

total FITNESS™

summer/fall 2009



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Not Getting Enough Sleep?

The downturn in the economy is taking a toll on more than Americans' retirement plans. Many of us—about one in three—are losing sleep, too.

The National Sleep Foundation's "Sleep in America" poll, released this spring, found that more than 30 percent of Americans are experiencing sleep problems due to financial concerns. The number of people sleeping less than six hours a night has jumped from 13 percent in 2001 to 20 percent today, while for those who reported getting

eight hours or more, the percentage has dropped from 38 to 28.

HOW SLEEP PROBLEMS CAN AFFECT YOUR HEALTH

"For most people, less than six hours of sleep is just not enough," said Robert Farney, M.D., medical director of the Intermountain Sleep Disorder Center at LDS Hospital. "In fact, getting enough sleep is just as important as eating right and staying fit."

Being well-rested improves your

ability to learn, memorize, and reason. Inadequate sleep affects decision-making skills. This is why drowsy driving is a major cause of traffic accidents.

A lack of sleep is also associated with dangerous health problems. Individuals deprived of their slumber are more likely to have strokes, chest pain, irregular heartbeats, heart attacks, and congestive heart failure. They're also more stressed, which can contribute to elevated blood pressure, heart disease risk, and even obesity.

**NEED SOME TIPS TO HELP YOU GET YOUR ZZZs?
TURN TO PAGE 2.**

What A Woman Wants Show

Free Admission for SelectHealth Members!

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. We enjoyed seeing many of you last year! Here are the details you'll want to know so you can join us.

WHEN: September 25 from 8:00 a.m. to 4:00 p.m., and September 26 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 on this and other SelectHealth events, visit www.selecthealth.org/events.

FREE ADMISSION FOR SELECTHEALTH MEMBERS

Bring this coupon with your SelectHealth ID Card for free admission to the What a Woman Wants Show on September 25 or 26.



WHY AREN'T YOU GETTING ENOUGH SLEEP?

There are a host of factors that keep us from getting enough rest. Read on to see if you suffer from lack of sleep.

BUSY LIVES: Most feel they just don't have enough hours in the day to take care of family, work, and community commitments. Too often, we borrow time from sleeping hours.

WORK: Shift work or changing work schedules

INSOMNIA: Trouble falling asleep or staying asleep

OBSTRUCTIVE SLEEP APNEA: Pauses in breathing caused when tissue blocks the airway

RESTLESS LEGS SYNDROME: An unpleasant prickling or tingling sensation in the legs that is relieved with movement or massage

NARCOLEPSY: Excessive and overwhelming daytime drowsiness, even if one has had adequate sleep

WHEN SHOULD YOU SEEK HELP FOR YOUR SLEEP PROBLEMS?

"That's the hard question," said Dr. Farney. "A lot of people have sleep problems that last for years. They think it's normal to be tired, but it's not. You know you're getting the right amount of sleep if you don't fall asleep in meetings. You're not getting enough sleep if you find yourself in an environment that may be conducive to sleep, and you find it difficult to stay awake."

There are many signs you may have more than short-term insomnia, including taking more than 30 minutes to fall asleep; waking frequently and having a hard time falling back asleep; waking up too early in the morning; not feeling well-rested, despite getting seven to eight hours of sleep; and snoring,

gasping, or snorting while asleep.

"If any of those things sound familiar, you should talk to your doctor," said Dr. Farney.

You can also try these tips for more healthy and restful sleep:

1. Work to follow a relaxing bedtime routine and keep regular sleep times. Make sure your bedroom is dark, cool, and quiet and that your pillows, sleep surface, and coverings are comfortable.
2. Exercise regularly, but not within three hours of bedtime.
3. Avoid caffeine (coffee, colas, and tea) at least eight hours before bed, and avoid alcohol a few hours before bedtime. Both disturb sleep.
4. Use your bedroom only for sleep. Remove work materials, computers, and televisions.

If you find these tips don't help, call your doctor or the Intermountain Sleep Disorder Center at LDS Hospital at **801-408-3617**. The facility's doctors are trained in sleep medicine and have specialized equipment that helps them provide an accurate diagnosis and more effective treatment.





Five Intermountain Hospitals Reap Dramatic ENERGY SAVINGS

Five Intermountain Healthcare® hospitals trimmed enough carbon dioxide emissions to equal taking 1,030 cars off the road in 2008. And that's just for starters. A few years ago, senior leaders of the healthcare system approached Brent Johnson, who heads the Supply Chain Organization. They asked Johnson's team to take on what has become one of the hottest issues organizations face today: environmental stewardship.

It made sense on several levels—the group handled purchasing and already had an eye toward “green” products. The supply chain team is also among the most far-reaching divisions at Intermountain, with its arms around everything from surgical gowns to natural gas for all facilities. With Johnson signed on, the Supply Chain Organization went to work.

Very quickly, energy efficiency emerged as one area in which Intermountain could make significant strides. After some initial research, Intermountain launched ten energy-efficiency initiatives for 2008 at five facilities: Alta View Hospital, American Fork Hospital, McKay-Dee Hospital Center, Sevier Valley Medical Center, and Utah Valley Regional Medical Center. The results were amazing. With a few adjustments, these five facilities blew past forecasted savings in a number of areas. Five more facilities were audited in 2008, and 19 energy-efficiency measures will take place this year.

“We’re not stopping there,” Johnson said. “Part of the Intermountain mission is to be good community stewards, which includes the environment. We take that stewardship seriously.”

A LITTLE ADDS UP BIG

2008 Energy Savings at Five Intermountain Healthcare Facilities

	Electricity Saved	Natural Gas Saved	CO ₂ Eliminated
Forecasted	1.9 million kilowatt hours <i>Enough to power 370 average Utah households for a year.</i>	11,000 dekatherms <i>Enough to heat 146 Utah homes for a year.</i>	4 million pounds <i>Equivalent of taking 1,030 cars off the road for a year.</i>
Actual results	3.3 million kilowatt hours	11,700 dekatherms	11.9 million pounds

SelectHealth Supports the Downtown Farmers Market

Get some fresh air and fresh produce at the Downtown Salt Lake City Farmers Market. SelectHealth is an event sponsor this year and will be there on select dates offering reusable shopping bags. Visit

www.selecthealth.org/events to find out more. The market is open Saturday mornings from 8:00 a.m. to 1:00 p.m. through October 17. New this year is the Harvest Market on Tuesday evenings from August 4 through October 13.



Don't Skip Out on Preventive Care

Keeping up with regular preventive checkups and immunizations is a great way to be proactive and stay healthy. Did you know most preventive care services like eye exams, well-child exams, immunizations, Pap tests, and mammographies will be covered at some level (most at 100 percent) by your SelectHealth plan with no deductible? Make sure you understand what is considered preventive, and that you visit participating providers. Call Member Services at **801-442-5038** (Salt Lake area) or **800-538-5038** to confirm the details of your specific plan. While you're at it, ask to speak with one of our Member Advocates who can help you find a doctor and/or schedule an appointment.



Something to Smile About *New Dental Plans for Individuals and Families*

Your teeth make up more than just a pretty smile. Studies have shown good overall health begins with good oral health. That's why SelectHealth has introduced new dental plans for individuals and families.

Our dental plans offer quality coverage at a great price. Each plan includes comprehensive benefits, from preventive visits to implant coverage—with premiums as low as \$14/month. And with nearly 1,300 Utah providers to choose from, it's easy to find the right dentist to fit your needs. Yours may already be working with us. Visit www.selecthealth.org/dentists to find out.

For more information about benefit details, cost, or to apply for coverage online, visit www.selecthealth.org/smile.

MEET TOOTHY—THE 'LITTLE GUY' BEHIND SELECTHEALTH DENTAL®

Your teeth deserve to be protected. Visit www.ProtectToothy.com to learn more about SelectHealth's new dental plans for individuals and families. And while you're on the site, play a game to help our fearless mascot, Toothy, save the world from dangerous oral

cavity invaders. Now through September 18, send your "Tooth Defenders" high score (no matter how high) to marketing@selecthealth.org to be entered into a drawing for one of many cool Toothy prizes.

Look out for Toothy around town. He's spreading the word about caring for your pearly whites. You can also connect with Toothy on Facebook and Twitter. He needs all the friends he can get.



As National Healthcare Reform Heats Up ...

Look Who's Talking About Intermountain Healthcare®

TIME "IF THERE IS AN IDEAL OUT THERE ... it can be seen in the kind of medicine already being practiced by Kaiser Permanente, the Mayo Clinic, Intermountain Healthcare, and Geisinger Health System, which manage to hold down costs and get better results. Their operations have fostered closer teamwork among care providers." — *Time*, June 5, 2009. "The Five Big Health-Care Dilemmas" by Karen Tumulty

The Washington Post "WE NEED TO DESIGN A HEALTHCARE SYSTEM THAT DELIVERS better-integrated, coordinated care ... Research at Dartmouth Medical School published last year found that if all doctors practiced to the standard of Intermountain Healthcare in Salt Lake City, Medicare would cost 40 percent less." — *The Washington Post*, June 6, 2009. "Using Value to Curb Health Costs" by Alain Enthoven and Denis Cortese

Healthcare reform is a pressing issue. We encourage you to stay informed of state and national discussion and express your opinions to your legislative decision makers. Some components of each of the reform proposals could impact costs for Utahns, who currently enjoy some of the lowest rates in the country.

SelectHealth and Intermountain Healthcare continuously strive to offer the best quality care at the lowest possible cost. As a health plan, we are improving access and reducing costs through efforts such as expanding our plan options for individuals and families, including a premium assistance program for kids.

SelectHealth Receives High Member Satisfaction Scores in 2009 J.D. Power and Associates Study

Thank you! In a national survey, members gave us excellent ratings as their health plan. The survey measures customer satisfaction with coverage, provider choice, customer service, and more. SelectHealth was rated higher than any other health plan in Utah. To view the complete report, visit www.jdpower.com/healthcare/ratings/health-plan-ratings/arizona-utah.



HAPPY WITH SELECTHEALTH? Become a fan on Facebook and follow us on Twitter. Tell us what you like about SelectHealth as your health plan. Be sure to check us out on YouTube, LinkedIn, and Flickr, too!

facebook

The Doctor *is in*

ARE YOU READY FOR PREGNANCY?

Think you're ready for parenthood? Make sure your body is, too. In addition to a healthy diet and exercise program, there are a few important things you need to do.

TAKE FOLIC ACID. It can be difficult to get all the nutrients you need from food alone. Folic acid reduces the risk for neural-tube defects. Take 400 micrograms of the nutrient daily for at least one month before you start trying to conceive and throughout your first trimester. Folic acid is available as a supplement, but prenatal vitamins contain the dose you need as well.



*Katrina Jensen, R.N.,
Perinatal Nurse
Care Manager
Healthy Beginnings
SelectHealth*

GET ANY CHRONIC CONDITIONS UNDER CONTROL.

Certain conditions, like diabetes, high blood pressure, or lupus, and their treatments, can make getting pregnant difficult and risky. Make sure you understand your condition and any risks. Work to get things under control before trying to conceive.

MANAGE YOUR WEIGHT. If you're a healthy weight, you may have an easier time conceiving. Studies show women whose body mass index (BMI) is below 20 or above 30 have a harder time getting pregnant. If you're not in a healthy range, losing or gaining weight may give you the boost you need to conceive.

HEALTHY BEGINNINGS. You may want to schedule a preconceptual appointment with your doctor to discuss these and other tips for a healthy pregnancy. Once you do get pregnant, SelectHealth Healthy Beginnings® is our prenatal program available to you at no extra cost. In addition to the expertise of nurse care managers, you'll receive a free healthy pregnancy kit and book just for enrolling. Cash incentive opportunities are available, too.

For more information about Healthy Beginnings, call **801-442-5052** (Salt Lake area) or **866-442-5052** or visit www.selecthealth.org/healthybeginnings.



GO GREEN FOR HEALTH

There's a lot of buzz about the green movement, and for good reason. Are you living "green?" Taking steps to protect the environment from abuse is not only the right thing to do—it can also boost your health.

According to the U.S. Environmental Protection Agency, when it comes to air pollution, the greater the level of pollutants in the air, the more likely people are to experience asthma flare-ups and irritation to the eyes, nose, and throat. More serious problems such as chest pain are more likely as well.

You can help improve the environment for everyone. Get started with the tips below:

WHEN AT HOME, AT WORK, AND OUTSIDE

- Buy local products whenever it is possible. It reduces energy burned to transport goods.
- Avoid waste by reusing mugs, lunch containers, and grocery bags.
- Try using nontoxic products to clean your home.



QUICK TIP

Avoid the hazards of toxic chemicals by cleaning your home with "green" products such as baking soda, white vinegar, lemon juice, and safe liquid soaps. Check the labels. You're looking for nontoxic products that contain vegetable and fruit oils. Harsh chemicals and fragrances can harm both your health and the environment.

- Use compact fluorescent lightbulbs.
- Invest in rechargeable batteries.

AROUND THE YARD

- Grow a green thumb. Whether indoors or outside, plants clean the air.
- Pull weeds by hand instead of using pesticides. If you need to use pesticides, keep them to a minimum. Runoff can harm waterways.
- Set mower blades as high as the mower will allow. Shorter grass is prone to weeds and disease and demands more intervention.
- Plant native plants, which don't need as much water as "imported" species.

IN THE CAR

- Try to drive less, especially on hot days or during heavy traffic.
- Accelerate slowly.
- Keep your vehicle maintained.
- Resist "topping off" your gas tank and avoid spilling gasoline.

We Love Green!

In an effort to save more trees and get information to you quicker, SelectHealth is encouraging members to go paperless by signing up to receive claims electronically. This is just one of many steps we are taking to go green and offer paperless opportunities for our members.

To learn how to sign up, visit whathaveyoudone.org and follow the instructions. You will get an e-mail notifying you when new information is available for viewing. They look just like the claims you have always received, and you can access them anytime.

Go paperless before September 25 to be entered in a prize drawing!

Plus, find out how you can stop junk mail from coming to your home and learn about places in your community where you can recycle.



whathaveyoudone.org



A Healthy Dose OF THE GREAT OUTDOORS



Artists and poets have long celebrated the beauty and allure of the outdoors. The pull of nature—trees budding, birds flying, or the sun setting over water—is strong. Many people even notice how their mood or energy level improves when they spend time outdoors.

Some scientists believe humans have an innate need to connect with other living things. Growing evidence seems to support this theory and suggests

spending time outside may even improve health. Utah offers some of the most beautiful and diverse land to explore.

LET THERE BE LIGHT

One reason to get outside: It helps maintain strong bones. Sunlight provides vitamin D, which the body needs to absorb calcium and keep bones healthy. In one study from the *Annals of Internal Medicine*, older women who suffered hip fractures were found to have very low levels of vitamin D.

Two recent studies in *Reproductive Sciences* and the *Journal of Clinical Oncology* also suggest vitamin D from sunlight may protect against breast cancer. The Southern United States, for example, has lower rates of breast cancer than the Northeast, where sunlight is less intense.

Mood can also be affected by sunshine—or the lack thereof. Regular exposure to light—natural or special light fixtures—seems to help many people get out of a mental rut. It may also help you sleep better. One theory is light helps regulate the hormone melatonin, which is linked to sleep cycles. Brain chemicals that affect mood may also be involved.

NATURAL TENSION RELIEF

Hiking and other outdoor activities are believed to release tension and stress. But people may not even have to exercise outside to attain these mental health benefits. Just being able to look at nature through a window does the trick for many. A study from *Science* found that postsurgical patients who could see trees outside their windows needed less powerful painkillers than patients who viewed a brick wall. The nature viewers also made a faster recovery.

WHAT ARE YOU WAITING FOR?

In addition to the mentioned benefits, getting outdoors provides daily exercise everyone needs. Pick your outdoor adventure! For tips on parks, trails, and more, available to you in Utah, visit the state-managed www.utah.com. Another great resource is www.treadlightly.org where you can learn about hiking safety and precautions you can take to protect the land for others to enjoy for years to come.

How About a Picnic While You're Out Exploring?

Six Steps for a Safe Picnic

1. Find out if there's a source of clean water at your picnic site. If not, bring towelettes or an alcohol-based cleanser for washing hands and surfaces.
2. Pack perishable foods—such as poultry, meat, eggs, and salads—directly from your fridge into an ice-filled cooler.
3. Stow food in the coolest part of your vehicle.
4. When you arrive at your picnic destination, keep the cooler out of the sun, covered, and closed as much as possible.
5. Don't use the same utensils and platters for raw and cooked poultry and meat.
6. Discard perishable food left out for more than two hours—or one hour when the temperature is higher than 90 F.

Of course, be a responsible explorer, and pack a bag to transport your recyclable and throwaway items out of the natural environment.



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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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NOW
you're cookin'

Do-It-Yourself Trail Mix

SERVES TWO

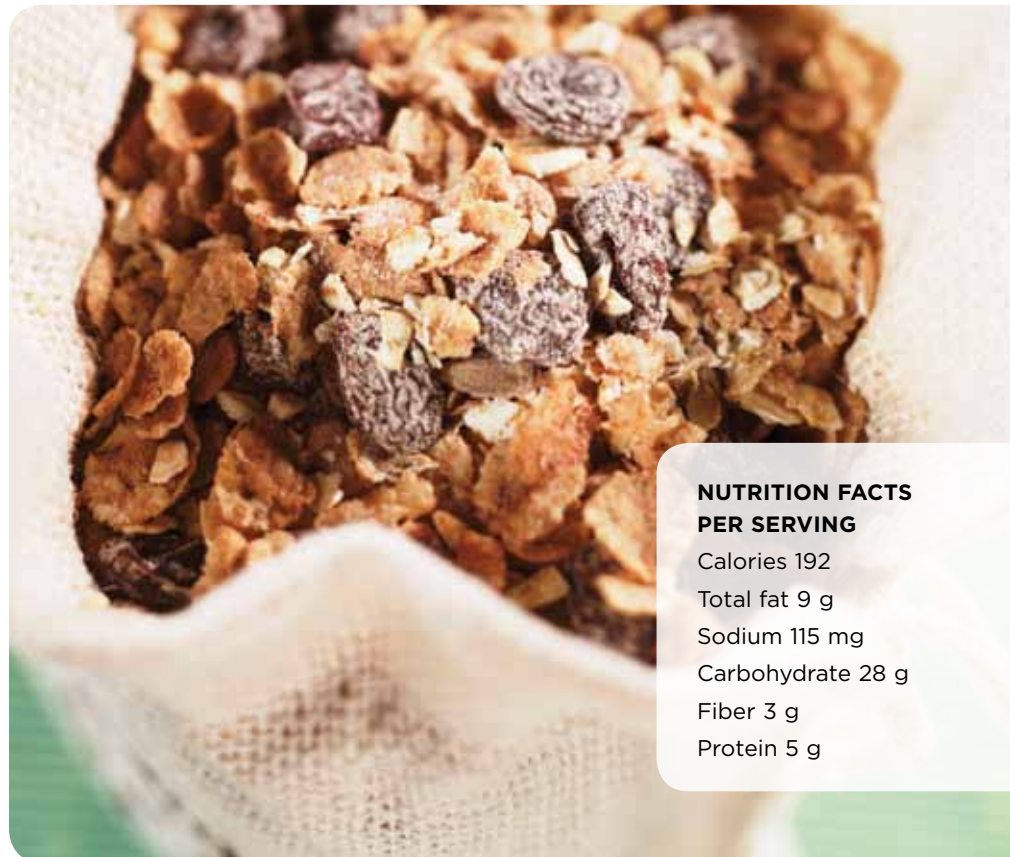
The cashews in this go-anywhere snack are rich in magnesium—an essential nutrient that helps maintain normal muscle and nerve function, keep heart rhythm steady, and maintain strong bones. It also helps regulate blood sugar levels and promotes normal blood pressure.

INGREDIENTS

- 1 cup wheat cereal
- 1/4 cup dried fruit: raisins, blueberries, cranberries, chopped apricots, plums, peaches, or a mixture
- 1/4 cup cashews (1 oz)

DIRECTIONS

Mix ingredients, split into two servings, and store in sandwich-sized plastic bags. Feel free to get creative and substitute some of your favorite ingredients!



NUTRITION FACTS PER SERVING

Calories 192
Total fat 9 g
Sodium 115 mg
Carbohydrate 28 g
Fiber 3 g
Protein 5 g

Sources: "Fruits and Veggies: More Matters," Centers for Disease Control and Prevention; National Institutes of Health Office of Dietary Supplements