

Coaching Works!

Healthe You Participants Achieve Healthy Weight Loss

COACHING SUPPORTS YOUR HEALTH AND WELLNESS GOALS

The numbers speak for themselves, Healthe You participants who completed over-the-phone health coaching last year got healthier and lost plenty of weight—75,654 pounds to be exact!

Offering personal telephonic coaching is one more way that Advocate supports associates and their spouses/domestic partners in making healthy choices. This free offering, available to all medical plan participants, allows you to work one-on-one with a qualified health coach who will help you develop ways to balance your work, life and health.

Health coaches can help you set achievable goals and will encourage you along the way. You'll have the same coach throughout your sessions, so he or she can get to know you better and become your personal champion!

Calls are scheduled at a time that is convenient for you. The first coaching call usually takes 15 minutes or less, with later calls running 10 to 15 minutes.

Your eligibility for personal health coaching in 2011 will be determined at your Healthe Measures screening. If your screening results indicate a risk level above 0, completing coaching calls is one of the requirements to earn your Healthe Rewards Credit.

Participants completing telephonic health coaching 2010	1,358 participants
Participants' total weight at start of coaching	287,896 pounds
Participants' total weight after completing six calls	212,242 pounds
Total weight loss	75,654 pounds!

(in your own words)

What participants say about health coaching:

Here are just a few of the thoughts shared by Healthe You participants about the health coaching program.

... "My coach was very consistent, encouraging and realistic. She didn't criticize me for things I didn't do, but instead motivated me with the things I did do."

... "My coach was armed and dangerous, with stacks of tips ... suggestions that I didn't think about before."

... "I loved the custom-tailored program through the coaching and online HealthMedia® programs. This program really provided the strategy and options to get me to my goals."

... "My coach added motivation, provided encouragement and helped me be sensible about setting achievable goals."

... "My coach always had different ideas. She compared my calorie intake and outtake to a bank account. I can take money (calories) out by exercising and put money (calories) in (nutrition). This helped me visualize my decisions."

... "The coach greatly contributed to my new awareness of preventative health and making healthy choices. I appreciate the relationship we developed."

... "Helped me realize it was not as difficult as I was making it out to be. I now go to the doctor regularly because of my coaching."



See the article on page 8 to learn more about Healthe Measures and coaching requirements.

DIABETES: FACT OR FICTION?

WE KNOW PLENTY ABOUT DIABETES. Trouble is, a lot of it's wrong. To bring down the toll from this skyrocketing cause of disability and death, we must separate fact from fiction.

FICTION: Eating too much sugar causes diabetes.

FACT: Sugar may contribute to type 2 diabetes if it leads to weight gain, but it doesn't cause the disease. A diet high in calories—whether they're from sugar or fat—raises your risk for type 2 diabetes. Sugar isn't banned from your menu if you have diabetes, either. You just have

to build your sweet treats into a healthy eating and exercise plan.

FICTION: Only obese people develop type 2 diabetes.

FACT: Many people who get type 2 diabetes have a normal or just slightly high weight. Excess weight increases your risk. Being slimmer reduces your risk but doesn't get rid of it. Other risk factors include being a member of a minority group, having a parent or sibling with diabetes, being older than age 45, being inactive, and having diabetes during pregnancy.

FICTION: If I have a family history of type 2 diabetes, I'm bound to get it.

FACT: The choices you make about eating and exercise have an important influence on whether and when you might develop

ARE YOU AT RISK?

Ask your doctor whether you should have a blood glucose test based on your age, weight, and other risk factors. And learn more about the disease from the American Diabetes Association: www.diabetes.org.

diabetes. That's true even if you have risk factors you can't change, like your age or genes.

FICTION: If I'm developing type 2 diabetes, I'll know it.

FACT: One in four Americans with diabetes doesn't know he or she has it. Some don't recognize the symptoms, which include fatigue, increased urination, increased thirst and hunger, and unexplained weight loss or gain. And some have no symptoms.

FICTION: Reducing my risk for diabetes requires a major lifestyle overhaul.

FACT: Small steps can greatly reduce your risk for diabetes or delay its onset. No special foods or Olympian exercise is required: just sensible adjustments, such as eating less high-fat food and walking more.



(may we suggest ...)

Check Your Bone Health

Osteoporosis weakens bones and leaves them prone to breaking. You can check your bone health with a bone mineral density test. You might need one if you're:

- A woman age 65 or older
- A younger woman with certain risk factors, such as smoking, drinking alcohol, being small and thin, having a family history of the disease, or taking medications that weaken bones
- A man age 70 or older, or a younger man with risk factors

In the painless DXA test, you'll recline on a table as a scanner takes pictures of your lower spine and hip. The procedure takes 10 to 15 minutes. If the test reveals a problem, your doctor can tell you how to improve your bone health.

Secondhand Smoke and Breast Cancer

Secondhand smoke may increase a woman's risk for breast cancer.

In 1997, more than 55,000 California teachers answered a survey about their lifetime exposure to secondhand smoke. None had ever smoked or had breast cancer.

During the next 10 years, **women who had been exposed to high levels of secondhand smoke as adults had a 20 percent higher risk for breast cancer than those who had never been around it.** Most exposure occurred at work, before antismoking laws took effect.



ADDRESS YOUR STRESS

SOME DAYS, EVEN A DREAM JOB AT A GREAT COMPANY CAN STRESS YOU OUT. A little anxiety is normal, but too much can take a toll on your health, your job, and your life.

Men and women who feel stress on the job face a greater risk for heart attacks and other cardiovascular problems than those with low-stress jobs, research shows. Workplace stress can also lead to headaches, stomach problems, and fatigue.

Employers suffer, too. Job-related stress drains productivity and boosts accidents, absenteeism, employee turnover, and health care costs. In fact, job-related stress costs U.S. companies a whopping \$300 billion a year.

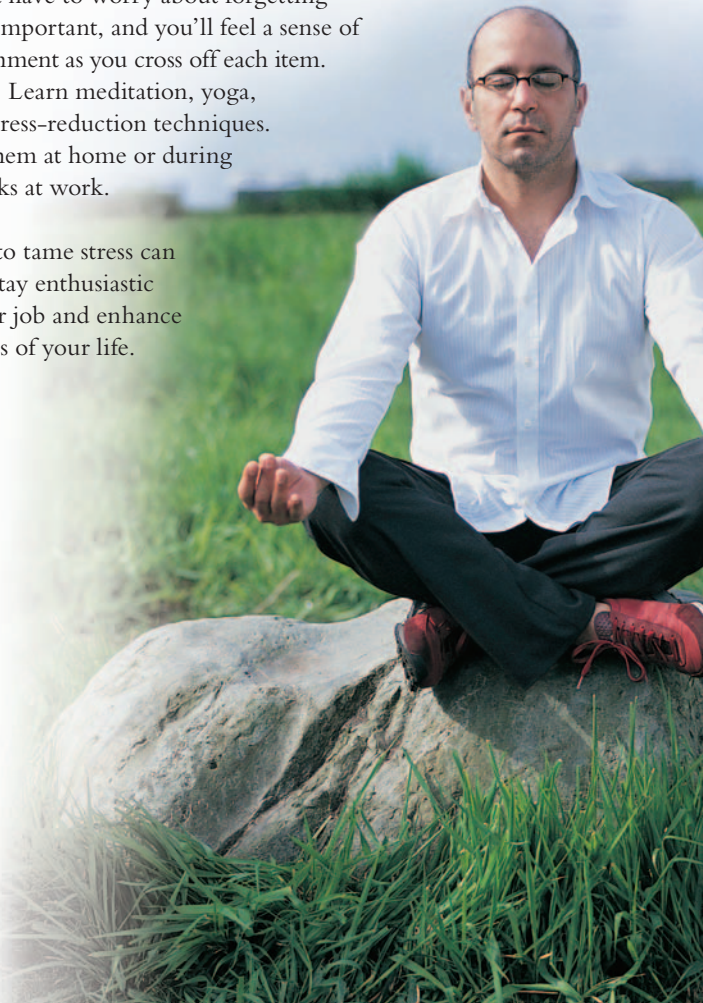
Don't let stress on the job affect your well-being or performance. Instead, try some of these stress-busting tips:

- **Make time for yourself.** Balance your work and family life, develop a network of supportive friends and coworkers, and cultivate a more positive and relaxed outlook.
- **Use your breaks at work to recharge.** Take a short walk or talk with a coworker about things that have nothing to do with the job.
- **Blow off steam.** Walk away or count to 10 if you're angry or upset. You may view the situation differently if you take time to calm down.
- **Focus on your physical health.** Eat right, exercise regularly, and get enough sleep.
- **Make a list of the tasks you need to do and prioritize them.**

You won't have to worry about forgetting anything important, and you'll feel a sense of accomplishment as you cross off each item.

- **Relax.** Learn meditation, yoga, or other stress-reduction techniques. Practice them at home or during short breaks at work.

Learning to tame stress can help you stay enthusiastic about your job and enhance many areas of your life.



(glossary)

for•mu•lary
(ˈfɒr-myə-,ler-ē)

A list of drugs the health plan will pay for.

10 Things You Can Do at Most Walk-In Clinics

If you need a tetanus shot, a blood pressure check, or treatment for a pesky skin rash, odds are you can handle these and other minor conditions at walk-in clinics in many major pharmacies, retailers, and grocery stores.

Depending on your problem and who's ahead of you, you may get in and out in 15 minutes. Compare that to an average time commitment in one regional study of 90 minutes in your doctor's office, two to three hours in an urgent care center, or up to five hours in an emergency room. Your bill may be much smaller, too.

Walk-in clinics tend to provide a well-defined set of services that likely includes these 10:

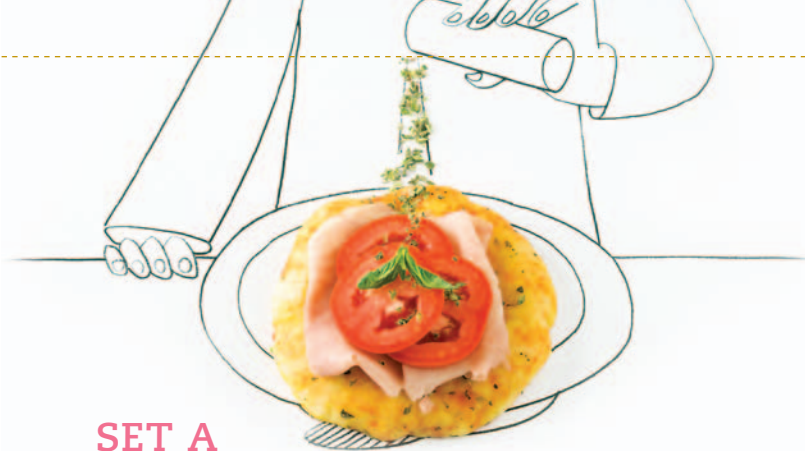
1. Vaccinations and flu shots
2. Screening for diabetes, high blood pressure, and high cholesterol
3. Monitoring of blood pressure, asthma, diabetes, and cholesterol
4. School, camp, and sports examinations
5. Diagnosis and treatment of skin conditions and rashes
6. Diagnosis and treatment of bladder and ear infections
7. Removal of warts and stitches
8. Screening and treatment for strep throat, bronchitis, and mononucleosis
9. Obesity screening
10. Pregnancy testing

Nurse practitioners or physician assistants staff most clinics. However, local doctors supervise care, which may make you more comfortable about adding a flu shot to your shopping list.



For information, visit the Urgent Care Association of America at www.ucaoa.org.





SET A Healthy Table FOR ONE

WHEN YOU LIVE ALONE, cooking may seem like a chore you can skip. Dinner turns out to be takeout food or a frozen meal high in fat and low on nutrients.

But you need a variety of fresh, wholesome foods to stay healthy. Here's a recipe for success:

PLAN THE MENU

Deciding what you'll eat ahead of time saves money, time, and stress. To do so:

- Make a weekly meal plan that accounts for your schedule and nutritional needs.
- Figure on making several main dishes from one cut of meat or a whole chicken.
- Keep your pantry or freezer stocked in case your plans change.
- Prevent boredom by trying a new recipe or ethnic dish once a week or adding a new fruit or vegetable to an old recipe.

SHOP SMART

One key challenge: avoiding products sold in quantities that are too large for single diners. Unused remnants of meat and produce may spoil before you use them. Instead:

- Buy only as much food as you can use in a week, especially when it comes to fresh produce, meats, and seafood.
- Keep an eye on expiration dates and use products before they go bad.

REDUCE RECIPES

Many recipes found in cookbooks or online are designed to feed more than one person. To make them work for you:

- Start with a recipe that's easy to divide.
- Add spices or flavoring slowly. You may need more or less than called for by simple division.
- Check for doneness five to 10 minutes sooner than the original recipe suggests. Cooking times may vary when you reduce recipes.

SET THE STAGE

When dinner's ready, add enjoyment to your meal:

- Set the table, use special dishes, and perhaps even add a centerpiece and candles.
- Slow down to appreciate the look, feel, and taste of your food.

recipe



Squash Sauté

- 1 lb. zucchini (green) and yellow squash
- 2 tbsp. olive oil
- 1 large onion, chopped (about 1 cup)
- 1 small red bell pepper, chopped
- 2 tbsp. basil
- 1 cup cherry tomatoes
- 2 cloves garlic, chopped
- ½ cup coarsely grated Parmesan cheese (2 tbsp. per serving)

Wash and trim ends of squash. Cut lengthwise and then cut horizontally in half-inch slices. Pieces should be bite-sized (they'll shrink when cooked).

Heat oil in a deep frying pan. Sauté onion, pepper, and garlic. Add squash and stir, about three minutes until tender. Add basil and whole cherry tomatoes. Stir just until tomatoes are heated and ready to pop, about two to three minutes longer. Sprinkle with Parmesan cheese and serve immediately.

This is a good dish to top pasta and serve with grilled chicken or salmon.

Serves four.

Each serving contains about 149 calories, 10 g fat, 176 mg sodium, 11 g carbohydrate, 3 g fiber, and 6 g protein. Putting it over a cup of whole wheat spaghetti adds 174 calories, 1 g fat, 4 mg sodium, 37 g carbohydrate, 6 g fiber, and 7 g protein.

As Seen on TV: An Unhealthy Diet

If we picked our foods based on TV ads, we could wind up with 20 to 25 times the recommended daily servings of sugar and fat, one study found. **Yet we would get just 27 to 40 percent of the recommended daily servings of vegetables, dairy, and fruits.**

Many junk food ads target children, so limit your kids' TV viewing time. Eat meals at the dinner table, not in front of the TV—and be a good role model by eating more healthy foods.



FITNESS SHOES: WHAT'S AFOOT?

THE RIGHT FITNESS SHOES CAN HELP YOU get the physical activity you need while reducing your risk for injury. But can they “tone your muscles,” “promote healthy weight loss,” and “make it easy to get in shape,” as the makers of new “toning” shoes claim?

Toning shoes’ design—either a uniquely rounded sole or rounded pods built into the front and heel with extra cushioning—deliberately makes you struggle to maintain equilibrium with each step. They’re also heavier than traditional running shoes. Their instability and weight supposedly make you work harder and burn more calories.

NO EVIDENCE

In studies funded by the American Council on Exercise (ACE), the University of Wisconsin–La Crosse tested three brands of toning shoes: Skechers Shape-Ups, MBT, and Reebok EasyTone. None of them performed any differently than regular running shoes. “There is simply no evidence to support the claims that

these shoes will help wearers exercise more intensely, burn more calories, or improve muscle strength and tone,” ACE concluded.

So what *should* you put on your feet before you strike out on foot? Select athletic shoes specifically designed for running or walking. Then, consider your foot type, shoe fit, stability, cushioning, arch support, and midsole durability. Make sure there’s ample room in the toe box. Athletic shoes are complicated, so shop at an athletic shoe store with trained help.

A SHOE REVIEW

For tips on finding the right athletic shoe from the American Orthopaedic Foot & Ankle Society, visit www.aofas.org and click on “patient education & resources.” Under “Shoes,” click on “Selecting the right athletic shoe.”

BOOSTING YOUR WORKOUT

If you’d like to get more from your walking workout, try these options:

- Wear a vest weighted with up to 10 percent of your body weight to add resistance to your walking routine and burn more calories.
- Pump your arms or use Nordic poles that engage your upper body as you push off the ground for a whole-body workout.
- Alternate one to three minutes of running with walking. The added intensity works your muscles harder.

(test your savvy on ... lifestyle)

1. Your lifestyle affects your health and longevity.
 True False
2. Eating the right foods in reasonable portions can prevent and control many chronic conditions.
 True False
3. Smoking takes the lives of 120,000 Americans every year.
 True False
4. Not maintaining a healthy weight strains your heart and increases your heart attack risk.
 True False
5. You need to see a doctor only when you’re sick.
 True False



ANSWERS

1. **True**—All the major causes of death, including cancer, heart disease, stroke, lung disease, and injury, can be prevented by living a healthy lifestyle.
2. **True**—and it’s never too late to start eating right. Visit www.mypyramid.gov for nutrition advice tailored to you.
3. **False**—Each year, smoking kills 443,000 people: more than the populations of Miami or Cleveland. So if you smoke, quit.
4. **True**—eating less and exercising more can help you shed pounds.
5. **False**—seeing your doctor for regular checkups and cancer screenings is important.

Balance Life

AT WORK AND HOME

YOU FACE PRESSURE AT WORK ALL DAY, then you juggle demands at home all night. You may feel guilty at work because of your duties at home, and guilty at home because of your duties at work.

Stretching yourself to the limit every day puts your health and happiness at risk. Rather than trying to juggle more or faster, maybe it's time to cut back. Here's some advice:

- **Create boundaries.** Thanks to technology such as texting and cell phones, the line between work and home continues to blur. Set limits on when you'll be available for nonemergency messages and calls.
- **Take control of your to-do list at work.** Break big projects into smaller tasks, and work on the most urgent jobs first. Whenever possible, delegate. If a deadline is unrealistic, ask if the timeline can be adjusted or seek help.
- **Share the load at home.** If you feel overburdened, call a family meeting to talk about ways to redistribute chores. Be prepared

to explain your concerns clearly, listen carefully, and stay flexible.

- **Rethink home priorities.** Does it really matter if the bed isn't made this morning? Take care of the essential chores first, and let the rest go if you're pressed for time.
- **Relieve stress in healthy ways.** Exercising, meditating, or breathing deeply for a few minutes could help. Resist the urge to smoke, drink too much alcohol, eat unhealthy foods, or give up exercise.
- **Get a full night's sleep.** In a recent poll, 44 percent of adults said they get less than seven hours of sleep on workdays. Lack of sleep makes it harder to think clearly.
- **Make time for self-nurturing.** Take a few minutes every day to rejuvenate. Take a walk, go to the gym, read a good book, or soak in a warm tub.



FINDING A BETTER BALANCE

Does achieving a healthy balance between work and home seem impossible? Visit Mental Health America at www.nmha.org and search for "finding your balance." You can also find sources of help at this website.



Hands-Only CPR Can Save a Life

When people collapse, their survival often depends on immediate cardiopulmonary resuscitation (CPR). Yet bystanders may hesitate, fearing they'll make things worse by doing CPR wrong.

Now the American Heart Association (AHA) offers new advice: If you're untrained in CPR, you can offer a hands-only version that skips the traditional breathing aid. In fact, even trained rescuers should start chest compressions before clearing the victim's airways or starting rescue breathing, the AHA says.

Research has found similar survival rates among adults in cardiac arrest who received CPR with or without rescue breaths.

If you see an adult or teen collapse, call **911** or send someone to do so. Then start pushing hard and fast (100 times a minute if possible) in the center of the person's chest. Push the chest down at least 2 inches for an adult and 1.5 inches for a child. Let the victim's chest rebound between compressions.

Compressions and rescue breathing (30 compressions followed by two breaths and repeated) are still recommended for children and for people who have clearly stopped breathing, such as drowning victims. But even in those cases, the AHA urges you to give hands-only CPR if you're reluctant to try rescue breathing. The bottom line: **Any CPR is better than none.**

YOU'VE GOT TO Have Friends

YOU MIGHT NOT THINK THAT YOUR CIRCLE OF FRIENDS has much to do with your odds of reaching a ripe old age, but some research suggests they're related.

Studies have found that an outgoing personality or a strong social network seems to be linked to a longer life with greater well-being. While research has been mixed, some scientists speculate that being outgoing could improve your immune system's ability to ward off disease.

Even if you're not a natural-born extrovert, you can still benefit from being around people. Social support is associated with better survival rates in people with cancer and lower rates of infectious diseases. On the flip side, lack of support has been tied to higher rates of death from heart disease.

You don't need dozens of pals and a packed social calendar to be happy. Still, it can't hurt to meet new people. Joining a club is one easy way, but there's no shortage of strategies:

- Develop new interests, such as music or fixing cars, and take a class to learn the skills you need.



- Get involved by delivering flowers to hospitals, tutoring a child, working in a community garden, or reading to people in nursing homes.
- Check out the local library's bulletin board for interesting events that will attract people.
- Share what you've got with others. Loan a book to a new acquaintance, or split your lunch with a colleague at work.
- Send a card to an old friend to rekindle a connection.
- Support the arts. Go to book signings, poetry readings, local concerts, and art shows to find people with similar interests.
- Make an animal friend, whether you adopt one of your own or volunteer at a shelter. Pets help keep you company and add fun to your life.



FRIENDLY ADVICE

You can download *Making and Keeping Friends—A Self-Help Guide* for free from the Substance Abuse and Mental Health Services Administration, www.samhsa.gov. Enter "Making and Keeping Friends" in the search box at the upper right.

Spring Cleaning for Your Lifestyle

Spring is the perfect time to throw away things you don't need—like bad habits. If you want to quit smoking, exercise more, or eat better, now's your chance.

While it's easy to think about a healthier lifestyle, it's tougher to make it happen. We expect too much, fail to plan a strategy, or try to change too many things at once. Here's some advice to help you make a change and stick with it:

- 1 Believe in yourself.** Having confidence in your ability to change can play a role in your success.
- 2 Set specific, realistic goals.** If you want to drop 20 pounds, plan to lose 1 pound a week for 20 weeks by exercising an hour most days.
- 3 Seek support.** Change is easier when a friend or coworker is cheering you on. Ask your ally to send you supportive e-mails or text messages.
- 4 Track the habit you're trying to change.** Measure how much progress you're making—or not making.
- 5 Be ready for lapses.** Most people make some progress and then slip a little. Don't get discouraged. Figure out why you lapsed, then get back on track.
- 6 Celebrate your progress.** Reward yourself for the small changes that move you closer to your goal.



Health Measures:

Get a screening today; start earning your Health Rewards Credit

TO EARN A HEALTH REWARDS CREDIT, associates participating in an Advocate Medical Plan and their covered spouses/ domestic partners must complete a Health Measures screening. This 20-minute screening will provide you with valuable information about potential health risks and outline the requirements for your program that will allow you to earn your Health Rewards Credit. (See chart below.)

Don't delay. Schedule your Health Measures screening today.

- The last day to complete a screening is September 23, 2011.
- Complete your screening as soon as possible so that you have the time and flexibility to complete any required health coaching calls and other program requirements.

Getting a Health Measures screening just got easier!

- The network of screening locations is expanding for your convenience.
- A Health Measures screening is the first step toward earning your \$600 (PPO) or \$200 (HMO) Health Rewards Credit.



SCHEDULE NOW AT:

<https://cfweb.advocatehealth.com/HealthYou/>

Health Measures Program Requirement Deadlines

All medical plan participants must complete a Health Measures screening by September 23, 2011.

Your health risk category and program requirements are determined at your screening.

Health Risk Category	Telephonic Coaching Requirements	Required HealthMedia® Online Coaching Programs	Health Measures Follow-Up Screening*	HealthMedia® Succeed™ Questionnaire	Requirements Completed
0 health risks				Complete by December 23, 2011	Earn your Health Rewards Credit!
1 or 2 health risks	<p>Complete six coaching calls.</p> <p>Register for coaching calls no later than September 30, 2011.</p> <p>Complete first coaching call no later than October 14, 2011.</p> <p>All six calls must be completed by December 7, 2011.</p>	<p>Complete two online programs.</p> <p>Deadline to complete online programs: December 23, 2011</p>	<p>Complete follow-up screening within four weeks of your last coaching call.</p> <p>Deadline: December 23, 2011</p>	Complete by December 23, 2011	Earn your Health Rewards Credit!
3 to 5 health risks	<p>Complete nine coaching calls.</p> <p>Register for coaching calls no later than September 30, 2011.</p> <p>Complete first coaching call no later than October 7, 2011.</p> <p>All nine calls must be completed by December 7, 2011.</p>	<p>Complete three online programs.</p> <p>Deadline to complete online programs: December 23, 2011</p>	<p>Complete follow-up screening within four weeks of your last coaching call.</p> <p>Deadline: December 23, 2011</p>	Complete by December 23, 2011	Earn your Health Rewards Credit!

*You do not have to show improvement at your follow-up screening, but we hope you keep working toward your health and wellness goals.