Working together

TO BRING Wellness to the Workplace

University of Delaware
Human Resources
To: University of Delaware Employees and Retirees  
From: J.J. Davis, Vice President for Administration  
Subject: To Your Good Health

Your health and well-being are important to us. To support you in making healthy lifestyle choices, the University of Delaware’s employee benefits package provides the HealthyU Employee Wellness Program, a worksite health promotion program offering a variety of services and activities.

Each year, you receive a specific amount of Wellness Dollars that may be used to participate in HealthyU activities addressing a wealth of topics, including physical fitness, weight management, healthy eating, stress management and health screenings.

In addition to programming, you have access to HealthyU staff members, who bring personal energy and extensive knowledge about wellness and fitness programming to the campus. They are committed to building bridges throughout the University and to expanding their successful efforts to even more of the UD community, while also introducing new programs and resources. At the same time, wellness representatives in departments and units across the campus are there to assist you and to help promote HealthyU programs.

We will continue our work toward integrating wellness into many aspects of the University’s culture, and to succeed we need your involvement. I strongly encourage you to participate in HealthyU’s programs and services. Ultimately, a healthy workforce is good for our students, good for the University community and good for you.
**Don't let your Wellness Dollars get away!**

**What are Wellness Dollars?**

Wellness Dollars are part of your Employee/Retiree Benefits Package. You receive $50 Wellness Dollars per fiscal year (full-time employees and retirees receiving benefits). Employees working part-time and receiving benefits will receive $25 Wellness Dollars per fiscal year.

**How do I spend my Wellness Dollars?**

Wellness Dollars can be used for a variety of health and fitness services that include motivational programs, health screenings, weight management programs, personal training, fitness assessments, fitness classes, lockers and more! HealthyU offers a variety of programs throughout the calendar year, so make sure that you check the Web site frequently by visiting www.udel.edu/wellness.

**What if I use up all of my Wellness Dollars?**

If you use all of your allotted Wellness Dollars but still would like to participate in other programs or services, you may pay for the program with cash or check. The cost would be the equivalent of the Wellness Dollar fee.

**What if I don’t use all of my Wellness Dollars?**

You lose them. On July 1, all unused accounts are deleted and employees/retirees receiving benefits receive a NEW allotment of Wellness Dollars to be used in the coming year.

**How do I check my balance?**

Employees may check their Wellness Dollar balance at www.udel.edu/healthyu.

**Are Wellness Dollars real? Can they be used to buy something outside of UD?**

Wellness Dollars are not real dollars. They are part of your benefits package, used for accounting purposes to track participation in HealthyU programs. Wellness Dollars may not be used to pay for services outside of UD, such as fitness club memberships or doctor appointments.

**Can my spouse use Wellness Dollars?**

Spouses do not receive Wellness Dollars and an employee’s Wellness Dollars may not be transferred to another person. Spouses are welcome to access all of the same wellness services as employees, though they must be paid for with cash or a personal check made payable to University of Delaware.

**If I don’t use my Wellness Dollars, can I give them to my co-worker?**

No. Wellness Dollars are non-transferable.

**Do miscellaneous wage employees receive Wellness Dollars?**

No, miscellaneous wage employees do not receive Wellness Dollars. However, miscellaneous wage employees may purchase wellness programs and services by paying with cash or a check made payable to University of Delaware.

**Who is my department’s Wellness Representative? How do I contact him/her?**

You may contact the HealthyU program office by calling 831-8388 or via email at wellness@udel.edu to find the name and contact information for your department’s representative. Your representative will be able to provide you with information regarding current and upcoming programs.

**Are graduate students eligible to use employee wellness services?**

No. Graduate students do not receive Wellness Dollars and may not participate in HealthyU programs.

**Where is the HealthyU Employee Wellness Program office located?**

The HealthyU office is located in Room 125 of the Carpenter Sports Building, past the pool and down the first hallway on the right. The office is open from 8:30 a.m.-3:30 p.m., Mondays through Thursdays, and closed on Fridays.
### Ways to spend your Wellness Dollars

<table>
<thead>
<tr>
<th>Service</th>
<th>Cost</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Large Scale Wellness/Fitness Programs</strong></td>
<td>$10-$20</td>
<td>Six- or eight-week programs that will keep you motivated in achieving your health and/or fitness goals. Incentive prizes are typically awarded for program completion.</td>
</tr>
<tr>
<td><strong>Weight Management Programs</strong></td>
<td>$20-$40</td>
<td>Offered periodically throughout the year, programs include individualized weigh-ins, nutrition counseling, fitness information, and pure motivation.</td>
</tr>
<tr>
<td><strong>Healthy Eating 101</strong></td>
<td>$30</td>
<td>Want some ideas on how to prepare healthy meals for a busy family or what kinds of foods provide the most nutrients? This four-week nutrition class will provide you with helpful suggestions and will cover a variety of topics related to healthy eating.</td>
</tr>
<tr>
<td><strong>Know Your Numbers</strong></td>
<td>$15</td>
<td>Just like your car, your body needs periodic checks to ensure you are operating at your fullest potential. This program will provide measurements for your total cholesterol, HDL cholesterol, glucose, and blood pressure. Screenings will be offered multiple times throughout the year. Get 5 co-workers together, and we’ll bring all these screenings to you!</td>
</tr>
<tr>
<td><strong>Health Screenings</strong></td>
<td>$10</td>
<td>A variety of screenings are offered during the year and include the following: diabetes, vision, hearing, osteoporosis, mammography, skin and blood pressure. Please see our Web site for upcoming screening dates.</td>
</tr>
<tr>
<td><strong>Blood Pressure Monitoring</strong></td>
<td>$10</td>
<td>Know your numbers and have your blood pressure monitored once a week for 8 weeks.</td>
</tr>
<tr>
<td><strong>Body Composition</strong></td>
<td>$5</td>
<td>The scale never tells the whole story. Results are quick, confidential and given as a percentage.</td>
</tr>
<tr>
<td><strong>Fitness Assessment</strong></td>
<td>$15</td>
<td>Find out your personal fitness level by participating in a series of measurements including flexibility, body composition, muscular endurance, and aerobic capacity. Results are provided in a comprehensive, personalized report.</td>
</tr>
<tr>
<td><strong>FitStop</strong></td>
<td>$15</td>
<td>Interested in a fitness assessment and want to get your colleagues involved? No problem. We will bring our traditional fitness assessment to you. Must have at least 5 participants.</td>
</tr>
<tr>
<td><strong>Personal Training – 1 session</strong></td>
<td>$15</td>
<td>Whether you’re beginning an exercise program or just tired of the same old thing, our staff can work with you to develop a workout or training program based on your goals. Additional personal training services include 3 sessions for $35 Wellness Dollars or 5 sessions for $50 Wellness Dollars. These multiple training packages are available from September - May.</td>
</tr>
<tr>
<td><strong>Employee-only Group Exercise Classes</strong></td>
<td>Varies</td>
<td>Get your workday off to a healthy start with group exercise classes for employees only. Class offerings will vary throughout the year and will include STEP, toning, boot camp, and circuit. All classes will incorporate stretching as well. Great fun for any fitness level!</td>
</tr>
<tr>
<td><strong>Flu Shots</strong></td>
<td>$25</td>
<td>Offered annually in the fall.</td>
</tr>
<tr>
<td><strong>Locker Rental</strong></td>
<td>call 831-2259</td>
<td></td>
</tr>
<tr>
<td><strong>Fitness Class Passes</strong></td>
<td>call 831-1582</td>
<td></td>
</tr>
</tbody>
</table>

### Healthy U: By the Numbers

<table>
<thead>
<tr>
<th>Category</th>
<th>FY 2009</th>
<th>FY 2008</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Web Hits</strong></td>
<td>19,410</td>
<td>13,149</td>
</tr>
<tr>
<td><strong>Wellness Dollars Used</strong></td>
<td>$52,124</td>
<td>$49,197</td>
</tr>
</tbody>
</table>

### Program Participation

- FY 2009 = 3374
- FY 2008 = 3040

### Program Activities

- FY 2009 = 56 total programs and screenings
- FY 2008 = 41 total programs and screenings

### Most popular programs

- Annual Walking Program
- Health Fair
- Cholesterol, Glucose, and Blood Pressure Screenings
- Personal Training Sessions
Clear Explanations of Procedures
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Andrew J. Gelman, D.O.
J. Douglas Patterson, M.D.
James Rubin, M.D.
Douglas A. Palma, M.D.
Joseph Mesa, M.D.
Mohammad Kamali, M.D.

Main Office
1096 Old Churchman’s Rd.
Newark, DE 19713

St. Francis Hospital
Suite 600
7th & Clayton St.
Wilmington, DE 19805

Lantana Urgent Care
316 Lantana Drive
Lantana Square
Hockessin, DE 19707

Dover Office
230 Reiser Blvd.
Suite 100
Dover, DE 19904

Middletown Office
114 Sandhill Drive, Ketley Plaza • Suite 103
Middletown, DE 19709
Green tea was originally from China. It is made from the leaves of *Camellia sinensis*, a type of shrub native to South and Southeast Asia. White tea, oolong, and black tea are also made from the *Camellia sinensis* leaves, but for green tea, the leaves are steamed immediately after picking, thus reducing oxidation. Green tea has about ¼ the caffeine of coffee. Green tea is chock full of polyphenols, antioxidants that are very helpful in ridding the body of free radicals - unstable molecules that damage our cells.
### Examples of how your Wellness Dollars WORK for You!

<table>
<thead>
<tr>
<th>Activity/Program/Screening</th>
<th>UD Wellness Dollars</th>
<th>Outside Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employee Fitness Center</td>
<td>FREE</td>
<td>Gym membership costs will vary and typically start at $30-$50 a month</td>
</tr>
<tr>
<td>Personal training session</td>
<td>$15</td>
<td>Personal training rate can start at $40-$50/hour</td>
</tr>
<tr>
<td>Cholesterol, glucose and blood pressure screening</td>
<td>$15</td>
<td>Insurance co-pay, plus travel and potential time away from work</td>
</tr>
<tr>
<td>Walking program, pedometer, log, weekly resources and professionally led walks/runs</td>
<td>$20</td>
<td>Cost of pedometer: $15-$35. Personal trainer: $40-$50/hour</td>
</tr>
<tr>
<td>Humor lecture</td>
<td>$5</td>
<td>Comedy club admission price: $20</td>
</tr>
<tr>
<td>Weight management Program</td>
<td>$40</td>
<td>Pre/post biometric health screening, workshops and resources = too costly to mention!</td>
</tr>
<tr>
<td>Employee Health Fair</td>
<td>FREE</td>
<td>Some agencies charge admission fees of $5-$20.</td>
</tr>
<tr>
<td>Various health screenings – hearing, vision, mammography, osteoporosis</td>
<td>$10</td>
<td>Insurance co-pay, plus travel and potential time away from work</td>
</tr>
<tr>
<td>8–week blood pressure monitoring program</td>
<td>$10</td>
<td>Electronic blood pressure units start at $30-$40.</td>
</tr>
</tbody>
</table>

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so plans and strategies are truly customized to my needs.

JERRY A. HYMAN, J.D., LL.M., CFP®

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I N T R O D U C I N G

HEALTHY-U

WELLNESS PLUS PROGRAM

HEALTHY-U is offering a new way to leverage your allotted Wellness Dollars by purchasing “bundled” wellness programming and services. Starting in July 2009, employees and retirees receiving full-time benefits will be able to register for the HEALTHY-U Wellness Plus Program, a one-stop shopping service where you will receive a variety of health and fitness services at a discounted program rate.

As a Plus Program member, you will receive the following programs and services for $50 Wellness Dollars:
- Plus Program card
- HEALTHY-U program T-shirt
- Fall wellness program (6 weeks)
- Spring walking program w/pedometer
- Comprehensive fitness assessment
- Biometric screening

The cost of all of these programs combined would normally be $65. By registering for the Plus Program before Sept. 14, 2009, you get a free T-shirt and save $15 Wellness Dollars.

HOW TO ENROLL

Between July 1–Sept. 14, 2009, employees and retirees can register online at www.udel.edu/healthyu. For detailed information on each of these services, visit www.udel.edu/wellness. Your Plus Program card will provide you with access to a variety of programs with the flexibility of being able to schedule your fitness assessment and biometric screening appointments at designated times throughout the year.

Questions? Feel free to contact the HEALTHY-U Employee Wellness center at 831-8388.

Sugar Facts

How much sugar (cane sugar/beet sugar) do you think each person eats in a year?

A lot! Each person the U.S. consumes about 70 pounds of sugar a year. An individual from Europe, about 92 pounds. Brazil had the highest consumption per person at 123lb. To say we like our sugar is an understatement!

Sugar might make foods taste better and give that temporary “sugar high” which makes one feel pretty good. However, increased sugar consumption is associated with obesity, diabetes, and cavities. Also, sugar has no nutritional value whatsoever. In sum, we could do very well without even eating a bite of the refined stuff.

How much do you eat? To put it in perspective, let’s take a look at some foods/drinks and their sugar content.

<table>
<thead>
<tr>
<th>g = Grams; 14 Grams = 1 Tablespoon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peanut Butter, 2 Tbsp = 2.5g</td>
</tr>
<tr>
<td>Ketchup, 1 Tbsp = 3.1g</td>
</tr>
<tr>
<td>Graham Crackers, 2 = 7g</td>
</tr>
<tr>
<td>Honey Nut Cheerios, ¾ Cup = 9g</td>
</tr>
<tr>
<td>Krispy Kreme Original Glazed doughnut = 10g</td>
</tr>
<tr>
<td>Edy’s Slow Churned Cookies and Cream Ice Cream, ½ Cup = 13g</td>
</tr>
<tr>
<td>Fruit Loops, 1 Cup = 14g</td>
</tr>
<tr>
<td>Hershey Kisses, 9 kisses = 21g</td>
</tr>
<tr>
<td>Starbucks Nonfat Café Mocha, Tall = 25g</td>
</tr>
<tr>
<td>Reese Peanut Butter Cups, 1 package = 25g</td>
</tr>
<tr>
<td>Ben And Jerry’s Chunky Monkey, ½ Cup = 28g</td>
</tr>
<tr>
<td>M&amp;Ms, 1 package = 31g</td>
</tr>
<tr>
<td>Slim Fast, Milk Chocolate, 1 can = 34g (and people drink this to lose weight!!!!)</td>
</tr>
<tr>
<td>Dr Pepper, 12 fl oz = 40g</td>
</tr>
<tr>
<td>Mountain Dew, 12 fl oz = 46g</td>
</tr>
</tbody>
</table>
1 MILE
- Starting at South College Avenue and Amstel Avenue [at Smith Hall], walk up Amstel Avenue. Turn left on Orchard Road (at Amy E. duPont Music Building), left onto Sunset Road. Then turn left on South College Avenue and go back to Smith Hall.
- Starting anywhere on The Green between Delaware Avenue and Laurel Hall, walk the entire perimeter of The Green, back to your starting point.
- Clayton Hall Loop. From Clayton Hall, walk into upper parking lot and out the top exit to Route 896. Turn left and walk south. Turn left into the driveway in front of the Courtyard Newark. Follow the drive past the Independence residence halls and back up the hill to Clayton Hall.

1.25 MILES
- Start at any business on Main Street, walking west to North College Avenue. Make a right on North College Avenue, then turn right on Cleveland Avenue. Walk to North Chapel Street and turn right. Then go to Main Street and turn right, walking back to your starting point on Main Street.
- Start at the Amy E. du Pont Music Building on the corner of Amstel Avenue and Orchard Road. Turn right onto Orchard Road, then turn right on West Park Place and right on Apple Road. Turn right on Winslow Road, then left on Orchard Road, back to Amy E. du Pont Music Building.
- From the Perkins Student Center, walk up Academy Street toward Main Street and turn right onto Lovett Avenue. Then turn right on South Chapel Street and right on Courtney Street, returning to to Academy Street. Then turn right back to Perkins.

1.5 MILES
- Starting on the corner of South College Avenue and Main Street, make a left on South College, left on East Park Place, left on Academy Street and left on Main Street. (You can start anywhere on the loop.)
- From the light at Route 896 South of the railroad bridge, walk straight between the Girl Scout office and Worrilow Hall. Follow it around the back of Worrilow and turn left and walk down the road to Allen Laboratory. Turn right down Sincock Avenue and walk behind the athletic fields to Route 4. Turn right on Route 4 and right again onto Route 896 North, returning to the starting point.

1.75 MILES
- Start at the General Services Building on South Chapel Street, turn right on East Park Place, right on Academy Street, right on East Delaware Avenue, right on South Chapel Street, back to the General Services Building. (You can start anywhere on the loop.)
- Starting at Alfred Lerner Hall, walk west on Amstel Avenue toward Elkton Road. Turn left (south) on Elkton Road. Turn left on Apple Road, then left on Dallam Avenue. Turn left on Beverly Road, then turn right on West Park Place and then left on Orchard Road and back to Lerner Hall.

2 MILES
- Start from the Trabant University Center and walk down East Delaware Avenue to the College Square Shopping Center, then return back to Trabant.

3 MILES
- Start at Hartshorn Hall at the corner of Academy Street and East Park Place. Walk north on Academy Street toward Delaware Avenue. Turn right on Delaware Avenue, walk past Newark High School and turn right on Library Avenue. Turn right on Wyoming Road, past School Lane Apartments, then turn right on South Chapel Street, left on Continental Street, left on Haines Street, right on Lovett Avenue and left on Academy to the Perkins Student Center.
- Start at the Trabant University Center and walk down South College Avenue to the Bob Carpenter Center. Then walk around the parking lot and back to Trabant. (You can start from The Bob or Trabant.)

4 MILES
- Start at the Bob Carpenter Center and turn left onto South College Avenue. Turn left on Chestnut Hill Road (Route 4 East), and follow to South Chapel Street. Turn left on South Chapel Street (E-2, N-72). Follow South Chapel over the bridge (the road changes its name to Library Avenue as you pass the UD Farms). At the light at Wyoming Road, turn right onto Wyoming Road and then turn right onto the James F. Hall Trail (look for flag poles). Follow the trail for about 1 mile until you reach South College Avenue. Turn right and go over the railroad bridge on South College Avenue, returning to the Bob Carpenter Center.

Courtesy of Healthy U-Employee Wellness Program, 125 Carpenter Sports Bldg.
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How I use my Wellness Dollars

I’ve been using the Employee Fitness Center for many years—and, before that, swam laps at noon for years. This facility is a great benefit for University faculty and staff. I use my Wellness Dollars every year for a locker rental and laundry service, so they disappear quickly. I find that it helps to have a partner that you go with, although there are times when going alone is a good chance to clear your head or just focus on a project you want to think about while also staying healthy. My own plan involves weights and cardio workouts. I now do weight-lifting off campus and do a mean leg press for someone 60 years old!

But I continue to use the Fitness Center for cardio workouts. I like having the flexibility to go at different times, depending on my schedule; that’s the reason I switched from swimming (my favorite exercise).

Dr. Margaret L. Andersen
Edward F. and Elizabeth Goodman
Rosenberg Professor of Sociology
Photo by Evan Krape

I use my Wellness Dollars for the walking program. We do the Team Walking, and I try to encourage everyone in the department to be involved in the Wellness Program and to keep active. I think that the more people are involved in physical activity and keep healthy, the better off everyone is.

Robin Elliot
Director, Environmental Health & Safety

The same amount of calories are burned whether you do an activity for six sessions of five minutes each or do one session of that activity for 30 minutes.

Between birth and old age, you will walk about 70,000 miles. Walking is one of the best activities you can do to keep your heart-lung complex in good working condition.

From left: Jennifer Pyle, Robin Elliot, Linda Ward-Skehan and Kathleen Schmidt

Dr. Margaret L. Andersen
Edward F. and Elizabeth Goodman
Rosenberg Professor of Sociology
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Tips on practical portion sizes when you don’t have measuring tools

Portion control is key to successfully managing a healthy weight. Unfortunately, food manufacturers and restaurants have skewed our eating environment in such a way that we now view oversized portions as normal. According to Brian Wansink, director of the Cornell Food and Brand Lab and author of *Mindless Eating*, something as simple as the shape and size of our serving dishes and glasses can influence how much we eat. For example, test subjects who ate at Wansink’s test restaurant were presented with two different shaped glasses that held equal volumes of beverage. Researchers observed three consistent patterns in their drinking behavior:

1. Subjects reported that they thought the tall, thin glasses contained more liquid than the short wider glasses.
2. Subjects poured about 70 percent more liquid and drank 25–30 percent more out of the short wide glass because of the presentation.
3. When they served themselves, subjects were more likely to finish the portion they poured from tall skinny glasses, versus short wide glasses.

The same goes for plates upon which we serve our food. Wansink’s subjects routinely ate more food at a “serve yourself buffet” when larger plates were provided. If you are trying to control the portions of food you eat at home, consider replacing your large dinner plates with smaller ones and use only tall, thin glasses.

In a world with portions “gone wild,” how can you determine a true serving? Sometimes a picture is worth a thousand words. Use these simple objects as a reference when you’re eating out, or serving yourself at home.

Source: *Mindless Eating*, www.sparkpeople.com

### Picture Perfect Portions

<table>
<thead>
<tr>
<th>Size</th>
<th>Reference Object</th>
<th>One Food Serving of</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 teaspoon</td>
<td>1 die</td>
<td>Fats, oils, salad dressings</td>
</tr>
<tr>
<td>1 ounce</td>
<td>2 dice</td>
<td>Cheese</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>1 ping pong ball</td>
<td>Nuts, seeds or peanut butter</td>
</tr>
<tr>
<td>2-3 ounces</td>
<td>1 deck of cards</td>
<td>Protein portions—meat, fish, poultry</td>
</tr>
<tr>
<td>6 ounces</td>
<td>1 hockey puck</td>
<td>100 percent fruit or vegetable juice</td>
</tr>
<tr>
<td>¼ cup</td>
<td>1 medium egg</td>
<td>Dried fruit</td>
</tr>
<tr>
<td></td>
<td>1 billiard ball</td>
<td>Cooked grains, such as oats or brown rice. Dry cereal</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Raw fruit (canned, fresh or frozen)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cooked vegetables, beans or legumes</td>
</tr>
<tr>
<td>1 cup</td>
<td>1 baseball</td>
<td>Leafy greens like salad. Milk</td>
</tr>
</tbody>
</table>
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Just because you’re watching what you eat doesn’t mean that you can’t enjoy lunch on Main Street. Dietetics student Caren Sachs offers some sensible suggestions.

**Big Burger Chains:**
- Instead of fried fish try a grilled chicken sandwich.
- Have a yogurt parfait not a milkshake.
- Have apple slices in place of French fries.

**Fried Chicken Chains:**
- Instead of fried chicken try skinless breast without breading.
- Have a barbecue sandwich in place of popcorn chicken.

**Mexican:**
- Instead of shell tacos have a grilled chicken soft taco.

**Asian/Chinese:**
- Have wonton, egg drop or hot and sour soup, instead of fried eggrolls.
- Instead of battered deep fried dishes (such as General Tso’s Chicken), aim for stir fried dishes.
- Replace fried rice with steamed or brown rice.

**Italian:**
- Instead of thick crust, order thin crust.
- Replace high fats like pepperoni & sausage with vegetables.
- Have rolls or breadsticks, not garlic bread.
- Have a side of vegetables with your entrée, instead of a side of pasta.
- Have tomato-based sauces in place of butter- or cream-based sauces.
- Opt for “Griglia” dishes (grilled) instead of “Frito” (fried) dishes.

**Sub Sandwich Chains:**
- Instead of a foot-long sub, order a 6 inch sub.
- Replace high fat meats, like ham, bacon or meatballs, with leaner cuts, like roast beef and turkey.
- Ask for lower fat cheeses, like mozzarella or Swiss.

**Learn to make healthier choices**
- Remember deep fried items and creamy sauces add extra calories.
- Be aware of hidden fats, especially in spreads and salad dressings.
- Special order: If food is cooked in butter ask to have it steamed or broiled instead.
- Order mayonnaise on the side, so you can control how much is used.
- Order more items with vegetables.
- Choose leaner meats.
- Remember olive oil is a healthy fat.
# General Screening & immunizations for Men

These charts are guidelines only. Your doctor will personalize the timing of each test and immunization to meet your health care needs.

<table>
<thead>
<tr>
<th>Screening Tests</th>
<th>Ages 18-39</th>
<th>Ages 40-49</th>
<th>Ages 50-64</th>
<th>Ages 65 and Older</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General Health:</strong></td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
</tr>
<tr>
<td>Full checkup, including</td>
<td></td>
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<tr>
<td>weight and height</td>
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</tr>
<tr>
<td><strong>Heart Health:</strong></td>
<td>At least every 2 years</td>
<td>At least every 2 years</td>
<td>At least every 2 years</td>
<td>At least every 2 years</td>
</tr>
<tr>
<td>Blood pressure test</td>
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</tr>
<tr>
<td><strong>Cholesterol test</strong></td>
<td>Start at age 20, discuss with your doctor or</td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
</tr>
<tr>
<td></td>
<td>nurse.</td>
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</tr>
<tr>
<td><strong>Diabetes:</strong></td>
<td>Discuss with your doctor or nurse.</td>
<td>Start at age 45, then every 3 years</td>
<td>Every 3 years</td>
<td></td>
</tr>
<tr>
<td>Blood sugar test</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Prostate Health:</strong></td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
</tr>
<tr>
<td>Digital Rectal Exam (DRE)</td>
<td></td>
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<tr>
<td>Prostate-Specific Antigen</td>
<td>Monthly selfexam; and part of a general</td>
<td>Monthly selfexam; and part of a general</td>
<td>Monthly selfexam; and part of a general</td>
<td>Monthly selfexam; and part of a general checkup.</td>
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<tr>
<td>(PSA) (blood test)</td>
<td>checkup.</td>
<td>checkup.</td>
<td>checkup.</td>
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<tr>
<td><strong>Reproductive Health:</strong></td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
</tr>
<tr>
<td>Testicular exam</td>
<td>Monthly selfexam; and part of a general</td>
<td>Monthly selfexam; and part of a general</td>
<td>Monthly selfexam; and part of a general</td>
<td>Monthly selfexam; and part of a general checkup.</td>
</tr>
<tr>
<td></td>
<td>checkup.</td>
<td>checkup.</td>
<td>checkup.</td>
<td></td>
</tr>
<tr>
<td><strong>Chlamydia test</strong></td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
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</tr>
<tr>
<td>**Sexually Transmitted</td>
<td>Both partners should get tested for STDs,</td>
<td>Both partners should get tested for STDs,</td>
<td>Both partners should get tested for STDs,</td>
<td>Both partners should get tested for STDs, including</td>
</tr>
<tr>
<td>Disease (STD) tests</td>
<td>including HIV, before initiating sexual</td>
<td>including HIV, before initiating sexual</td>
<td>including HIV, before initiating sexual</td>
<td>HIV, before initiating sexual intercourse.</td>
</tr>
<tr>
<td></td>
<td>intercourse.</td>
<td>intercourse.</td>
<td>intercourse.</td>
<td></td>
</tr>
<tr>
<td><strong>Colorectal Health:</strong></td>
<td>Yearly</td>
<td>Yearly</td>
<td>Yearly</td>
<td></td>
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<tr>
<td>Fecal occult blood test</td>
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<tr>
<td>(with fecal occult blood</td>
<td></td>
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</tr>
<tr>
<td>test is preferred)</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>Flexible Sigmoidoscopy</strong></td>
<td>Every 5 years (if not having a colonoscopy)</td>
<td>Every 5 years (if not having a colonoscopy)</td>
<td>Every 5 years (if not having a colonoscopy)</td>
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<tr>
<td>(with fecal occult blood</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>test is preferred)</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>Double Contrast Barium</strong></td>
<td>Every 5-10 years (if not having a colonoscopy</td>
<td>Every 5-10 years (if not having a colonoscopy</td>
<td>Every 5-10 years (if not having a colonoscopy or</td>
<td></td>
</tr>
<tr>
<td>Enema (DCBE)</td>
<td>or sigmoidoscopy)</td>
<td>or sigmoidoscopy)</td>
<td>sigmoidoscopy or DCBE)</td>
<td></td>
</tr>
<tr>
<td><strong>Colonoscopy</strong></td>
<td>Every 10 years</td>
<td>Every 10 years</td>
<td>Every 10 years</td>
<td></td>
</tr>
<tr>
<td><strong>Rectal exam</strong></td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
<td>Every 5-10 years with each screening (sigmoidoscopy, colonoscopy, or DCBE)</td>
<td>Every 5-10 years with each screening (sigmoidoscopy, colonoscopy, or DCBE)</td>
</tr>
<tr>
<td><strong>Eye and Ear Health:</strong></td>
<td>Get your eyes checked if you have problems or</td>
<td>Every 2-4 years</td>
<td>Every 2-4 years</td>
<td>Every 1-2 years</td>
</tr>
<tr>
<td>Eye exam</td>
<td>visual changes.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Hearing test</strong></td>
<td>Starting at age 18, then every 10 years</td>
<td>Every 10 years</td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
</tr>
<tr>
<td></td>
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</tr>
<tr>
<td><strong>Skin Health:</strong></td>
<td>Monthly mole self-exam; by a doctor every 3</td>
<td>Monthly mole self-exam; by a doctor every 3</td>
<td>Monthly mole self-exam; by a doctor every 3</td>
<td>Monthly mole self-exam; by a doctor every year.</td>
</tr>
<tr>
<td>Mole exam</td>
<td>years, starting at age 20.</td>
<td>years, starting at age 20.</td>
<td>years, starting at age 20.</td>
<td></td>
</tr>
</tbody>
</table>

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PREPARING TO EXERCISE

It’s been said that if physical activity were a pill, it would be the most prescribed drug in America. Thankfully, the benefits of a regular exercise habit can be experienced and enjoyed in many ways depending on your interests and fitness goals.

For most people, getting started is the hardest part as it requires planning. Often, priorities need to be shifted in order to create time for exercise in an already busy schedule.

Here are time-honored tips to get you started:

1. **Check in with your doctor.**
   If it’s been a while since you’ve worked out on a regular basis, get a checkup first. Be sure any chronic conditions like blood pressure, diabetes and arthritis are well-controlled as exercise will have an impact on these conditions. Your doctor can help you develop an exercise plan that fits your overall health needs.

2. **Overcome your barriers.**
   What has kept you from being active in the past? Factors like a busy schedule, long commute, crowded facilities, dislike of a particular type of activity are all legitimate reasons that keep people from exercising. Think about what your reasons are and find creative ways to address them. For example, if lack of time is an issue, try scheduling 30-minute blocks in your planner for physical activity. Treat your workout time with the same importance as you would a meeting and plan other commitments around it.

3. **Exercise your options.**
   Get specific about the ways you want to be more physically active. The best type of activities are those that you enjoy and that you’ll actually stick with. For example, many people think that because they don’t like to run, they just can’t work out. Fortunately, any activity that gets you moving counts—even vigorous yard work and household chores! Research on successful exercisers suggests that the more activities you enjoy, the more likely you’ll be able to be consistent.

4. **Set your goals.**
   Goal setting is a key factor in maintaining a physically active lifestyle. Knowing what you’re planning to do, and having a way to measure your success will help you reap the benefits that activity can provide. Think about what you want to accomplish by being more active. Write down your goals. If you have a big goal, such as losing a lot of weight, break it up into smaller goals to keep yourself on track. Write goals that focus on behavior and have a measurable result. For example, instead of saying, “I want to lose weight,” set a goal like “I plan to walk 60 minutes a day on 5 days a week in order to lose 10 pounds in the next 3 months.”

5. **Motivate and activate**
   Staying motivated to try something new is important because exercising can be somewhat unpleasant until your fitness level starts to improve. Once you begin, find healthy ways to reward yourself for following through with your plans or achieving a mini-goal. Keep your list of goals handy so you can review them when you don’t feel like exercising. Sharing your activity with someone else gives you some accountability and support — or try signing up for a wellness activity program that provides you with a log to track your progress. These are all great ways to stay motivated!
# General Screening & immunizations for Women

These charts are guidelines only. Your doctor will personalize the timing of each test and immunization to meet your health care needs.

<table>
<thead>
<tr>
<th>Screening tests</th>
<th>Ages 18–39</th>
<th>Ages 40–49</th>
<th>Ages 50–64</th>
<th>Ages 65 and older</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General health:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Full checkup, including weight and height</td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
</tr>
<tr>
<td><strong>Thyroid test (TSH)</strong></td>
<td>Start at age 35, then every 5 years.</td>
<td>Every 5 years</td>
<td>Every 5 years</td>
<td>Every 5 years</td>
</tr>
<tr>
<td><strong>HIV test</strong></td>
<td>Get this test at least once to find out your HIV status.</td>
<td>Get this test at least once to find out your HIV status.</td>
<td>Get this test at least once to find out your HIV status.</td>
<td>Discuss with your doctor or nurse.</td>
</tr>
<tr>
<td><strong>Heart health:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blood pressure test</td>
<td>At least every 2 years</td>
<td>At least every 2 years</td>
<td>At least every 2 years</td>
<td>At least every 2 years</td>
</tr>
<tr>
<td>Cholesterol test</td>
<td>Start at age 20, discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
</tr>
<tr>
<td><strong>Bone health:</strong></td>
<td></td>
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</tr>
<tr>
<td>Bone density screen</td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
<td>Get a bone mineral density test at least once. Talk to your doctor or nurse about repeat testing.</td>
<td></td>
</tr>
<tr>
<td><strong>Diabetes:</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Blood glucose test</td>
<td>Discuss with your doctor or nurse.</td>
<td>Start at age 45, then every 3 years.</td>
<td>Every 3 years</td>
<td>Every 3 years</td>
</tr>
<tr>
<td><strong>Breast health:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mammogram (x-ray of breast)</td>
<td>Every 1–2 years. Discuss with your doctor or nurse.</td>
<td>Every 1–2 years. Discuss with your doctor or nurse.</td>
<td>Every 1–2 years. Discuss with your doctor or nurse.</td>
<td>Every 1–2 years. Discuss with your doctor or nurse.</td>
</tr>
<tr>
<td>Clinical breast exam</td>
<td>At least every 3 years starting in your 20s</td>
<td>Yearly</td>
<td>Yearly</td>
<td>Yearly</td>
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<tr>
<td><strong>Reproductive health:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pap test</td>
<td>Every 1–3 years if you have been sexually active or are older than 21.</td>
<td>Every 1–3 years</td>
<td>Every 1–3 years</td>
<td>Discuss with your doctor or nurse.</td>
</tr>
<tr>
<td>Pelvic exam</td>
<td>Yearly until age 25 if sexually active. Older than age 26, get this test if you have new or multiple partners.</td>
<td>Get this test if you have new or multiple partners.</td>
<td>Get this test if you have new or multiple partners.</td>
<td>Get this test if you have new or multiple partners.</td>
</tr>
<tr>
<td>Chlamydia test</td>
<td>Yearly until age 25 if sexually active. Older than age 26, get this test if you have new or multiple partners.</td>
<td>Get this test if you have new or multiple partners.</td>
<td>Get this test if you have new or multiple partners.</td>
<td>Get this test if you have new or multiple partners.</td>
</tr>
<tr>
<td>Sexually transmitted infection (STI) tests</td>
<td>Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.</td>
<td>Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.</td>
<td>Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.</td>
<td>Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.</td>
</tr>
<tr>
<td><strong>Mental health screening</strong></td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
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<tr>
<td><strong>Colorectal health:</strong></td>
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<tr>
<td>use 1 of these 3 methods: (with fecal occult blood test)</td>
<td></td>
<td>Yearly</td>
<td>Yearly, Older than age 75, discuss with your doctor.</td>
<td></td>
</tr>
<tr>
<td>Flexible sigmoidoscopy (with fecal occult blood test)</td>
<td></td>
<td>Every 5 years</td>
<td>Every 5 years, Older than age 75, discuss with your doctor.</td>
<td></td>
</tr>
<tr>
<td>Colonoscopy</td>
<td></td>
<td>Every 10 years</td>
<td>Every 10 years, Older than age 75, discuss with your doctor.</td>
<td></td>
</tr>
</tbody>
</table>

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### General screening for women continued from page 18

<table>
<thead>
<tr>
<th>Screening tests</th>
<th>Ages 18–39</th>
<th>Ages 40–49</th>
<th>Ages 50–64</th>
<th>Ages 65 and older</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Eye and ear health:</strong> Complete eye exam</td>
<td>At least once between the ages 20-29, at least twice between the ages 30-39, or any time that you have a problem.</td>
<td>Get an exam at age 40, then every 2-4 years or as your doctor advises.</td>
<td>Every 2-4 years or as your doctor advises.</td>
<td>Every 1-2 years</td>
</tr>
<tr>
<td>Hearing test</td>
<td>Starting at age 18, then every 10 years.</td>
<td>Every 10 years.</td>
<td>Every 3 years.</td>
<td>Every 3 years</td>
</tr>
<tr>
<td><strong>Skin Health:</strong> Mole exam</td>
<td>Monthly mole self-exam; by a doctor as part of a routine full checkup starting at age 20.</td>
<td>Monthly mole self-exam; by a doctor as part of a routine full checkup.</td>
<td>Monthly mole self-exam; by a doctor as part of a routine full checkup.</td>
<td>Monthly mole self-exam; by a doctor as part of a routine full checkup.</td>
</tr>
<tr>
<td>Oral health: Dental exam</td>
<td>Routinely; discuss with your dentist.</td>
<td>Routinely; discuss with your dentist.</td>
<td>Routinely; discuss with your dentist.</td>
<td>Routinely; discuss with your dentist.</td>
</tr>
<tr>
<td>Immunizations: influenza vaccine</td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
<td>Yearly</td>
<td>Yearly</td>
</tr>
<tr>
<td>Pneumococcal vaccine</td>
<td></td>
<td>One time only</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tetanus-diphtheria booster vaccine</td>
<td>Every 10 years</td>
<td>Every 10 years</td>
<td>Every 10 years</td>
<td>Every 10 years</td>
</tr>
<tr>
<td>Human papillomavirus vaccine</td>
<td>Up to age 26, if not already completed vaccine series; discuss with your doctor or nurse</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meningococcal vaccine</td>
<td>Discuss with your doctor or nurse if attending college.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Herpes zoster vaccine (to prevent shingles)</td>
<td></td>
<td>Starting at age 60, one time only. Ask your doctor if it is okay for you to get it.</td>
<td></td>
<td>Starting at age 60, one time only. Ask your doctor if it is okay for you to get it.</td>
</tr>
</tbody>
</table>

### General screening for men continued from page 22

<table>
<thead>
<tr>
<th>Screening tests</th>
<th>Ages 18–39</th>
<th>Ages 40–49</th>
<th>Ages 40–49</th>
<th>Ages 40–49</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Oral Health:</strong> Dental exam</td>
<td>One to two times every year</td>
<td>One to two times every year</td>
<td>One to two times every year</td>
<td>One to two times every year</td>
</tr>
<tr>
<td>Mental Health Screening</td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
</tr>
<tr>
<td>Immunizations: influenza vaccine</td>
<td>Discuss with your doctor or nurse.</td>
<td>Discuss with your doctor or nurse.</td>
<td>Yearly</td>
<td>Yearly</td>
</tr>
<tr>
<td>Pneumococcal vaccine</td>
<td></td>
<td>One time only</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tetanus-Diphtheria booster vaccine</td>
<td>Every 10 years</td>
<td>Every 10 years</td>
<td>Every 10 years</td>
<td>Every 10 years</td>
</tr>
</tbody>
</table>

**FACT**

The same amount of calories are burned by doing 6 sessions that are 5 minutes each of an activity when compared to doing 1 session of that activity for 30 minutes.