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For past issues, visit  
[www.selecthealth.org/totalfitness](http://www.selecthealth.org/totalfitness).

## Tips for Honest Talk at the Doctor's Office

You know that regular doctor visits are an essential part of your efforts to maintain control of your health. But are you a true participant in these visits?

It's important to talk with your doctor about any health problems or symptoms you may be experiencing—no matter how embarrassing or irrelevant they may seem.

Try these tips for speaking up at the doctor's office:

**WRITE IT DOWN.** Write a list of any health questions, symptoms, or problems and bring it to your appointment. It's an easy way to start the conversation and can help you get past those first few nervous moments.

**KNOW YOUR MEDS.** Always keep a list of your current medications and supplements with you. Share the list with your doctor at each visit, even if you aren't having problems with the drugs.

You also can access your prescription history and current drug list on *My Health*. Log in at [www.selecthealth.org](http://www.selecthealth.org) and click "Pharmacy Tools."

**FIND AN EAR.** Make sure your doctor is listening to your concerns and taking them seriously. If not, find a healthcare provider who will.

**KEEP PERSPECTIVE.** Remember, no matter what your situation or problem, your doctor has likely heard it before.

**WANT HELP FINDING A TRUSTED DOCTOR? WE CAN HELP!  
TURN TO PAGE 5 FOR MORE DETAILS.**

# Two New Studies Offer Help to Keep Your Heart Healthy



Researchers at Intermountain Medical Center’s Heart Institute in Murray have made two important discoveries about the heart. These findings may offer great benefits for people who want to avoid heart problems. They may also help those who already suffer from one of the most common cardiac disorders.

## VITAMIN D AND HEART DISEASE

Through studies conducted in 2009, researchers found that for some patients, preventing and treating heart disease could be as simple as supplementing their diet with extra vitamin D.

“Vitamin D replacement therapy has long been associated with reducing the risk of fractures and diseases of the bone,” said J. Brent Muhlestein, MD, director of cardiovascular research at the Heart Institute—one of the nation’s top hospitals for cardiology care. “But our findings show that vitamin D could have far greater effects on the treatment and reduction of cardiovascular disease and other chronic conditions than we previously thought.”

Increasing vitamin D intake by 1,000 to 5,000 International Units (IU) daily may be appropriate, depending on a patient’s health and genetic risk, added Dr. Muhlestein. Supplements are the best source of vitamin D because they’re relatively inexpensive and can be found at almost any supermarket or drugstore. Most supplements provide an average of 400 IU per tablet.

Exposure to 20 to 30 minutes of sunlight can provide up to 10,000 IU of vitamin D, though Dr. Muhlestein warns it’s important to use sunscreen. Avoid the hottest parts of the day to reduce the risk of sunburn and exposure to harmful UV rays associated with skin cancer.

## HEART RHYTHM TREATMENT AND ALZHEIMER’S

Another recent Heart Institute study revealed a connection between Alzheimer’s disease and one treatment option for atrial fibrillation—the most common heart rhythm disorder in the U.S. The condition causes the heart’s upper chambers to quiver instead of beating effectively. That can cause the blood to clot, which could lead to a stroke. Atrial fibrillation affects about 2.2 million people, including three to five percent of all Americans older than age 65.

“We learned that catheter ablation—an effective treatment for atrial fibrillation—can also help lower the risk for developing Alzheimer’s disease, suffering from a stroke, or worse, loss of life,” said John Day, MD, one of two cardiologists who conducted the research.

During catheter ablation, a doctor inserts a thin, flexible tube into the heart. A special machine delivers energy through the catheter to tiny areas of heart muscle that cause the abnormal heart rhythm. This energy “disconnects” the pathway of the abnormal rhythm. “This is great news for people across Utah and the nation,” Dr. Day added.

Patients who think they might benefit from the results of either heart study should talk to their doctor.

LEARN MORE  
ABOUT HEART HEALTH:

[www.intermountainheart.org](http://www.intermountainheart.org)

[www.healingforlife.com](http://www.healingforlife.com)

[www.americanheart.org](http://www.americanheart.org)



# LADIES, TAKE CARE OF YOUR HEARTS!



Public information campaigns and news stories have raised awareness about breast cancer. But many women still don't know about the risk of developing another dangerous condition—heart disease. In fact, many women think it's a disease that affects only older men. That can be a deadly misunderstanding.

According to the American Heart Association:

- Nearly 37 percent of all deaths among American women occur from heart disease.
- Cardiovascular disease is a particularly important problem among minority women. Death rates are substantially higher in black women.
- In 2005, heart disease claimed the lives of 454,613 women, while all forms of cancer combined caused 268,890 female deaths.

- An estimated 23 percent of women ages 40 and older who suffer a heart attack will die within a year, compared to 18 percent of men.

“Heart disease is at least six times more likely to kill a woman than breast cancer. We need to do more to prevent heart disease through public awareness campaigns, similar to the excellent local and national efforts to raise awareness of breast cancer,” said James Orford, MD, attending cardiologist at the Intermountain Medical Center.

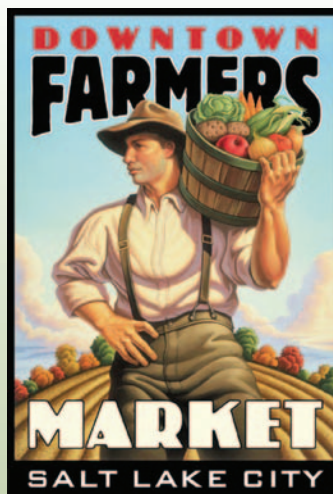
Dr. Orford offers four important heart-healthy tips for women and men alike:

1. Quit smoking.
2. Increase the frequency and intensity of physical activity.
3. Eat a heart-healthy diet.
4. If you're overweight, work to shed those extra pounds.

## Join SelectHealth at the Downtown Farmers Market

Enjoy the summer days and get fresh, local produce and goods at the Downtown Salt Lake City Farmers Market at Historic Pioneer Park (300 South and 300 West). SelectHealth is an event sponsor and will be there on select dates offering free reusable shopping bags and body fat screenings.

**The market is open** Saturdays from 8:00 a.m. to 1:00 p.m. through October 16, and on Tuesdays from 4:00 p.m. to 8:00 p.m. through October 12.



## What A Woman Wants Show

### Join Us for a Girls' Day Out!

Clip the coupon below for free admission to the show that has everything a woman wants! This year's What a Woman Wants Show will offer plenty of shopping, makeovers, skin care, the latest in home decor, and health and wellness. 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 24-25

Friday: 10:00 a.m. to 8:00 p.m.

Saturday: 10:00 a.m. to 6:00 p.m.

**Where:** Southtowne Expo Center  
9575 South State Street, Sandy, Utah

For more details, visit

[www.whatawomanwantsshow.com](http://www.whatawomanwantsshow.com).

### 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 24 or September 25.



selecthealth.

# PREPARE FOR THE ANNUAL FLU BATTLE

While influenza (flu) season typically peaks anytime from November to March, it's not too early to start thinking about getting your flu vaccine. This annual vaccine is the best way to avoid getting sick with the flu. Because influenza affects all age groups, the experts now recommend that everyone ages six months and older should be vaccinated each year.

You can also protect yourself and others through proper hand washing, covering your nose and mouth when you sneeze or cough, avoiding contact with people who are sick, and staying home when you are sick with flu-like symptoms.

Seasonal influenza is different than the common cold. It is caused by a virus that can lead to mild to severe illness and sometimes hospitalization or death. Symptoms of the seasonal flu include fever and chills; cough; sore throat; runny or stuffy nose; muscle or body aches; headaches; fatigue; and vomiting and diarrhea (more common in children than adults).

Because the flu virus can change slightly from year to year, the seasonal vaccine is formulated annually to fight the most widespread influenza strains.

The vaccine for this flu season has been designed to protect you from three strains of influenza, including the novel H1N1 strain (also known as pandemic or swine). This means you'll only need one vaccine to protect you from both seasonal flu and H1N1.

If you do get sick with the flu, you should avoid contact with other people. Seek medical care if your symptoms become severe or if you are pregnant or have a chronic illness. Visit [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines) to learn more about which vaccines are right for you.



## SET YOUR SIGHTS on a Healthy Fitness Goal

Many people have fantasies about where their workouts may lead. But if you create exercise goals that are unrealistic, you're setting yourself up for failure.

Your greatest fitness aspiration should be better health. Smart goals can help you start and stick with healthy workout habits. Here are some helpful hints:

- **TALK WITH YOUR DOCTOR.** He or she can specify what you should expect to accomplish.
- **START SLOW.** If you're not active at all, begin with a small objective. Try walking around the house for ten minutes at a time. Every few weeks, set a new goal to move more often or for a longer period of time.
- **BE SPECIFIC.** "Work up to 30 minutes of walking three days a week" is better than "exercise more."
- **CUT YOURSELF SOME SLACK.** You might have a day where you feel bad and don't have the energy to work out. If your goal is to exercise five days a week instead of every day, you'll stay on track without missing a beat.

## TWO ONLINE FEATURES TO MAKE YOUR LIFE EASIER

### SECURE MESSAGING THROUGH MY HEALTH

We've made customer service even more convenient. Use secure messaging online to ask your questions about claims' payments, covered benefits and procedures, or finding a provider.

Just log in to *My Health* at [www.selecthealth.org](http://www.selecthealth.org) and click "Contact SelectHealth" to access the Message Center. Member Services representatives are available on weekdays, from 7:00 a.m. to 8:00 p.m., and Saturdays, from 9:00 a.m. to 2:00 p.m. You can expect a response to your message within one business day.

### GO PAPERLESS WITH US!

Are you tired of insurance information filling your mailbox? Visit [www.whathaveyoudone.org](http://www.whathaveyoudone.org) and sign up to receive your claims online. Your current and past claims are always available to you on *My Health*. We hope to add more paperless options in the future.



# Update on National Healthcare Reform

On March 23, 2010, President Obama signed into law the Patient Protection and Affordable Care Act. This new law extends health insurance to many Americans who previously did not qualify for coverage. It also impacts those currently participating on an employer or individual plan. Many of the significant requirements of the law do not become effective until 2014. However, there are some changes that take effect this year.

The federal government is regularly releasing new details and regulations associated with the law, and we are working to make necessary changes to better serve you. We want to be a resource to our customers—helping you understand the new law and how it will impact the products and services we provide.

We invite you to visit [www.selecthealth.org/healthcarereform](http://www.selecthealth.org/healthcarereform) for the most current information on the Patient Protection and Affordable Care Act.

## PROVIDER RATINGS: A NEW WAY TO CHOOSE YOUR DOCTOR

We've been collecting data about the quality of our providers' care for a long time. Now we are pleased to share the data with you. To take advantage

of this new feature, just visit [www.selecthealth.org/providers](http://www.selecthealth.org/providers). Search for a provider or clinic and click on "Satisfaction and Quality Ratings" in the doctor's profile. Some doctors even have video profiles. Information is available for internal medicine, family medicine, and pediatric clinics. If a ratings link does not appear, then data is not available for that provider.



## The Doctor *is in*

### OTC PAIN RELIEVERS: WHICH ONE SHOULD YOU USE?

Aspirin was once the Over-The-Counter (OTC) drug of choice for treating minor aches, pains, fevers, or swelling. Today it's just one of an assortment of pain relievers available on any supermarket or drugstore shelf. Which pain reliever should you choose?

It depends on which medication meets your specific health needs, works best for you with the fewest side effects, and has your doctor's stamp of approval.



*Eric Cannon, PharmD,  
SelectHealth*

#### **There are two main types of OTC pain relievers: acetaminophen and nonsteroidal anti-inflammatory drugs (NSAIDs).**

Acetaminophen (Tylenol®) can reduce pain and fever and is used safely long term for many types of chronic pain. But taking a higher dose than recommended can lead to serious liver damage. To avoid an overdose, always check for acetaminophen on the label when taking multiple medications, as it is also found in many popular cough syrups and cold remedies.

NSAIDs include aspirin, ibuprofen (Advil® and Motrin®), and naproxen (Aleve®). These can help reduce fever and inflammation and relieve aches and pains. But they also may lead to ulcers and stomach bleeding, especially when taken long term. People who take prescription blood thinners or have a history of stomach bleeding or ulcers are at higher risk. Aspirin deserves special mention among the NSAIDs. It can lower the risk for heart attack and certain kinds of stroke. But it's not safe for everyone, especially children or teens.

OTC pain relievers can ease the discomforts of many conditions, but when misused, they can be harmful to your health. Always read and follow label directions before you take any pain reliever. When in doubt, ask your doctor or pharmacist.

## Team SelectHealth DOES IT AGAIN!



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Our cycling team received national recognition as one of the largest teams and highest fund raisers for the American Diabetes Association's Tour de Cure. To date, nearly 255 cyclists have raised almost \$94,000 to help prevent and cure diabetes and to improve the lives of those affected by the disease. Team SelectHealth is made up of Intermountain Healthcare employees and community members from around the state. Join us next year!

For more information, visit  
[www.diabetes.org/utahtourdecure](http://www.diabetes.org/utahtourdecure).

## INTRODUCING SelectHealth Eyewear<sup>SM</sup>

Good vision is an important part of overall health. In addition to the eye exams covered by our medical plans, SelectHealth has partnered with EyeMed Vision Care<sup>®</sup> to offer vision hardware benefits for employer-sponsored health plans.

Now you can save money with plans covering contacts, frames, lenses and lens treatments, and more. SelectHealth Eyewear offers superior customer service, an expansive state and nationwide provider network, and quality benefits at a great value. Check out the details at [www.selecthealth.org/eyewear](http://www.selecthealth.org/eyewear).

Every SelectHealth member has access to eyewear discounts through our Member Discounts program. Visit [www.selecthealth.org/discounts](http://www.selecthealth.org/discounts) to find a participating location near you.

## SelectHealth Moves to Murray



This spring, we relocated our office from West Valley City to 5381 Green Street (480 West) in Murray. The move allows us to be more accessible to our customers and appointed insurance agents and also creates a more efficient workspace for our employees. The new facility is part of Intermountain Healthcare's long-term building plan and will reduce costs by allowing other segments of the company to move away from costly leased facilities.

Our new environmentally friendly building is on track to achieve the U.S. Green Building Council's Leadership in Energy and Environmental Design (LEED) Silver certification. This designation is earned by meeting criteria for water efficiency, materials and resources, innovation and design, and more.



# TABLE TRAVELS

## *Global Diets Offer Key to Healthy Eating*

How do the French stay so trim? Why does Thailand have such low rates of cancer? One answer is their diets. Take a look around the world, and you'll find that from Europe to Asia, from Africa to South America, healthy eating patterns are linked to lower rates of heart disease, cancer, and other chronic conditions.

### CHECK OUT "THE MED"

In more than a dozen countries bordering the Mediterranean Sea, the heart disease rate is lower than in the U.S. Even though the cuisine of southern Spain differs from that of Greece or Italy, these countries share similar dietary characteristics, including an emphasis on fresh fruits and vegetables, nuts and seeds, beans, olive oil, and low to moderate amounts of fish and red wine.

### FIGURE IN THE FRENCH PARADOX

In recent years, the French diet has drawn attention because of the so-called "French paradox." Although

the French eat more fat than Americans, they have fewer weight problems and are less likely to suffer from heart disease.

The French regularly consume red wine with meals, which is rich in antioxidants. Their diet also includes lots of fruits, vegetables, and fish—all of which might explain the French advantage in heart disease.

### ASSIMILATE SOME ASIAN FARE

In both Japan and China, obesity rates are less than five percent. The Asian eating pattern includes plenty of green leafy vegetables, soy, and rice.

In fact, Asian diets are often loaded with plant-based foods and include only limited amounts of fish and poultry. Red meat is a rarity.

Indian cuisine emphasizes vegetables and legumes, and curry dishes often include turmeric, a yellow spice that appears to have anticancer properties.



## TRY THESE HEALTHY INTERNATIONAL INGREDIENTS

Do your taste buds yearn for a little excitement? Meet that craving by choosing healthful foods from around the world:

**MEXICAN:** Black beans, soft corn tortillas, spicy chicken, baked fish with mango salsa, shrimp veracruz, mango with lime, fresh tomato salsa, guacamole, pico de gallo, papaya sorbet, and cinnamon-spiced hot chocolate

**ITALIAN:** Whole-grain pasta, marinara (red) sauce, polenta, pasta primavera, grilled rosemary chicken, baked or poached fish, eggplant caponata, white beans, olive oil, garlic, grapes, and red wine

**ASIAN:** Tofu, brown rice, garlic broccoli, shrimp with snow peas, chicken satay with peanut sauce, chicken stir-fry, salmon teriyaki, bok choy, spinach with sesame seeds, kimchi (spicy cabbage), and green tea

**MIDDLE EASTERN AND GREEK:** Falafel, hummus (chickpea dip), tabbouleh (parsley salad), tzatziki (yogurt dip), lentil and rice pilaf, roasted chicken with lemon, eggplant dip, whole wheat pita bread, bulgur wheat, toasted sesame seed butter, almonds, walnuts, and figs

**INDIAN:** Vegetable or chicken curry, lentil dal, tandoori chicken, cauliflower curry, brown basmati rice, cucumber raita, whole wheat chapati (flatbread), palak paneer (a spinach dish), mango lassi (smoothie), yogurt, and chai tea

Need some tips on how to add ethnic flare to your food? Visit [www.nhlbi.nih.gov/health](http://www.nhlbi.nih.gov/health) and click on "Recipe Collections." You can also try the Couscous and Broccoli recipe on the next page.



SelectHealth, Inc.  
Marketing/Total Fitness  
P.O. Box 30192  
Salt Lake City, UT 84120-8212

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# Couscous with Broccoli

Couscous is a coarsely ground wheat pasta found in the rice and grain aisle in many grocery stores.

SERVES SIX

**INGREDIENTS**

- 2 medium plum tomatoes, roughly chopped
- ¼ cup green onions, roughly chopped
- ¼ cup raisins
- ¼ tsp dried basil
- ¼ tsp ground cumin
- ¼ tsp freshly ground black pepper
- 1 tbsp olive oil
- 2 cups water
- 2½ cups broccoli florets
- 1¾ cups couscous

**DIRECTIONS**

In a mixing bowl, combine the tomatoes with the green onions, raisins, basil, cumin, pepper, and olive oil. Set aside. Bring water to a boil in a large saucepan. Drop in the broccoli florets and add the tomato mixture to the saucepan. Then stir in the couscous. Cover and remove from the heat. Let stand for five minutes. Fluff lightly with a fork before serving.



**NOW**  
*you're cookin'*



**NUTRITION FACTS  
PER ¾ CUP SERVING**

- Calories 249
- Fat 3 g
- Cholesterol 0 mg
- Sodium 22 mg
- Fiber 5 g