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Protect Your Family from Carbon Monoxide Poisoning

Winter weather leads Utahns to spend more time in the warmth and comfort of home. But colder temperatures make furnaces heat up, bringing a potentially lethal element inside: carbon monoxide.

Carbon monoxide is an odorless, colorless gas found in fumes produced by cars and trucks, small gasoline engines, stoves, lanterns, burning charcoal and wood, and gas ranges and heating systems. Fumes can build up in enclosed or semi-enclosed spaces, and people or

animals who are exposed can become sick or even die.

In fact, carbon monoxide poisoning is very common in the U.S., resulting in more than 50,000 Emergency Room visits nationwide—and more than 400 cases in Utah—every year.

“Those are just the cases we know about. There are likely many more,” said Lindell Weaver, M.D., medical director for the Intermountain Hyperbaric Medicine departments at Intermountain

LDS Hospital and Intermountain Medical Center, which treat patients for carbon monoxide poisoning.

“That’s troubling news, as once long-term poisoning occurs, there’s nothing that can be done to reverse it,” said Dr. Weaver. “We can treat the symptoms, but we can’t reverse the damage.” For this reason, the Hyperbaric departments remind Utahns to know the signs and symptoms of poisoning and take steps to prevent it.

DO YOU KNOW THE SIGNS AND SYMPTOMS OF CARBON MONOXIDE POISONING? TURN TO PAGE 2 TO FIND OUT.

Show Your Heart Some Love With a Free Screening

Heart disease remains the number one killer in the U.S. Luckily, many risk factors for developing heart disease are preventable. Join experts at Intermountain Medical Center at a health fair to learn more about your heart and what you can do to keep it healthy.

- **WHAT:** Free health fair sponsored by the Heart Failure Prevention and Treatment program, including free health screenings, a lecture about risk factors by Dr. Frank Yanowitz, demonstrations, and expert answers to your questions.
- **WHEN:** Wednesday, February 10, 4:00 p.m. to 7:00 p.m.
- **WHERE:** Doty Education Center at Intermountain Medical Center, 5121 South Cottonwood Street (near 5300 South and State Street), in Murray
- **HOW:** No need to RSVP. Call **801-507-4000** for more information.



GIVE YOUR HOME A CARBON MONOXIDE CHECKUP

It can be difficult to tell if someone has carbon monoxide poisoning because the symptoms—headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion—can be similar to those of other illnesses. But it's something that needs to be taken seriously, as carbon monoxide can have lasting consequences, including chronic fatigue, emotional distress, memory deficits, difficulty working, sleep problems, vertigo, and more.

Lindell Weaver, M.D., urges Utahns to follow these recommendations:

- Have your furnace and any other gas-, oil-, or coal-burning appliances serviced by a qualified technician every year.
- Do not operate any engine (including propane-powered equipment) indoors or within enclosed areas.
- Install a UL-approved carbon monoxide alarm in your home. Alarms with a digital readout that plug in to an electrical socket but also have a battery backup are preferable. If the display or alarm indicates the presence of gas, have your home checked immediately.
- Never leave your automobile idling in the garage.
- Take care when using camping stoves and lamps, especially at high altitudes.

- Boat engines produce high levels of carbon monoxide because they do not incorporate catalytic converters as cars do. Be mindful around boat exhaust. Death has occurred among people near the swim platform at the stern of the boat or from carbon monoxide accumulating in areas where there is no wind.

“Carbon monoxide poisoning is entirely preventable,” said Dr. Weaver. “We should take every precaution possible to prevent it because a little exposure can do a lot of damage.”

High levels of exposure can cause loss of consciousness and death. If you suspect you've been exposed, go to the Emergency Room immediately.

If poisoning is confirmed, hyperbaric oxygen treatment can help. This therapy gives a patient 100 percent oxygen, dissolving a higher-than-normal level of oxygen in the bloodstream and sending it to every part of the body.

For acute poisoning, hyperbaric oxygen accelerates removal of carbon monoxide from the blood and tissues. It also oxygenates tissues deprived of oxygen, reduces inflammation caused by carbon monoxide, and reduces brain damage.



Intermountain Salt Lake Valley Hospital Campuses

SAY GOODBYE TO TOBACCO

In an effort to create the healthiest, most healing environment possible for patients and visitors, Intermountain Healthcare® hospitals in the Salt Lake Valley are completely tobacco-free. A new initiative prohibits tobacco use anywhere on the grounds of Alta View Hospital, Intermountain Medical Center, LDS Hospital, Riverton Hospital, and TOSH®—The Orthopedic Specialty Hospital.

A recent U.S. Surgeon General report concluded there is no safe level of secondhand smoke—any encounter poses a

health risk. That means this new initiative will promote the health of not only tobacco users but also patients and families who do not use tobacco.

Smoking and the use of smokeless tobacco is prohibited by visitors, patients, and hospital staff, including employees, volunteers, and students. In the past, patients could smoke outside hospital entrances. This practice, too, is no longer allowed. Patients who wish to smoke can talk with their doctor about available nicotine replacements.

NEED HELP QUITTING?

Many SelectHealth members have access to the Free & Clear® Quit For Life® program. The free program offers phone support from expert quit coaches, a personalized quit plan, free quit guides, and assistance with choosing the right nicotine replacement medications. Call **866-784-8454** or visit **www.freeclear.com** for more information.

The Intermountain Healthcare Family Is Growing: Two New Communities Served



PARK CITY MEDICAL CENTER

After nearly a decade of waiting, planning, and building, the new Intermountain Park City Medical Center opened its doors on September 15. The hospital features a 24/7 emergency department with four trauma bays, making it the only full-service Emergency Department available to area residents—without traveling to Salt Lake City. Park City Medical Center also offers a variety of other services, including labor and delivery, mammography, physical therapy, family and internal medicine, orthopedic, plastic and general surgery, cardiac care, and radiology.

“This is the best possible place for Summit County residents and visitors to get emergency treatment. We offer a level of service not seen before in this area. In fact, this level of care is rare for any hospital serving a community this size,” said Rob Allen, the hospital’s C.E.O.



RIVERTON HOSPITAL

Fresh on the heels of Park City Medical Center’s opening, the new Intermountain Riverton Hospital opened on November 2, and it, too, will offer the best in high-tech, high-touch medicine.

Riverton Hospital welcomes Intermountain Primary Children’s Medical Center Outpatient Services at Riverton, the first outpatient clinic Primary Children’s has created in its long and respected history. Pediatric outpatient services will include medical imaging, laboratory, surgery, and specialty clinics. Parents and children can expect the same outstanding service and quality they’ve come to know and trust at Primary Children’s Medical Center, only much closer to home.

Other services offered at Riverton Hospital include labor and delivery, 24/7 emergency care, and specialty services, including OB/GYN, mammography, urology, orthopedics, general surgery, and many more.

FOR MORE INFORMATION on Park City Medical Center and Riverton Hospital, visit www.selecthealth.org/facility.

New SelectHealth President and C.E.O. Will Focus on Improving Health

SelectHealth recently welcomed a new president and C.E.O.—Patricia R. Richards. She replaced Intermountain Healthcare’s Bert Zimmerli in early November. Zimmerli served in an interim role when Sid Paulson retired in June 2009.

“I firmly believe the future of healthcare for our nation is with integrated delivery systems such as Intermountain Healthcare that can offer coordinated, evidence-based care at the lowest possible cost,” said Richards. “I’m thrilled to join the organization during such an exciting and challenging time.”

Prior to joining SelectHealth, Richards served as executive vice president and chief operating officer of Health Alliance Plan of Michigan, an affiliate of the Henry Ford Health System. She previously held senior leadership positions at health plans in Ohio and Maine.

Richards began her career in healthcare as a staff nurse in general surgery and trauma at the University of Michigan Medical Center. Our new

leader is passionate about her work and plans to be actively involved in supporting the people we serve. Among her priorities are improving access and affordability of healthcare services, improving the health of our members and the community at large, and providing superior service and value to our customers.



GET THE MOST OUT OF YOUR BENEFITS IN 2010

It’s a new year, and your family may be on a new plan. Not to worry—all your health insurance information is on our secure, members-only Web site, *My Health*. Just create an account (if you haven’t already done so) and log in at www.selecthealth.org/myhealth.

View your Member Payment Summary or Schedule of Benefits, payments, claims from the last two years, and SelectHealth pharmacy benefit information. You can even skip those blustery walks to the mailbox by opting to receive paperless explanation of benefits.

What We’re Doing to Help Keep Utahns Insured

An estimated 300,000 Utahns are uninsured, and many who have insurance struggle to keep it for various reasons. In the midst of discussions both locally and nationally, we are working to help make healthcare more affordable for many through the efforts below.

KIDS PLAN PREMIUM ASSISTANCE PROGRAM

Designed to supplement the SelectHealth KidsSM plans, this program reduces the already low-cost kids plan premiums by either 40 or 60 percent for those who qualify. The program serves families who may not meet requirements for government-sponsored programs. Visit www.selecthealth.org/kids for more information.

LOWER-COST PLAN OPTIONS

We offer flexible coverage options for individuals and families in every situation and with any budget. High-deductible plans—many with tax-deferred savings accounts—give you an emergency cushion with lower premiums. Keep the little ones safe with low-cost health plans designed just for them. Transition plans help recent grads, seasonal employees, or those changing jobs while they get situated. Our new, affordable dental plans keep your pearly whites shiny and healthy, too.

At SelectHealth, we’re always working to adjust and meet the needs of our community. Keep up with healthcare reform and what it means for SelectHealth members by visiting www.selecthealth.org/healthcarereform.



Seasonal Flu vs. H1N1: *How to Stay Well*

Influenza, commonly called “the flu,” is caused by a virus that infects the respiratory tract. While most healthy people recover from the flu without complications, it can be very serious for others—especially those with chronic diseases.

Seasonal flu is the yearly influenza caused by two main types of flu virus: A and B. Novel H1N1, or “swine flu,” is a strain of influenza A virus first detected in March 2009. Since H1N1 flu is a new strain, most people don’t have a resistance to it.

Symptoms of the seasonal flu and novel H1N1 are similar, occur suddenly, and can cause aches, chills, cough, fever, headache, or a sore throat. Some individuals with H1N1 experience diarrhea or vomiting.

HOW CAN YOU STAY WELL OR AVOID SPREADING THE FLU?

Both the seasonal flu and H1N1 are spread mostly through coughs and sneezes or touching surfaces that have been touched by a person sick with the virus. You can avoid getting or spreading the flu by following these recommendations from the Centers for Disease Control and Prevention:

- **Get a flu shot**
- **Avoid close contact with others**
- **Stay home when you are sick**
- **Cover your mouth and nose when you sneeze or cough**
- **Wash your hands often**
- **Avoid touching your eyes, nose, or mouth**

One of the most effective ways to prevent flu is through vaccination. This season, you’ll need two—one for seasonal flu and another for H1N1. Studies show that when people who are at high risk for the flu get vaccinated, they are much less likely to be hospitalized or die during the flu season. Timing of flu seasons can vary, so even getting a flu shot later in the season can benefit.

FLU VACCINE LOCATOR

The Utah Department of Health’s Flu Vaccine Locator is an online search tool designed to help you find the closest influenza vaccine clinics. Visit www.immunize-utah.org and click on “Flu Vaccine Locator.”

@ For more information about the seasonal or H1N1 flu, visit www.cdc.gov/flu. Many vaccines are covered benefits with no deductible on most SelectHealth plans. Call Member Services at **801-442-5038** (Salt Lake area) or **800-538-5038** to confirm your benefit details. SelectHealth will provide coverage for the administrative costs of the H1N1 vaccine. We will waive copays, coinsurance, and deductible amounts for all members who qualify for the H1N1 vaccine. (The federal government will pay for the vaccine itself.)

Reference: “Fact Sheet for Patients and Families: Influenza: Seasonal or H1N1—What You Need to Know and Do.” 2009. Intermountain Healthcare.

The Doctor *is in*

TREATING THE FLU

Antibiotics will not work on a viral infection like the flu, and most often your body must recover on its own. Luckily, there are many things you can do to take care of yourself while you recover:

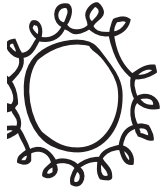
- Get plenty of rest and drink lots of fluids.
- Take other medications as directed. Finish prescribed medications, even if you start feeling better.
- Treat a stuffy nose with an over-the-counter product. Salt water or decongestant nose drops or sprays may also help. (Don’t use nasal sprays for more than three or four days.)
- Treat a fever with acetaminophen (Tylenol®) or ibuprofen (Advil®, Motrin®). Follow the instructions on the package—don’t take more than the recommended dose. Do NOT give aspirin to anyone younger than age 18. (In children and teens, aspirin can trigger a serious illness called Reye’s syndrome.)*
- To ease a cough, try a cold-water vaporizer.



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

Remember, people with the flu are contagious and can infect others starting 24 hours before they first have symptoms and lasting up to a week or more after symptoms stop. This can be longer in people with weak immune systems, especially children. While you recover, be sure to do your part to protect others.

**If you’re pregnant or breastfeeding, check with your doctor or pharmacist before using any medication.*



5 Ways to Feel SHwell

What's "SHwell"? It's the way we think you'll feel when you discover all of the wellness tools built right into your SelectHealth plan. Here are five ways we can help you increase your SHwellness level:

- 1 Proactive Care.** We'll waive the deductible for many preventive care services, remind you when you're due for a checkup, and even help you schedule an appointment.
- 2 Member Discounts.** Getting fit and staying fit is easier when it costs less. We've arranged discounts on gym memberships, nutritional supplements, chiropractic care, eyewear, personal training, and more.
- 3 Online Tools.** Find all your plan details, compare plan costs, and find lower-cost prescriptions. Make use of health management tools like the Symptom Checker or Personal Health Assessment with *My Health*—24 hours a day.
- 4 Care Management.** A team of nurses can help you and your family work through any urgent or ongoing medical needs.
- 5 Health Education.** We'll provide you with a reliable source of health information—whether it's about emotional wellness, teen health, weight management, or smoking cessation through newsletters, classes, reminder phone calls, etc.

Find out more about the SelectHealth Wellness program by visiting www.selecthealth.org/shwell.

Can You Drink Your Vitamins?

Many Americans in search of health on the go have turned to so-called "vitamin water" drinks. These enhanced waters boast popular ingredients such as vitamins A and C, yerba maté, acai, and cranberry extract. With names such as "Focus" and "Enlighten," are these drinks really that good for you?

Some of the added ingredients found in these "super waters" have been linked with health benefits. For example, vitamin A promotes healthy vision. Naturally, they provide hydration. But health experts are not convinced that the drinks actually improve health.

The American Dietetic Association (ADA) notes that, generally, people do not benefit from the low levels of vitamins and minerals found in these types of drinks. And the drinks don't typically provide the nutrients that people tend to lack, such as calcium and vitamin D. Some even contain ingredients that have not been fully studied for health benefits. What's more, the drinks can be high in calories and sugar.

Eating a healthy and balanced diet is the best way to get the vitamins and nutrients you need. The ADA suggests you may be better off taking a daily vitamin/mineral supplement to get the nutrients you're lacking rather than drinking vitamin water. But if you have a thirst for these drinks, be sure to read the label carefully.



Get Active—and Back in the Game—With Video Games

Do your kids prefer their video games to a game of catch? Are you hooked on games, too, and stuck on the couch? As video games have grown in number and popularity, so have the waist sizes of their players. But with the emergence of active products such as Wii Sports™ and Dance Dance Revolution®, video game naysayers—and even some medical professionals—are realizing these electronic gadgets may actually have health benefits.

BURNING CALORIES INDOORS

Rates of obesity and type 2 diabetes in U.S. children and adults are rising. One reason is lack of exercise. According to the Centers for Disease Control and Prevention, kids should exercise 60 minutes each day, and adults should get in 150 minutes weekly. Unfortunately, most don't reach these recommended amounts.

“Active” video games may help by turning your living room into a tennis court or dance studio. Instead of sitting on the couch, participants in an active game stand up and physically interact with images on screen. With the Nintendo® Wii™, for example, players take part in virtual reality games such as boxing, golf, and tennis, swinging the remote control like they would a real racquet or golf club. An accessory to the console, the Wii Fit™ helps players improve their fitness by practicing balance and yoga exercises, among others. Another game, called Dance Dance Revolution, encourages participants to practice their moves by following onscreen dance steps.

DO THEY REALLY WORK?

While these active games are relatively new to the scene, studies are under way to evaluate their use as exercise tools—and the results are starting to be reported. One study outlined in



Pediatrics, found that active video games doubled participants' energy expenditures compared with seat-based screen time.

Another study found in the *Journal of Pediatrics*, reported much of the same—increased energy expenditure in both children and adults. Still, other studies have shown that the calories children burn when they play active video games are comparable to those burned in moderate to vigorous physical activities such as brisk walking, skipping, jogging, and climbing stairs.

A TOOL FOR REHAB?

Research into the possible benefits of using active video games as a rehabilitation tool—dubbed Wiihab—is also in the works, but results are pending. Current studies examine how the games

might relieve symptoms of Parkinson's disease or help older adults avoid falls.

In one study recently reported in *Physical Therapy*, researchers used the Wii Sports games to treat a teenage boy with cerebral palsy. They found the games helped him control his posture, react to visual cues, and walk with crutches.

Video games have indeed come a long way in helping players be physically active. They're not a substitute for a regular workout—but they are helping couch potatoes get a little exercise indoors.

Want more physical activity ideas for kids and teens? Visit intermountainlive.org for more tips on healthy habits.

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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



DO YOUR KIDS NEED MOTIVATION TO BRUSH?

Toothy to the rescue! Help your kids get a better handle on brushing. Become a fan of Toothy, and we'll send you a free Toothy doll to be your child's brushing buddy. Just log in to Facebook at www.facebook.com/protecttoothy or type "protecttoothy" in the Facebook search field and look for his big white smile. Post a comment, and send an e-mail to marketing@selecthealth.org to let us know where you'd like us to mail him. Hurry! This little guy is quite popular!

Black Bean and Corn Soup

SERVES TWO

This one-pot wonder is easy to make and packs in 7 g of fiber per serving.

INGREDIENTS

- 1 15 oz can black beans, drained and rinsed
- 1 14½ oz can low-sodium Mexican stewed tomatoes, undrained
- 1 14½ oz can low-sodium diced tomatoes, undrained
- 1 11 oz can whole kernel corn, drained

- 4 green onions, sliced
- 1 small green pepper, sliced
- 4 ribs celery, diced
- 3 Tbsp chili powder
- 1 tsp ground cumin
- 1 garlic clove, minced

DIRECTIONS

Combine all ingredients in a slow cooker. Cover and cook on HIGH for five to six hours.

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



NOW
you're cookin'



NUTRITION FACTS PER SERVING (1/8 OF RECIPE)

Calories 120
Total Fat 2 g
Cholesterol 0 mg
Sodium 480 mg
Fiber 7 g