UC Benefits/Health & Wellness Newsletter

Myths: 1. a usually traditional story of ostensibly historical events that serves to unfold part of the world view of a people or explain a practice, belief, or natural phenomenon

2. a popular belief or tradition that has grown up around something or someone; especially: one embodying the ideals and institutions of a society or segment of society

3. an unfounded or false notion

In other words...NOT TRUE

Generic Drugs take longer to act in the body. NO
Genetic Drugs are not as potent as name brand drugs. YES THEY ARE
Generics Drugs are not as safe as name brand drugs. YES THEY ARE
Generic Drugs are more likely to cause side effects. NO THEY DON'T
Generic Drugs are made in older and substandard factories. NOT SO

Why are you spending money you don’t need to?

Generic Drugs—same quality and performance as the name brand

The FDA requires drugs to have the same active ingredient, strength, dosage form, and route of administration as the name brand drug.

Generic manufacturers must prove its drug is the same (bioequivalent) as the name brand drug.

All manufacturing, packaging and testing sites must pass the same quality standards as those of name brand drugs.

Many generic drugs are even made in the same manufacturing plants as the brand name drugs.

Ask your doctor if you have any questions, but you can put the money into your pocket instead of paying more to the pharmaceutical companies!

From the Office of Human Resources
New Studies:

Sleep Apnea

Researchers at Brigham and Young Women’s Hospital recently published a study suggesting that heart risks associated with sleep apnea may be higher in women than in men. The study shows that in women, sleep apnea was associated with higher levels of a blood marker called troponin T, which can signal early evidence of heart injury and may be a predictor for future heart risks. There is no clear link that apnea is a direct cause, but it will continue to be studied.

Mediterranean Diet

A recent study in the online issue of Neurology suggests that eating a Mediterranean diet—one high in fish, grains, nuts, olive oils, legumes and vegetables and low in meat and poultry, may be important in helping to avoid brain shrinkage. Previous studies have linked the diet to protection against developing Alzheimer’s Disease, lower risk of artery disease, and a decreased likelihood of kidney disease. It looks like this diet may just be worth following...and it’s delicious!

Processed Meats

The World Health Organization has just released a study, which ranks bacon, ham and sausages as a major cause of cancer. Processed and cured meats are now considered Group 1 carcinogens— the same category as asbestos, alcohol, arsenic and tobacco. Each 1.8 oz serving eaten daily increases your risk of colorectal cancer by 18%.
The good news: UC employees with the Excellus high deductible health plan are using Healthy Rewards more than last year!

The bad news: Only about a quarter of eligible employees are getting their money!

More good news: It’s not too late to begin earning. Each member/spouse/domestic partner has the potential to earn up to $500 in cash rewards each full calendar year if they record their efforts to live a healthier lifestyle. Try it….you’ll like it. Begin now and you can get $35 for signing up ($75 for a non-smoker). HEALTHY REWARDS: Don’t let Excellus keep your money! ExcellusBCBS.com/HealthyRewards

Tipsy Palette was a huge success-lots of fun and a de-stressor to boot...next time join us and let your creativity run wild!

Upcoming Events...

Click here to register

Brown Bag L & L Monday, November 2 12-1:00pm  “To Vax or not to Vax. There Should be NO Question” Come hear Prof. Larry Aaronson demystify & and add clarity to this confusing issue.

Chair Massages on Friday, November 20 and Friday, December 18. Holidays are coming-You deserve a chair massage to prepare!

Brown Bag L & L Tuesday, December 1 12-1:00 pm “How to Disagree Agreeably”.

Remember: your participation gets you into a drawing for a FitBit at the Recognition Party

Autumn is a great time to get and stay fit. There are plenty of fresh fruits and vegetables to eat, and enjoyable ways to get exercise.

Autumn offers fresh apples, pears, blackberries and grapes. Apples are delicious right off the tree, but if you’re in the mood for baking, use them to make a pie or fruit crisp. Make homemade applesauce that you’ll enjoy all winter. Blackberries can be the topping for cereal, or made into pie or cobbler. And pears can be used in salads or baked as a dessert. Search in cookbooks or online for recipe ideas and try something new.

Autumn vegetables are some of the most colorful. Their deep orange colors reveal that they are antioxidants. Antioxidants are high in vitamin C and E, and help to prevent or repair cell damage. Squash and sweet potatoes are two great examples. There is a great variety of squash, and many ways to cook them. Baked, steamed, stir-fried, pureed for soups, or made into pies, sweet potatoes are also delicious. There’s also corn-on-the-cob. It freezes well-on or off the cob for late fall and winter eating. And of course, don’t forget the pumpkins! Use them to make pies, soup, or bread. Then roast their seeds for a healthy snack. And make jack-o-lanterns!