeable about providers, hospitals, and healthcare services in the area.

If you feel that you would benefit from disease management or care management assistance, please call **801-442-5305** (Salt Lake area) or **800-442-5305**. Depending on your circumstances, you may automatically receive some of these services.

PRESSURE POINTS

lifesaving truths about blood pressure

High blood pressure, or hypertension, is unlike many illnesses in that it has no signs or symptoms. But even though it may not make you feel sick, over time hypertension can cause serious damage. To help avoid potential problems such as heart attack, stroke, kidney failure, and blindness, it's important to get your blood pressure checked regularly.

Once you know what your blood pressure numbers are, look below for help understanding what they may mean now and in the long run.

YOUR BLOOD PRESSURE IS LOWER THAN 120/80. Congratulations—this is a healthy measurement. Blood pressure can change through the years, so keep getting yours checked.

YOUR BLOOD PRESSURE IS BETWEEN 120/80 AND 139/89. This is considered prehypertensive. Ask your doctor for help to get on the right track.

YOUR BLOOD PRESSURE IS 140/90 OR HIGHER. You have high blood pressure. Your doctor may recommend lifestyle changes such as quitting smoking, following a special diet, and exercising. He or she may also prescribe medication.

Blood pressure monitoring should generally begin at age 18. At the minimum, if your blood pressure is normal, you should have it checked every few years. Depending on your family and medical history, your doctor may advise more frequent testing. Talk with your doctor about what's right for you.



The Doctor *is in*

IMMUNIZATIONS FOR ADULTS

Vaccinations are just as important for adults as they are for kids. Recent outbreaks of measles and pertussis (whooping cough), as well as new vaccines, have prompted new guidelines for adult vaccinations.

TETANUS, DIPHTHERIA, AND PERTUSSIS (TDAP). Adults ages 18 to 64 should substitute a dose of Tdap for their next regular booster shot for tetanus and diphtheria. Tdap also protects against pertussis, or whooping cough, and is especially important for those in close contact with infants.



Stephen L. Barlow, M.D.

FLU. Anyone who wants to protect against the flu should get a yearly flu shot. The flu shot is recommended for high-risk groups, including adults who live with chronic disease, have close contact with children, or are older than age 50.

PNEUMOCOCCAL. Adults with chronic illness and those ages 65 and older should get their pneumococcal vaccine at least once in their lifetime. This vaccine helps protect against pneumonia.

HUMAN PAPILLOMAVIRUS (HPV). HPV can cause cervical cancer. Ideally, a girl should get this vaccine by age 11 or 12, but it's recommended for women up to age 26.

It is important to talk with your doctor about which vaccines are right for you. For more information on immunizations, call the Utah Department of Health's Immunization Hotline at **800-275-0659** or visit www.immunize-utah.org.

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

Watch for Signs of Depression

Does your close friend or family member seem sad, tired, and generally disinterested in life? Depression could be the cause.

RATES OF TEEN DEPRESSION

A national survey from the U.S. Department of Health and Human Services found about nine percent of adolescents ages 12 to 17 had experienced depression. Older teens are more likely to suffer from the disease, as are girls.

THE MALE DIFFERENCE

More than six million men in the U.S. experience depression every year, but many don't seek help. Men are less likely to say they feel down or sad. Instead, they may say they feel irritable or stressed-out.

YOU ARE NOT ALONE

Our Behavioral Health AdvocatesSM connect members with resources and the best kind of doctor to meet their needs. Call **801-442-1989** (Salt Lake area) or **800-876-1989** or visit **www.selecthealth.org** and search for "mental health."

Note: Mental health is not a component of all plans. For questions about your benefits regarding mental health, please call Member Services at 801-442-5038 (Salt Lake area) or 800-538-5038.



A STATE OF EMERGENCY

how to prepare

Most Utahns are keenly aware of the possibility of a natural disaster—an earthquake along the Wasatch Fault, another catastrophic season of flooding, or even a tornado. Few consider the possibility of a medical emergency. However unlikely one is, it's important to be prepared.

WHAT IS A MEDICAL EMERGENCY?

A medical emergency generally refers to the outbreak of a pandemic disease that poses an immediate threat to the health of the community. Many people may get sick, people may have very severe illness, and vaccines and treatment options might be limited or nonexistent.

WHAT IF UTAH EXPERIENCED A PANDEMIC?

In the event of a pandemic, people might be asked to stay home from school and work. Large gatherings such as sporting events would likely be canceled as well. Stores could close, and food and water could be hard to find. Medical supplies, space, and personnel could become limited.

WHAT YOU CAN DO

Here are a few steps you can take now to prepare for a medical emergency:

- Keep everyone in your household current on immunizations.
- Practice good hygiene.
- Have a plan. For example, discuss how you will stay in touch with family and friends.
- Stock up on survival supplies for an emergency kit.
- Make a list for every member of your family of the following items:
 - ♦ Current medical problems
 - ♦ Drugs you take, including dose information
 - ♦ Known allergies

Should a medical emergency occur, the most important thing you can do is to stay informed. Listen and watch for updates through local media. Stay away from gatherings of people. For information from the government on how to prepare for and respond to public health emergencies, visit **www.bt.cdc.gov**.

Healthy to the Core

Core exercises strengthen your abs and other core muscles that make up your body's foundation—making them an important part of a fitness program.

BENEFITS OF CORE TRAINING

Your core is comprised of nearly 30 muscles that support your abdomen and lower back. You use those muscles every time you move—whether it's to swing a golf club or grab a glass from the top shelf.

When these muscles are weak, it can lead to poor posture, low back pain, and injuries. But by strengthening your core, you'll get all kinds of great benefits. Here are a few:

- Improved muscle power, agility, and performance
- Increased muscle response time
- Ability to do more with less effort
- Increased flexibility
- Improved balance and posture
- Reduced injuries

TRY THESE EXERCISES AT HOME

It doesn't take expensive gym equipment to strengthen your core. We asked SelectHealth personal trainer and wellness coach Marian Paller, M.S., C.P.T., to share a few exercises that you can do with minimal equipment. Here are three core exercises to try. As long as it's okay with your doctor, you can do these at home.

TRACK YOUR PROGRESS

Track your exercise, diet, and more with *My Health*. Log in at www.selecthealth.org/myhealth and click on "Health and Wellness" to access WebMD health trackers and weight management resources.

CRUNCH. **How to do it:** Lie on your back on the floor or on an exercise mat with your knees bent and heels close to your body. Your heels should be together, your pelvis should be tilted up, and your lower back should be pressed down to the floor or mat. Keeping your elbows behind your head and your chin to the ceiling, tighten your abdominals and lift your shoulders off the ground by contracting your abdominals. Return to the starting position. Repeat.



HIP EXTENSIONS. **How to do it:** Kneel on the floor with a stability ball under your chest and tighten your lower abdominal muscles. Slowly extend your left arm and right leg until they are in horizontal alignment with your spine. Keep your knee



and toes pointing toward the floor and in line with your hips. Hold for a few seconds and return to start position. Repeat with the right arm and left leg. Remember to not allow your spine to sag or arch and to keep the ball as still as possible.

REVERSE BRIDGE WITH STABILITY BALL. **How to do it:** Lie with the stability ball under your shoulder blades and your feet flat on the floor, shoulder-width apart.

Flex your knees at a 90-degree angle and tighten your stomach muscles while maintaining neutral alignment; hold for 30 seconds. For increased intensity, lift one leg away from the floor, keeping the leg straight. Hold for a few seconds, then return your leg to the floor and repeat using the opposite leg. Remember to not allow your spine to sag or arch and to keep the ball as still as possible.



For maximum benefit, you should do up to three sets of 15 repetitions two to three times per week, focusing on quality over quantity.



NOW
you're cookin'

Good-for-You Corn Bread

SERVES TEN; ONE SQUARE PER SERVING

INGREDIENTS

- 1 cup cornmeal
- 1 cup flour
- ¼ cup white sugar
- 1 tsp. baking powder
- 1 cup low-fat buttermilk
- 1 whole egg
- ¼ cup tub margarine
- 1 tsp. vegetable oil (to grease the pan)

DIRECTIONS

- Preheat oven to 350 F.
- Mix together cornmeal, flour, sugar, and baking powder.
- In another bowl, combine buttermilk and egg. Beat lightly.
- Slowly add buttermilk and egg mixture to the dry ingredients.
- Add margarine and mix by hand or with a mixer for one minute.
- Bake for 20 to 25 minutes in an eight-by-eight-inch greased baking dish. Cool.
- Cut into ten squares.



PER SERVING

Calories 178
 Total fat 6 g
 Saturated fat 1 g
 Cholesterol 0 mg
 Sodium 94 mg

Source: National Heart, Lung, and Blood Institute

Total Fitness is presented by SelectHealth, Inc., 4646 West Lake Park Blvd., 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.**

5285ME



SelectHealth, Inc.
4646 Lake Park Blvd
P.O. Box 30192
Salt Lake City, UT 84120-8212

Nonprofit Org.
U.S. Postage
PAID
Selecthealth Inc



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

UCR