

# UC BENEFITS/HEALTH & WELLNESS NEWSLETTER



FINANCIAL SERVICES  
FOR THE GREATER GOOD®

## Pay Attention to Your Financial Health: A Financial Guide for Women

Utica College and TIAA-CREF are pleased to offer an exclusive presentation/workshop to our employees. On Wednesday, March 12, 2014, *Charting Your Course: A Financial Guide for Women* will be offered in the Boehlert Hall Conference room.

The goal of this presentation is to help you:

- Evaluate your financial health and set solid goals
- Discover how to make your money work harder for you
- Learn how to create a solid retirement plan

Lunch will be provided from 12:00 to 12:30 and the interactive program will run from 12:30pm – 2:00pm. Reserve a seat at the workshop by calling 1-800-732-8353 or registering online at [TIAA-CREF](#) (no password required).

Does “**Get Lean For Green**” mean anything to you?  
It will! Tune into WKTU *Live at 5* on 2/17 to hear details.

### February Upcoming Events

2/6 1-2pm Lunch & Learn-Meet with a representative of Tully Hill and learn about chemical dependency. Lunch provided.

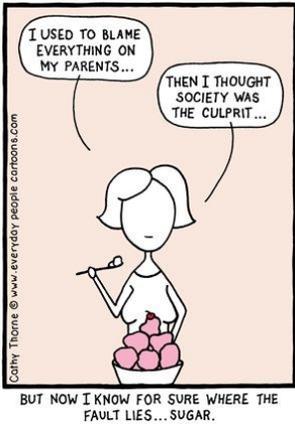
Register at <http://www.utica.edu/hr/wellness/lunchandlearn.cfm>

**YOUR PARTICIPATION IS NEEDED  
TO KEEP THIS PROGRAMMING GOING**

**WE WANT YOU  
TO TAKE  
RESPONSIBILITY  
FOR YOUR  
HEALTH**

***Did you know:***  
**When you go to the doctor 95% of your diagnosis  
 will be influenced by your medical history.  
 Make sure your health care provider is well informed.**

**Having a Personal Health Record (PHR)** can help you provide more complete information to your health care providers or family members. With all of your health information in one place, you may be able to avoid unnecessary procedures or tests. You may also be able to provide critical information about your health in a medical emergency. So keep it handy. You may save time and money, and improve the quality of the care you get!



**Add your personal information:**

- Allergies to food, medication
- Medications you take (and how long you've been taking them)
- Health conditions
- Over-the-counter or herbal meds you take
- List your health care providers and doctors
- Emergency contacts

**Having a PHR makes it easier for you to:**

- Order prescription refills
- Schedule appointments
- Record helpful information about things that matter to you, like diabetes or high blood pressure

**Your Medical Records are Yours!**

Unlike the Seinfeld episode where Elaine cannot gain access to her chart, if you need the information in your records you are entitled to get it. Make your request in writing and expect to be charged a fee. It should take approximately 30 days for your request to be processed.

**Please pick up a  
 Personal Health History  
 Form from one of our  
 Wellness Champions.**  
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Lisa Rogers-Library  
 Celeste Moore-Student Affairs  
 Pam Salmon-DePerno  
 Caren Summers-HR  
 Jamie Callari-Champlin House

**Don't forget to get your  
 passport signed when  
 you go!**

**Use your Healthy Rewards money to pay for personal training sessions with Maggie!**  
 Contact her for your initial assessment: [maggie\\_matrulli@yahoo.com](mailto:maggie_matrulli@yahoo.com)

## Use Antibiotics Wisely...



Many members of our society believe a pill can cure any ailment, and indeed feel that they are not getting quality care if they walk out of a doctor's office without a prescription.

This thinking has led us into the overuse of antibiotics, which in turn has created a number of antibiotic resistant bacteria.

**THIS IS NOT TO IMPLY THAT ANTIBIOTICS AREN'T EFFECTIVE AND SOMETIMES NEEDED.**

**JUST BECAUSE YOUR DOCTOR DOES NOT PRESCRIBE AN ANTIBIOTIC DOES NOT MEAN YOU AREN'T SICK.**

Taking an antibiotic when you or your child has a virus may do more harm than good. In fact, in children, antibiotics are the most common cause of visits to the ER for adverse drug reactions. Rest, fluid and over the counter remedies may be the best treatment option. Antibiotics are not effective for fighting viral infections such as sore throats, colds, acute bronchitis and some ear infections.

Do not demand antibiotics when your doctor says they are not needed. Do not take antibiotics prescribed for someone else, it could make the illness worse and allow bacteria to multiply.

If given an antibiotic for a bacterial infection, DO finish the entire regimen. Do not stop taking it when you begin to feel better. When you do this, the bacteria are not completely eradicated and over time actually develop a resistance to that antibiotic drug because they have been exposed to it and allowed to thrive. Do not skip doses for the same reason, or save antibiotics for future use.

Center for Disease Control & Prevention

### *Another medical no-no...*

Going to the doctor with an acute symptom and wanting a quick fix. An example would be having a first bout with high blood pressure and insisting on getting medication to treat it.

Taking a pill to control your pressure does not treat the underlying cause. The cause might range from something needing surgical intervention to an excess of salt. Just taking a pill is like cutting the wire to a red light on your dashboard. The warning goes away, but you have not heeded the warning and addressed the underlying cause.

You may need the medication, but that alone will not make you healthy. Talk to your doctor about what steps you can take to have a more active role in your health.

If you or someone you know has experienced a loss, don't forget about the Hospice & Palliative Care workshops that are available free of charge. Check out their 2014 schedule of workshops.

<http://www.hospicecareinc.org/services/bereavement-services/>

*Doreen loves the great outdoors.* Dedication to physical fitness is a huge part of her lifestyle. She enjoys sharing outdoor activities with her family: hiking mountain trails, kayaking, skiing, running and walking her dog. She has participated in 5 Ride for Missing Children events, will run her 20th Boilermaker this summer, and will also take part in the Utica College Corporate Cup Challenge.

Many in the college community know Doreen not only from the Office of Advancement, but also as an adjunct Zumba instructor at Utica College. Her passion for Zumba is evident! Doreen's philosophy of fitness is simple: eat right, stay stress-free and keep a positive attitude to reach the next level of living. She looks forward to being a member of the UC Health & Wellness Committee and hopes to be a role model for others.



## Ask a Health Coach today. Call 1-800-348-9786

This service is available to eligible Excellus BC/BS members.

### Health Coaching is available 24/7

You can get reliable information regarding treatment options, managing a current situation or thinking through a medical decision. Ask about preparing for a medical test, information on symptoms you may be experiencing, tips to help you communicate with your doctor or just help you decide if you need to see a doctor.

If requested, educational materials will be sent to you at home at no charge.

### Make cold weather cooking simple-Crock Pot Tips:

Strictly speaking, meat doesn't need to be browned before it's added to the slow cooker, but it is well worth the effort. The caramelized surface of the meat will lend rich flavor to the finished dish. And meat dredged in flour before browning will add body to the sauce. Ground meat should always be browned and drained before going into the slow cooker. Otherwise, it may clump and add grease to the dish.

**Use the HIGH setting if you need to cook a more tender cut of meat relatively quickly. But for tougher cuts, it's best to use the LOW setting and cook longer to allow time for the meat to grow tender. Generally, cooker temperatures range from 170° to 280°. Many dishes cook well overnight on low.**

Don't be tempted to lift the lid until the dish is done. The steam generated during slow cooking is part of the cooking medium. Opening the lid will release this steam and increase cooking time. Moreover, when you lift the lid, temperatures can drop into the "danger zone" (between 40° and 140°) where bacteria multiply rapidly. If you have a favorite recipe send it to [cbsummers@utica.edu](mailto:cbsummers@utica.edu) so we can share it.