

# Physical Facilities ~ Wellness and You

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*(Sponsored by Physical Facilities Human Resources)*

Fall has arrived and with it comes the cold and flu season. Wellness screenings, flu shots, and more red apple opportunities are now available. Please check out the attached October calendar of upcoming wellness activities/opportunities so you are aware of the dates, times, and locations of those events. If the event is purple or red it corresponds with an apple for Healthy Purdue.

## Meet Your New PF WorkLife Programs Ambassadors

We extend our sincere thanks to both Betsy Hillery and Shawn Swindle for their service as our WorkLife Programs Ambassadors. With the close of their terms we welcome Dave Burford and Tim Snider, who will be taking their places.

Formerly known as Wellness Ambassadors, WorkLife Programs Ambassadors are dedicated to promoting the services of WorkLife Programs across the Purdue campus. As Ambassadors they share information about WorkLife Programs with their co-workers/colleagues in their respective areas and also assist WorkLife Programs staff with campus events and screenings. They also receive firsthand information on various wellness resources and develop and implement creative ways to communicate WorkLife Programs information. Their overall goal is to make a difference and to help create a healthy culture at Purdue.

You may contact Dave at [dgburford@purdue.edu](mailto:dgburford@purdue.edu) or 49-69641 and Tim at [twsnider@purdue.edu](mailto:twsnider@purdue.edu) or 49-40133 to get more information about the various opportunities our WorkLife Department offers.

You may also contact Michele Wing at [mswing@purdue.edu](mailto:mswing@purdue.edu) or 49-48714.

## FLU SHOTS

Maxim Health Systems will be providing seasonal flu shot appointments on the West Lafayette campus. Use the online registration system to make your appointment at least 24 hours in advance. Then show up with your PUID and get your flu shot. Dates for the shots are included on the October/November calendar.

The flu shots are free and offered to benefit-eligible faculty and staff, graduate staff, official Purdue retirees, and their spouses/same-sex domestic partners.

If you can't make any of the dates on campus, you do have other options. **1) Retail Location** (CVS, Marsh, Target) Coupons: Go online to see available dates and locations, print a coupon and take it and your PUID card to the scheduled retail flu shot clinic. **2) Health Care Provider:** All Purdue health plans cover the seasonal flu vaccine for employees and covered dependants.

If you need assistance with registering online for the campus flu shots or obtaining a coupon you may contact WorkLife at [worklife@purdue.edu](mailto:worklife@purdue.edu) or give them a call at 49-45461. You may also contact your WorkLife Programs Ambassadors listed above as well as Michele Wing.

## H1N1

None of the shots information listed above is for the H1N1 vaccine. The first shipment of H1N1 is expected to arrive no earlier than late October. There are government-mandated criteria in place for distribution of the vaccine. It will be offered to those at greatest risk. For the latest information, refer to [www.purdue.edu/fluinfo](http://www.purdue.edu/fluinfo) and [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) .

# Childcare Resource

Human Resource Services WorkLife Programs is pleased to announce the launch of its new [child care website](#). As a supervisor, quality child care for employees is important because it can help employees improve their productivity, reduce absenteeism, and enhance retention. WorkLife Programs encourages you to inform your faculty and staff of these new resources to assist them in increasing their quality of life.

The site provides information on:

- Purdue University on-campus child care centers
  - Ben and Maxine Miller Child Learning Center
  - Child Development Laboratory Preschool
  - Patty Jischke Early Care and Education Center
  - Purdue Village Preschool
- Off-campus child care
  - Community child care centers
  - Community child care ministries
  - Summer camps
- Medical coverage and family-friendly practices
  - Health plan benefits
  - Mother and child benefits
  - Dependent care flexible spending accounts
  - Lactation Support Program
  - Leaves
  - Flexible work arrangements
- Child care family resources
  - Purdue Working Parents Club
  - Educational offerings
  - Employee Assistance Program
- Web resources

For additional information, please contact WorkLife Programs at [worklife@purdue.edu](mailto:worklife@purdue.edu) or 49-45461.

# ***Did You Know ?***

Purdue offers incentives for smoking cessation, weight loss, and mental health.

## **Smoking Cessation:**

Incentive PPO & Purdue 500 plans:

- Individuals on these plans are eligible for \$400 toward prescription and over-the-counter (OTC) smoking cessation products. If you want to use this benefit, obtain a prescription from your doctor (even for the OTC products), turn it in to the pharmacy, and ask the pharmacy to run it through your prescription plan benefits.

United Healthcare plan:

- Individuals on this plan do not have the \$400 option. Therefore, WorkLife Programs has tried to fill the gap a bit. We can offer participants 6 weeks of reduced cost patches and/or 3 months of reduced cost Zyban. To obtain these, set up an appointment with Amber Simons. You may email her [asimons@purdue.edu](mailto:asimons@purdue.edu) or call her at 49-46475.

## **Nutrition Counseling:**

Incentive PPO & Purdue 500 plans:

- Easier access to nutrition counseling through registered dietitians or certified nutritionists
  1. Maximum of 12 visits per calendar year
  2. First 5 visits are not subject to deductible or coinsurance

United Healthcare plan:

- Individuals on this plan do not have the same options as above. Therefore, WorkLife Programs would like you to know that they have registered dietitians on staff that you may make an appointment with if you call WorkLife at 49-45461

Weight Watchers at Work:

- If your Body Mass Index (BMI) is over 25, WorkLife Programs will pay for half of the \$144 class fee if you attend 11 of 12 meetings. To calculate your BMI, visit [www.purdue.edu/worklife](http://www.purdue.edu/worklife). Participants are eligible for two incentive rounds in their lifetime. Class starts in CIVL 2117. To sign up visit <http://www.purdue.edu/hr/WorkLife/> or call WorkLife at 49-45461.

## **Mental Health (applies to all 3 medical plans):**

- No deductible
  1. Applies to outpatient mental health services obtained from an in-network provider
  2. First 8 mental health visits each calendar year are covered at 100% (In network Provider)

- Additional visits, up to a maximum of 30 per calendar year, for each member
- Out-of-network mental health care is subject to the same deductible and coinsurance or co-pay as other out-of-network services covered under your plan.

# REMINDER

Participants can check their progress with the user-friendly online tracking system. For screen shots refer to the June/July Wellness and You Newsletter.

To access the system, go to [the Healthy Purdue Web site](#) and click "Check My Apples." Participants will log in with their career account and password, and then click "2009" under the "Check My Apples" heading on the left navigation bar. Beside the name of each apple is a question mark, which links to additional information about that apple. From that page, users can click the "Instructions" link to view a presentation that walks them through how to complete that specific apple.

For the self-reported yellow and orange apples, users should click the "Confirm" button next to the appropriate apple to confirm completion.

For those who have not already completed the HPQ, go to [the Healthy Purdue Web site](#) and click on the StayWell logo, or request a paper questionnaire by calling StayWell's HelpLine at (800) 926-5455.

The other items will be checked off for you by WorkLife. You should see these items checked off within 30-days of your completing them. If you do not see an apple or your HPQ checked off, and it has been longer than 30-days since you completed it, please give WorkLife a call at 494-5461 or you can email them [worklife@purdue.edu](mailto:worklife@purdue.edu).

--source: Spotlight newsletter

## New Medical Plan for 2010

Purdue faculty and staff will have a new medical plan option in 2010, following Board of Trustees approval on Oct. 2. The new option will be the Purdue Choice Fund, a medical plan that includes a health savings account (HSA).

Other offerings will be Purdue Incentive (formerly Incentive PPO) and Purdue Copay (formerly UnitedHealthcare). The Purdue 500 medical plan is being eliminated.

The Purdue Choice Fund will have a significantly lower premium than the Purdue Incentive and Purdue Copay plans will have. In addition, Purdue will contribute hundreds of dollars to the HSA of each employee enrolling in the Choice Fund option. Those enrolling in employee-only coverage

will receive an \$850 contribution; those with family coverage (employee plus one or more dependents) will receive a \$1,700 contribution.

More details about the Choice Fund and all benefits available during this fall's open enrollment will be included in enrollment packets that will be mailed to employees on Oct. 23. Open enrollment will run through Nov. 13. In addition we will be switching from United Health Care to Cigna as the medical plan administrator for our health plans.

### **CIGNA offers comparison tool and help online**

Employees can get a head start on enrollment by visiting a special enrollment website available now through Purdue's 2010 medical plan administrator, CIGNA. The website, [www.mycignaplans.com](http://www.mycignaplans.com), will help employees estimate their total out-of-pocket costs under each of Purdue's three medical options. The calculations will consider premium, deductible, coinsurance, copays, and any Purdue contribution to the employee's HSA. Employees using the site will need to log in with the user name "Purdue2010" and the password "cigna."

--source: Purdue Today

## **Upcoming Changes with Flexible Spending Accounts**

All employees with money left in their 2009 health care flexible spending accounts (FSAs) at the end of this calendar year will have their balances converted to a "limited purpose" FSA effective Jan. 1, 2010. A limited purpose FSA can be used only for dental and vision expenses. If employees want to use their FSA funds for other expenses, they must incur the expense by Dec. 31.

The conversion is necessary to comply with Internal Revenue Service regulations that limit an FSA grace period when an employer offers a health savings account as part of its benefit program. A grace period allows employees to claim expenses incurred through March 15 of the following year on their health care FSA. For example, expenses through March 15, 2009, were eligible on 2008 health care FSAs.

Beginning with 2010 health care FSAs, there will be no grace period and no conversion to a limited purpose FSA. Only expenses incurred through Dec. 31, 2010, will be eligible for reimbursement from 2010 FSAs.

### **Important dates for 2009 health care FSAs**

- \* Dec. 31 – Last date to incur expenses for your 2009 FSA, except for dental and vision costs.
- \* March 15, 2010 – Last date to incur dental and vision expenses for your 2009 FSA.
- \* April 30, 2010 – Last date to submit claims for your 2009 FSA.

--source Purdue Today

# Suggestions/Wellness News/Recipes

## This month's recipe:

### **Chicken Noodle Soup**

1 tablespoon butter  
1 tablespoon olive oil  
2 cups ½ inch diced yellow onions  
2 cups ½ inch diced celery with leaves  
2 cups ½ inch diced carrots  
2 quarts chicken broth  
Cooked chicken (about 4-5 cups), shredded into bite size pieces  
1 recipe (see below) homemade, uncooked, dry egg noodles  
Sea salt and freshly ground black pepper

Heat the butter and olive oil in a large soup pot over medium high heat.

When the butter is melted into the olive oil, add the onions, celery, and carrots. Cook, stirring occasionally, for about 5 minutes or until the vegetables just begin to soften.

Add the broth and bring up to a boil. Add the chicken and the noodles.

Boil until the noodles are cooked through. Add salt and pepper to taste.

### **For the noodles**

1 large egg  
½ teaspoon salt  
2/3 cup all purpose flour plus a few tablespoons extra for dusting your rolling surface

Beat egg and salt together in a medium sized bowl.

With a fork, gently blend the flour into the egg mixture.

When the noodle dough comes together, remove the dough from the bowl.

Sprinkle a few tablespoons of flour on your rolling surface and rolling pin.

Place the dough on the floured surface and begin to knead the dough by hand until it becomes stiff and easy to roll.

Roll the dough out with the rolling pin into a 10 by 16 inch rectangle. Carefully roll the rectangle of dough from one of the 10 inch sides into a jelly roll.

Use a knife to cut the noodles into ¼ inch or ½ inch slices. Gently unroll the noodles.

(NOTE: You can also use a pasta machine to roll the dough and cut the noodles.)

Place the cut noodles on the counter and allow to dry completely before using them in your recipes.

Store any unused noodles in a freezer safe bag or container in the freezer.

Makes about 6 servings of noodles.

Victoria Wesseler <http://www.goinglocal-info.com/>

# For your Oct/Nov Wellness Calendars See Below.

## OCTOBER 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
						3
4	5	6	7	8	9	10
11	12	<p>13 <b>How To Cut Your Grocery Bill</b></p> <p><b>Picky Eaters</b></p>	<p>14 <b>Be Money Smart</b></p> <p><b>How To Save &amp; Get Out of Debt</b></p> <p><b>Menopause: The Healing of the Hormones</b></p> <p><b>Flu Shot - Stew 302</b></p>	<p>15 <b>Financial Midlife Issues &amp; Asset Protection</b></p> <p><b>Weight Watchers at Work</b></p> <p><b>Flu Shot - Stew 302</b></p>	<p>16 <b>Taxes Today - Retirement Tomorrow</b></p>	17
18	19	<p>20 <b>How To Cut Your Grocery Bill</b></p> <p><b>Weight Watchers at Work</b></p> <p><b>Flu Shots - Ross Ade</b></p>	<p>21 <b>Women &amp; Stress</b></p>	<p>22 <b>Be Money Smart</b></p> <p><b>Menopause: The Social &amp; Emotional Impact</b></p>	<p>23 <b>Flu Shot - Worklife (Purdue West)</b></p>	24
25	26	<p>27 <b>Flu Shot - Freh 2-1/2-2</b></p>	<p>28 <b>Menopause: Changing Life, Changing Diet</b></p> <p><b>Flu Shot - Stew 302</b></p>	29	30	<p>31 <b>HAPPY HALLOWEEN</b></p>

# NOVEMBER 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 <b>Menopause: Pondering the Positive Aspects</b>	4 <b>Anxiety and Depression</b>	5 <b>There's Hope for Holiday Stress</b>  Flu Shot - Ross Ade	6	7
8	9	10	11	12	13	14
15	16 <b>Weight Watchers at Work</b>	17	18	19	20 <b>Deadline for 2010 incentive (Wellness Screening, HPQ and <i>apples</i>)</b>	21
22	23	24	25	26 <b>HAPPY THANKSGIVING</b>	27 <b>HAPPY THANKSGIVING</b>	28
29	30					