

total FITNESS™

winter 2009



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Lifesaving Artificial Hearts Are Cause for Celebration

Victor Pardini went to the hospital with chest pains in September 1994. When he awoke nearly two months later, he discovered he had suffered a massive heart attack, had his leg amputated, and needed a new heart. But he was alive.

At age 43, Pardini was alive because a cardiac surgeon at Intermountain LDS Hospital had implanted a pump in his chest while he slowly recovered enough to receive his lifesaving heart transplant.

"The pump made a whispering sound, and I would wake up in the middle of the night and listen for it,"

said Pardini. "It was such a comfort, knowing it was there."

Mechanical pumps remove strain from the heart by doing most or all of the work. They have become smaller and more durable over the years, and some can even be inserted through a catheter, without the need for a large incision. Many remain in place temporarily, while others are permanent.

"This is the most complicated therapy in medicine today," said critical care specialist Brad Rasmusson, M.D. "People can come back from such a

devastating problem. It's incredibly rewarding to see."

The advanced care Pardini received has already given him 14 years of good health and the chance to know his first grandchild.

Pardini was the eighth patient to receive a mechanical pump from the Utah Artificial Heart Program. The program has since moved to Intermountain Medical Center and celebrated 15 years of saving lives last August—among the longest for any program of its kind in the country.

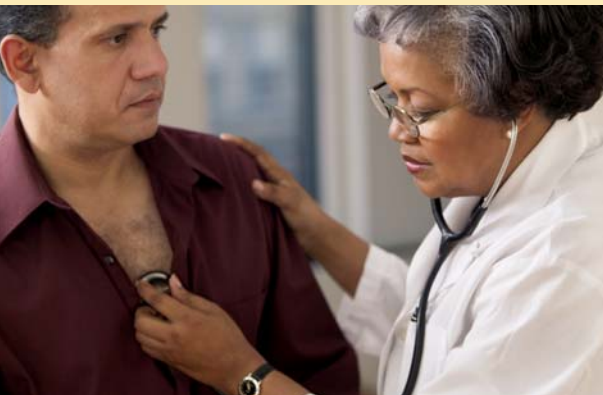
TO LEARN MORE ABOUT WHAT 15 YEARS OF PROGRESS HAS MEANT FOR THE UTAH ARTIFICIAL HEART PROGRAM, TURN TO PAGE 2.

Technological Milestones

The Utah Artificial Heart Program was the first in Utah to implant a total artificial heart after the famous Barney Clark case, which was the first such implant in the world. It remains one of only an elite few programs across the country that perform the procedure. Here are some other accomplishments from the 15 years since it began:

- The first in Utah to implant a heart pump called a Left Ventricular Assist Device (LVAD), in 1993
- The largest participant in a groundbreaking national study on using LVAD therapy as permanent treatment for fatally ill patients who were ineligible for a transplant
- The first in the nation to implant the HeartMate® II as a permanent therapy, in 2004
- Currently, the only program in the Intermountain West to offer the HeartMate II, the smallest, quietest, and longest-lasting LVAD available

The Utah Artificial Heart Program has implanted more than 377 devices, consistently beating national averages and setting world records for survival. Its impact goes far beyond Utah, drawing patients from surrounding states and sharing expertise around the world. Call **877-784-2226** or visit **www.uahp.com** for more information.



THE UTAH ARTIFICIAL HEART PROGRAM

15 Years of Progress



When the Utah Artificial Heart Program got its start at LDS Hospital in 1993, artificial pumps were used only for short periods of time to aid a patient's heart immediately after surgery. It wasn't long before that program—initiated by cardiothoracic surgeon Jim Long, M.D., Ph.D., and two others—began pushing the boundaries of how such devices had traditionally been used—and for how long. Fifteen years later, Dr. Long's team of three has grown to more than 40 people, each of whom has a direct role in the care of nearly every patient who enters the program.

HUMBLE BEGINNINGS

When he started in 1993, Dr. Long was joined by critical care specialist Brad Rasmusson, M.D., and anesthesiologist Cris Cowley, M.D. “There were no guidelines back then,” said Dr. Rasmusson. “We didn't know how patients would respond.”

As it turned out, they responded very well. In the past 15 years, the Utah Artificial Heart Program, at Intermountain Medical Center since October 2007, has been one of the most active centers in the country and is a national leader in extending lives, conducting critically important research, and testing experimental devices being used around the world.

SAVING LIVES

The Utah Artificial Heart Program helps patients who suffer from advanced heart failure, a condition that occurs when the heart cannot properly move blood throughout the body. The most common causes are diseases that damage the heart, including coronary artery disease, high blood pressure, and diabetes.

RICHARD MORSE'S STORY

Richard Morse was one of these patients. Early in 2008, he was told he had only six months to live. Intermountain Medical Center doctors told him a left ventricular assist device could help but that the surgery would be dangerous. Morse wanted to take the risk.

“If you've got hope and attitude and a family that's backing you, you've got to do whatever you can to stick around,” said the 70-year-old Layton resident. His doctors successfully implanted the pump in February 2008, and Morse believes his heart will give him at least another seven years of life.

Rather than planning his own funeral now, he's planning trips to Lake Powell and making arrangements to take his motor home to Canada. “My wife and I are really tickled about this,” he said. “The people in the program are like family now. They really care about you.”



FREE LECTURE SERIES *Sharing Expertise*

Intermountain LDS Hospital now offers a free monthly program to share its doctors' expertise. Join hospital staff monthly for Your Best Health lecture series. There you'll hear medical experts present on many health concerns facing the public. The series also offers a great chance to ask questions and speak with the experts one on one.

COMMON AND PRESSING HEALTH CONCERNS

A few of the lecture topics that have been covered so far include:

- Breast cancer
- Diabetes management
- Digestive issues affecting women
- Prostate cancer
- Urology

Most guests have commented on how pleased they were with the evening, which also includes free healthy refreshments.

PERSONAL ATTENTION

"I loved it," said 74-year-old Barbara J. Roberts, who learned about osteoarthritis and joint replacement surgery from Kim Bertin, M.D., an orthopedic surgeon in Salt Lake City. "As a retired biologist, I try to stay on top of these kinds of things." But it's not always easy, especially when doctors are pressed for time during office visits.

"When I go to the doctor, I've got all my questions written down because I know I've got 15 minutes, and then he

or she is off to see another patient," she said. "This lecture was very informative, but more than that, I really appreciated the fact that I could ask questions."

KEEPING YOU HEALTHY

"We are very happy to offer these lectures to the community," said Hospital Administrator Mikelle Moore. "People already know that LDS Hospital is a great place to go if you have a health emergency, are having a baby, or need a mammogram. But we want everyone to feel that the hospital is also a vital partner in keeping you healthy."

MARK YOUR CALENDAR

The lectures are usually held the third Wednesday of every month, at 6:00 p.m., in the Jon and Karen Huntsman Education Center, north of the main entrance of the hospital, at C Street and 8th Avenue. The presentations are free and open to anyone who would like to attend.

Mark your calendar for the following Your Best Health lecture series topics:

- *January 21:* Surgical Weight Management Options
- *February 18:* New Ways to Manage Cholesterol and Protect Your Heart
- *March 18:* Ten Ways to Stay Young

"We really hope people will join us at one or all of these events. It's truly our honor to be able to provide this community service," said Moore. For more information on an upcoming lecture, call **801-408-2182**.

Free, Reliable Health Information

If you can't make it to a lecture or would like even more health information on a particular topic, experienced librarians and educators at LDS Hospital and Intermountain Medical Center can help you research any medical condition or question—from the common to the obscure.

"Intermountain Healthcare® libraries and Community Health Information Centers are a free service to the community," said LDS Hospital librarian Sandy Coletti. "And you have the advantage of knowing that the information we provide is validated and trustworthy. That's something you don't get if you just do your own search on the Internet."

Call **801-408-1004** for the Community Health Information Center and library at LDS Hospital. Call **801-507-5145** for Intermountain Medical Center's research facilities.



SelectHealth KidsSM Plans: How Premium Assistance Can Help

As debates about healthcare reform wage on, SelectHealth has initiated its own program to help some of Utah's growing uninsured—particularly children. As part of our mission to provide affordable healthcare coverage to Utah residents, SelectHealth now offers a Premium Assistance Program in conjunction with our child-only Kids plans.

Kids plans are already less expensive because children tend to have fewer health problems. Funding currently set aside each year for the nongovernmental assistance program will allow us to assist more than 700 Kids plan members for 12 months of premiums each.

WHO DOES IT HELP?

The Premium Assistance Program benefits people like Tracy Hill, a single mother of three who told the *Salt Lake Tribune*, “I could not get my kids on my insurance because it was so much money. It was \$800 or \$900 a month. I’m recently divorced, so there was no possible way.”

Hill turned to SelectHealth. For insurance policies for all three children, she pays a total of \$85 per month. Children on a Kids plan who apply and qualify may have 40 to 60 percent of their premium paid. Average monthly premiums fall anywhere between \$20 and \$45 per child, depending on the plan.

YOU CAN STILL APPLY

Participation has grown steadily since the program's June 2008 launch, and several hundred Utahns now have quality health coverage that wasn't previously accessible. Funds are still available for even more Utah children to receive discounted coverage.

HOW TO APPLY

To apply for the Premium Assistance Program, you must qualify financially (see “Find Out If You Qualify” to the left) and submit an application. You can visit www.selecthealth.org/kids to download the necessary forms. Please keep the following eligibility criteria in mind:

- Your child must be approved for coverage on a SelectHealth Kids plan. Children will be medically underwritten and treated equally, regardless of whether they are applying for financial assistance.
- Children who qualify for the Utah Children's Health Insurance Program, Medicaid, Medicare, or any other type of government insurance are not eligible for this program.

Participation is limited and is granted on a first-come, first-served basis. Call **801-442-6293** or **800-442-3125**, option 1, for more information.

FIND OUT IF YOU QUALIFY

If your taxable household income is at or below the amounts shown in the chart below, you may qualify for the SelectHealth's Kids Plan Premium Assistance Program. To learn more, call **801-442-6293** (Salt Lake area) or **800-442-3125**, option 1.

Persons in Family or Household*	Maximum Household Taxable Income
1	\$26,000
2	\$35,000
3	\$44,000
4	\$53,000
5	\$62,000
6	\$71,000
7	\$80,000
8	\$89,000

*For each additional person, add \$9,000.

To download an application, visit www.selecthealth.org/kids.

ANTIBIOTICS

Won't Help Your Cold or Flu, but Try a Little TLC

A viral infection such as a common cold or the flu usually lasts only a week or two. But when you're feeling rotten—or especially when your child is—this can seem like a long time.

Many are tempted to ask their doctor for antibiotics. Unfortunately, antibiotics cannot cure viruses, and by making your immune system resistant, taking them inappropriately will do more harm than good.

GET WELL SOON

Most of the time, simple self-care and a little TLC can help ease symptoms and get you (or your loved one) better faster. The best way to treat a viral infection is with bed rest and plenty of fluids. Over-The-Counter (OTC) medications can also provide relief. The following OTC medications can help treat your symptoms:

- Decongestants and antihistamines open up the nasal passages and may relieve a runny nose and watery eyes.
- Cough suppressants reduce dry, nonproductive coughs due to minor throat irritations.
- Expectorants help loosen mucus and make coughs more productive.
- Pain relievers can relieve headaches and fever.

Your doctor can help you decide what treatment is best for your symptoms. Talk with a doctor before giving medications to children.

PREVENTION TACTICS

You can also try to prevent the spread of colds and flu by getting a flu shot every year, washing your hands frequently, and limiting your exposure to infected people. Flu shots are especially important for those ages six months through 18 years, women who are pregnant, anyone with a chronic medical condition, and all adults older than age 50.

Talk with your doctor about getting a flu shot. You may also call SelectHealth Member Advocates® at **801-442-4993** (Salt Lake area) or **800-515-2220** to find a location near you offering flu shots.



The Doctor *is in*

MEDICATION SAFETY: GET INVOLVED

While prescription drugs can make you feel better and help you get well, they can also have risks. That's why it is important to be informed and take an active role in your care. For medication safety, practice the following steps:

- Make sure doctors know your medical and prescription history, especially allergies.
- Keep an updated list of all your medications, including over-the-counter medications and supplements and the reasons you take each one.
- Tell your doctor if you are or might become pregnant or are nursing.
- Ask if there are any side effects you should watch for and what you should do.
- Ask if there is a lower-cost alternative to your prescribed medication.
- Try to use the same pharmacy for all your prescriptions if possible so that your prescription history is in one place.
- Before leaving the pharmacy, be sure that you have received the right medication.



*H. Eric Cannon,
Pharm.D., SelectHealth*

Follow the directions on any medication's label and don't take expired medications, those prescribed to a friend or relative, or any that are not in their original container. Call your doctor immediately if you have unexpected side effects.

H. Eric Cannon, Pharm.D.

**Director of Pharmacy and Health and Wellness
SelectHealth**

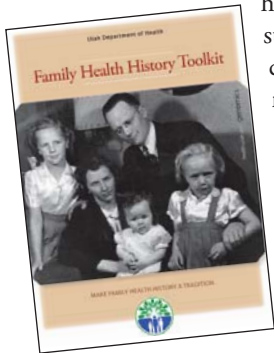
Learn about your prescriptions, including information on the drugs as well as copay statuses, with Pharmacy Tools on the *My Health* Web site. Visit www.selecthealth.org/myhealth.

This Holiday Season, Shake Your Family Tree

Hair color. Personality and character traits. An affinity for sports or cooking. There are many things you may share with your close relatives. But the most important to know about may be your family health history. If one generation has a common illness such as heart disease; cancer; or a more rare disease, such as cystic fibrosis, your chances of having the same condition can greatly increase.

A 2007 survey cited by the U.S. Department of Human Services found that 96 percent of

Americans believe knowing their family health history is important. But the same survey found that only one-third have tried to gather the information and write it down.



Free Family Health History Toolkit

ASK FOR A FREE TOOLKIT

To help you get started, the Utah Department of Health offers a free Family Health History Toolkit, complete with tips on talking with family members and questions to ask. You can request one by calling the Health Resource Line at **888-222-2542**, or you can download the Toolkit online. Visit www.health.utah.gov and search for “family toolkit.”

It may be a little awkward to ask questions about your family members’ health, but chances are, they’ll also want to know what you find. Consider interviewing family members on both sides. If you can’t get all the answers just by asking, try checking old medical records and death certificates. If you’re adopted, try contacting your adoption agency. Many agencies collect medical information on birth parents and might be able to help.



ACT ON YOUR FINDINGS

You can record what you find by going to the Personal Health Journal section of *My Health*. Be sure to share the information with your doctor. Although a family history of a certain illness can put you at higher risk, it doesn’t mean you’re destined to get that disease.

By following your doctor’s advice and practicing healthy habits, you can combat many problems before they start. Eat right, exercise regularly, and stay current with screenings your doctor recommends.



Don’t Let Winter White Out Your Health Goals

By using *My Health*, SelectHealth’s online health center for members, you can start the new year on track. *My Health* helps you monitor and reach your goals in the following ways:

My Health Score. A health risk assessment will immediately create a personalized report identifying risks and opportunities for improvement.

Lifestyle Centers. Get help conquering some of life’s most important challenges and maintaining your progress. The centers are customized for those who complete the My Health Score.

Online Health Coaching. Interactive goal-setting programs are available to help you monitor and manage your specific health concerns, such as nutrition and weight loss.

Personal Health Journal. A personalized online health record allows you to store, manage, and maintain health information in a central location. Information from My Health Score will sync up with your journal.

Log in to selecthealth.org/myhealth to get started. For help, call SelectHealth Online Services at **801-442-5502** (Salt Lake Area) or **800-442-5502**, weekdays, from 8:00 a.m. to 4:30 p.m.



FIT
& fabulous

CAN SOME 'NUTRITIOUS' FOODS BE *Bad for You?*

You want to improve your health by eating better foods. So you stock up on products you consider “healthy.” But is your diet—or your body—really any better off? When it comes to nutrient claims on foods, be sure to read the fine print.

UNDERSTANDING NUTRITIONAL CONTENT CLAIMS

Shop any grocery store, and you'll see all kinds of nutrient claims. But companies can't put just anything on their labels. The U.S. Food and Drug Administration (FDA) requires all claims to be truthful and use established definitions for words that appear on labels. You can avoid confusion by learning what they are.

For example, you may think the words *natural*, *low-fat*, and *healthy* on a label mean the contents are good for you. According to the FDA, *natural* means a food doesn't have any synthetic or artificial ingredients. High-fat cheddar cheese might be natural, but if you're trying to eat less fat, this “natural” food isn't so healthy.

Foods labeled *low-fat* cannot have any more than three grams of fat per serving. But just because an item is low-fat doesn't always mean it's low in calories. So if you are trying to lose weight, for example, you need to pay attention to total calories—not just fat calories.

The label *healthy* means a food must meet criteria for containing certain nutrients, such as vitamins and minerals. It doesn't mean “healthy” foods can't include a lot of sugar, so they can still raise your blood sugar level and rot your teeth.



READ THE LABEL

When it comes to choosing healthy foods, look beyond misleading or confusing claims and get to the facts—the whole story is right on the label.

A good place to start is the serving size. Most people don't realize just how small a serving can be. Consume three servings of a low-fat food, and you've likely eaten the same amount of fat you would have in one serving of the full-fat version.

Next, look at the percent daily value (DV), which indicates the percentage of the recommended daily intake for a

specific nutrient in a serving of food. A food that has more than 20 percent DV of a nutrient is considered high in that nutrient, while a five percent or lower DV is considered low. Use the DV percentages on the food label to help you select foods with less total fat, saturated fat, trans fat, cholesterol, and sodium and more dietary fiber, vitamins, and minerals.

Eating better to avoid health risks is a great goal. Armed with the facts, you can be sure your healthy diet truly is good for you.



NOW
you're cookin'

Minestrone Soup

SERVES 16; ONE CUP PER SERVING

INGREDIENTS

- ¼ cup olive oil
- 1 clove garlic, minced
(or ⅛ tsp. garlic powder)
- 1⅓ cups coarsely chopped onion
- 1½ cups coarsely chopped celery and leaves
- 1 can (6 oz.) tomato paste
- 1 tbsp. chopped fresh parsley
- 1 cup sliced carrots, fresh or frozen
- 4¾ cups shredded cabbage
- 1 can (1 lb.) tomatoes, cut
- 1 cup canned red kidney beans, drained and rinsed
- 1½ cups frozen peas
- 1½ cups fresh green beans
- Dash hot sauce
- 11 cups water
- 2 cups uncooked, broken spaghetti (or pasta of your choice)

DIRECTIONS

- Heat olive oil in a four-quart saucepan.
- Add garlic, onion, and celery and sauté about five minutes.
- Add all remaining ingredients except spaghetti and stir until well mixed.
- Bring to a boil. Reduce heat, cover, and simmer about 45 minutes or until vegetables are tender.
- Add uncooked spaghetti and simmer two to three minutes.



PER SERVING

Calories 153
 Total fat 4 g
 Saturated fat <1 g
 Cholesterol 0 mg
 Sodium 191 mg

Source: National Heart, Lung, and Blood Institute; National Institutes of Health

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