Know Your Wellness Resources with Blue Cross Blue Shield

Blue Cross Blue Shield is the University of Oklahoma’s health insurance provider for benefits-eligible employees. Besides health coverage for doctor visits, surgery, and prescription drugs, employees have access to health-focused discounts with the Blue365 Member Discount Program, tracking tools and wellness resources through their Well onTarget portal, as well as many other health resources. Go to http://www.bcbsok.com/ou/ to register and login to your BlueAccess for Members account to view all this and more!

- 24/7 NurseLine
- BeSmartBeWell Newsletter
- Well onTarget
- Health Assessment
- Fitness Program
- Special Beginnings
- Care onTarget
- My Blue Community

Visit http://www.bcbsok.com/ou/ to register and login to your BlueAccess for Members account. View claims and coverage information, search forms, find doctors, and utilize many other health and wellness resources!

http://healthysooners.ouhsc.edu
Sooner Spotlight: Marie Boothe

If you don’t take care of your body, where are you going to live? This is the first thing I read after my doctor’s appointment in August 2013. That along with some lousy lab results really got my attention. Later that same week, I was talking with a coworker and asked what she had been doing because she was really looking healthy and I knew I needed to get on that path. She said she was spending one hour per day in the gym on the elliptical machine. She was also documenting her food and exercise on Loseit.com. She was a good influence on me and I started back at the gym that same evening.

This began a habit that I have kept up for almost a year. I go to the gym 5-7 days per week. I see my time at the gym as replenishing my emotional and physical health. I utilize the time on the elliptical or arc trainer to read a book on my Kindle. I do not allow myself to read that book unless I am also exercising. This keeps me working out and reading.

Last fall, I participated in the Sooner Walking Challenge here on campus. This kept me accountable and really kept me on track. I felt like I had to have some exercise time documented on each day of my chart. This was very encouraging and…

Get Fiscally Fit!

When it comes to information regarding our Wellness Programs we want to provide information about “physical” wellness, as well as, “fiscal” wellness.

Travel Fraud

Travel fraud and scams can come in all shapes and sizes. Simply using common sense can usually help you avoid being a victim of a travel scam. Any offer that seems too good to be true is most likely too good to be true. Nobody gives away something for nothing.

Remember these tips!

✓ If you are told that you have been awarded a prize, but you have not entered a contest, you are being scammed.
✓ Do not be pressured into buying right now. If the offer is legitimate, you will not be expected to make an immediate decision.
✓ Do not be afraid to ask questions. Know price and package details, cancellation policies, and hotel and airline names.
✓ Ask for detailed written information before purchasing and make sure it confirms what you were told by phone.
✓ Never give your credit card number to unsolicited telephone salespeople.
✓ When in doubt, say no!

If you think you may have been targeted by a travel scam, report it to the FTC at www.ftc.gov/complaint. For more on travel scams, visit www.ftc.gov/travel and www.magellanassist.com.

http://healthysooners.ouhsc.edu
Family Focus

5 Fun Ideas for Family Fitness!
1. Make Time to Play
2. Walk or Bike Everywhere You Can
3. Plan Active Family Gatherings
4. Sing and Dance While You Clean
5. Make Yard Work Less of a Chore for More Family Exercise

Check out more on WebMD’s Raising Fit Kids section!

Join the Crew!
The Encourage Health Crew is an employee group with a commitment to health that serve as ambassadors for Employee Wellness. They volunteer to assist in the implementation and coordination of wellness initiatives in their department. They share information, engage friends and colleagues to participate in wellness programs, and create excitement around leading a healthy lifestyle. Interested in joining the Crew or want to nominate a co-worker? Contact Wellness Coordinator, Lindsay Mitchell, at lindsay-mitchell@ouhsc.edu.

Words from Wellness
Hi Healthy Sooners! It’s Lindsay, your Employee Wellness Coordinator! Starting and continuing a healthy lifestyle can be a difficult task. Many of us have started several times, but end up getting derailed and go back to our old habits. So, what makes your co-worker down the hall who has stuck with their New Year’s Resolution of no more soda, so different from you? One word. Why. They probably have a ‘why’. They either asked themselves or have been asked, ‘why’? It wasn’t because of a free shirt or a nifty water bottle. They had to look within and recognize what’s important to them! What’s my why? I like to be strong. It helps me feel confident and competent! I feel like I can literally do and handle anything life throws at me. Trust me, I have days I can easily think of 101 excuses to not make it to the gym! Those are the days I REALLY have to remember my why and how good I feel after I’ve completed my workout. So, I challenge you to write down your why(s) and look at it everyday to help you on your way to living a successful healthy lifestyle!

FREE HEALTH SCREENINGS
NORMAN: Tue. 8/26 & 9/23
TULSA: Wed. 8/27 & 9/24
HSC: Thur. 8/28 & 9/25
Please visit www.timeconfirm.com/ou to reserve your appointment and check locations. Free health screenings are for OU employees enrolled in an OU health plan or eligible to enroll in an OU health plan, but waived enrollment.

http://healthysooners.ouhsc.edu
Boothe cont... ingrained this habit into my daily life. I also started logging all my food on Loseit.com. This online food and exercise journal was quite an eye-opener. It made me rethink just about everything I ate. Is it worth the calories and how long will I have to spend on the arc trainer to work off that candy bar? I have an app on my phone that allows me to scan the bar code of a food and it will be added to my daily log. Then in October, I participated in the Health Assessment here on OUHSC campus. The lab results had already begun to show some positive effects just said that she was not going to dis-exercise regimen was so good; she itself. “Keep doing what you’re do-show positive results from exercise—better and better.

This year instead of buying my-took that money and invested in used this and I was quite impress-record number of steps taken and hours slept. Since you wear it on your wrist 24 hours a day, it is a visual reminder that you need to keep moving to reach your goal of 10,000 steps for the day. It also helped me to be able to get back into some clothes that I had “outgrown”. So that was a win-win.

By February I felt good enough to start attending cardio kickboxing classes twice a week at my gym.

*Finish Marie’s inspirational story here!

**WORK HARD, PLAY HARD!**

with Faculty/Staff Intramural sports!!

http://www.ou.edu/content/far/intramurals.html

The Faculty/Staff Intramural sports season gets started in September! Check out the 2014-2015 calendar for available sports. Registration opening soon!

*Open to Norman and HSC employees. Flag football not included.
Recipe Round-up!

What’s In Season?

Fruits and Veggies in Season During the Summer
Find the whole list and other seasons at
http://www.fruitsandveggiesmorematters.org/whats-in-season-summer

Mixed Berry Salad

Prep: 10 mins.
Serves: 4
Cups of Fruits & Veggies per Serving: 1 ¾

Ingredients
2 cups blueberries
2 cups raspberries
1 cup strawberries, trimmed and halved
4 cups lettuce
½ cup nonfat yogurt, plain
1 Tbsp honey
1 Tbsp orange juice

Directions
1. Gently toss berries together and place on a bed of lettuce.
2. Mix yogurt, honey and orange juice until creamy.
3. Drizzle over berries and serve.

Nutritional Information

Calories: 126
Total Fat: 0.9g
Saturated Fat: 0.06g
% of Calories from Fat: 6%
Protein: 3g

Carbohydrates: 30g
Cholesterol: 0.6mg
Dietary Fiber: 8g
Sodium: 23mg