



This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.

Upcoming Dates

- Pilates Begins 2/5
- Chair Massage 2/19
- Karaoke 2/23
- Lunch & Learn:
“Self-Regulating Failures”...part I 3/24
part II 3/25 (sign up for both)

Do you ever wonder why you don't follow through with something you *know* is good for you?

It's almost as if we sometimes sabotage ourselves.

Join us for a 2~part Lunch and Learn about “Self-Regulating Failures”.

Speaker: UC Prof. John Schwoebel

➤ Self-regulation has two sides:

- Ability to control one's impulses and to **stop doing something, if needed.**
- Self-regulation involves the capacity to **do** something (even if one doesn't want to do it) because it is needed.



Most people don't expect to be able to do difficult things immediately without training. Only prodigies sit down at the piano for the first time and start playing Chopin.

Remember how it felt to first ride a bike? Someone probably ran behind you holding the back of the seat while you wobbled before falling right off.

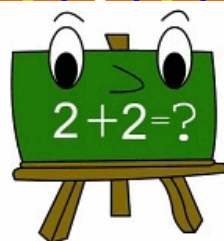
But you got back on.

Thinking that you will walk into a gym and immediately begin a disciplined Olympic workout routine is probably not going to happen; having unrealistic expectations can set you up to fail.

Swearing off all “unhealthy” foods and changing your lifelong eating habits is a process that begins with one bite.

Be kind to yourself.

Maybe choosing generic drugs adds up for you?



ALL FDA-APPROVED GENERIC DRUGS MUST BE EQUIVALENT TO THE BRAND-NAME DRUG.



Any generic drug modeled after a single, brand name drug must perform approximately the same in the body as the brand name drug. There will always be a slight, but not medically important, level of natural variability just as there is for one batch of brand name drug compared to the next batch of brand name product.

This amount of difference would be expected and acceptable, whether for one batch of brand name drug tested against another batch of the same brand, or for a generic tested against a brand name drug.



80-85% LESS
Average cost of a generic drug vs. its brand-name counterpart



In 2010 alone, the use of FDA-approved generics saved **\$158 billion**.



Did you know these drugs are now available in generic form?

Rosuvastatin is the generic of Crestor® (for cholesterol)

Omeprazole is the generic of Prilosec® (for reflux)

Naratriptan is the generic of Amerge® (for migraines)

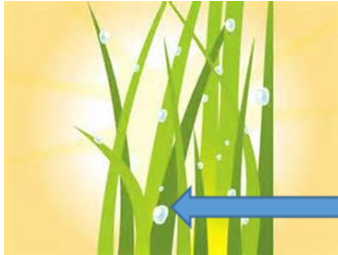
Zolpidem is the generic of Ambien® (sleeping aid)

Metformin is the generic of Glumetza® (for diabetes)

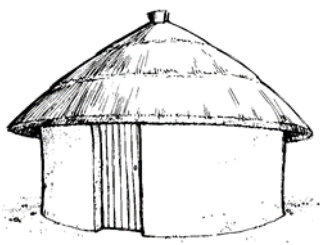
These are just some that we know of. Ask your doctor.



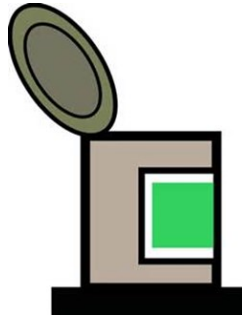
U have.



W +



you



SOLVE THE REBUS

One entry per person.

Submit by NOON on

2/3/16

cbsummers@utica.edu

Now, Let's Talk about Money!

Healthy Rewards: If you are covered under the UC Excellus high deductible health insurance plan, you and your enrolled spouse can earn up to \$500 cash every year.

In 2015 there was \$264,500 potential dollars to be claimed based on employee enrollment in our health plan.

Of that total, only **\$70,742** was claimed.

Why?

Click [Healthy Rewards](#)

Go on a cruise, Buy workout clothing & equipment, Pay a bill, Buy groceries, Buy a bike, Go to a sporting event, Buy season's tix, Go to the theater, Get manicures or pedicures, Buy a tennis racket, Plant a garden, Buy grass fed meat, Take meditation classes, Get a makeover, Go to a concert, Try bowling, Get new hiking boots, Buy new art supplies, Take swimming classes, Take horseback riding lessons, Get a full body massage...

Why don't you want the free money??

KARAOKE-COME RELAX AFTER WORK !

TUESDAY, FEBRUARY 23RD 5:30-8:30 IN THE PIONEER PUB

PRIZES-FOOD-CASH BAR

SING AS AN INDIVIDUAL OR GROUP-COSTUMES COUNT FOR PRIZES

From Human Resources. If you have any questions about anything you see in this newsletter, please contact Caren at cbsummers@utica.edu