



State of New Hampshire EMPLOYEE WELLNESS NEWS

September 2010

WELLNESS PROGRAM NEWS YOU CAN USE!

September is Cholesterol Education Awareness

These are some **key points** to know about cholesterol:

- Cholesterol is a fat-like substance that is made in your body. Cholesterol is also in some foods that you eat. Your body needs some cholesterol to work the right way. Your body makes all the cholesterol it needs.
- Too much cholesterol in the blood is called high blood cholesterol or hypercholesterolemia.
- High blood cholesterol increases the chance of having a heart attack or some other symptom of heart disease, like chest pain (angina).
- Lowering cholesterol is important for everyone— young, middle-aged, and older adults, and both men and women.
- Eating too much saturated fat, *trans* fat, and cholesterol raises the level of cholesterol in your blood.
- Too much cholesterol in your blood can build up in the walls of arteries. This is called plaque.
- There are no signs or symptoms of high blood cholesterol. Many people don't know that their cholesterol level is too high.
- High blood cholesterol is diagnosed by checking cholesterol levels in your blood.
- A blood test called a lipoprotein profile measures the cholesterol levels in your blood and is the recommended test.
- It is important that everyone age 20 and older get their cholesterol checked at least once every 5 years.
- Many people are able to lower their cholesterol levels by eating a diet low in saturated fat, *trans* fat, and cholesterol, increasing physical activity, and losing weight if needed (the Therapeutic Lifestyle Change program).

Some people will need to take medication prescribed by their doctor to lower their cholesterol in addition to following the TLC program. This information from the

National Heart, Lung and Blood Institute (www.nhlbi.nih.gov/health/dci/Diseases/Hbc/HBC_Treatments.html).

Optimal levels of cholesterol include:

- ⇒ Total Cholesterol level: less than 200 mg/dL
- ⇒ HDL level: 60 mg/dL and above
- ⇒ LDL level: less than 100 mg/dL

According to the American Heart Association, Cholesterol plays a major role in a person's heart health. High blood cholesterol is a major risk factor for coronary heart disease and stroke. That's why it's important for all people to know their cholesterol levels. They should also learn about their other risk factors for heart disease and stroke. The American Heart Association has excellent resources and tools for heart health, visit them at www.heart.org.

*Talk to your health care provider about your cholesterol levels, risk factors and goals. Your cholesterol level goals will depend on the number of risk factors you have.

Recommended resources to learn more about a healthy lifestyle and to better understand and how to prevent or reduce high cholesterol:

- ⇒ Schedule a visit with your health care provider!
- ⇒ NH DHHS Nutrition & Health Promotion at <http://www.dhhs.state.nh.us/DHHS/NHP/default.htm>
- ⇒ Anthem's 360 Health Program at www.anthem.com
- ⇒ The American Cancer Society at www.cancer.org
- ⇒ WebMD at www.webmd.com

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September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
						
5	6	7	8	9	10	11
						
12	13	14	15	16	17	18
						
19	20	21	22	23	24	25
						
26	27	28	29	30		
						

Schedule of Events

Health Observances: Cholesterol Education, Prostate & Ovarian Cancer Awareness, Yoga Awareness, Fruit & Veggies—More Matters!

Notable Wellness Activity Events

9/11 “Bras Across the River” to support Cancer Research, Manchester, NH (visit WZID website)

9/11 “5th Annual 5K Run for the Animals” to benefit the Concord-Merrimack County SPCA, Concord, WALKERS WELCOME! (for more info contact pcapone@nedelta.com)

9/25 “2nd Annual NFL Pass, Punt & Kick Competition” FREE to boys & girls ages 6-15, Lebanon Visit www.nflppk.com

NOTE: Sneakers on the calendar represent walking/running events. Visit

www.coolrunning.com to search for the time, location and event type.

Other additional websites to find out what activities are happening in your local area:

- www.visitnh.gov
- www.healnh.org
- www.wildlife.state.nh.us

Wellness Coordinators *Save the date: 10/14*

Next quarterly Wellness Coordinators Training Session

Wellness Coordinators Corner

Gathering of Concord Regional Business Wellness Coordinators sponsored by the Center for Health Promotion on Friday Oct 1st from 8 a.m.—10 a.m. at Northeast Delta Dental. For more information, email Audrey Burghard at aburghar@crhc.org or call 230-7311. RSVP required.

The **Legislative Health Services office** will be holding a CPR/AED/First Aid training for all legislative staff, representatives and senators on Wed., Sept 8th and Thurs., Sept 9th with two sessions meeting each day. The point of contact is Dianne Bergquist.

A state employee from **Public Health** celebrated her birthday this month and wanted to do something healthy with her colleagues. Instead of going out to lunch, she located a nearby pick-your-own blueberry farm and had fun picking healthy and delicious blueberries! What a healthy idea for a birthday celebration!

There will be a **blood drive** on **Oct 4th** from 9 a.m.—3 p.m. at the **Howard Recreation Center**. For more information, contact Heidi Mitchell at 271-5788. If you would like to find a blood drive in your area, visit www.redcrossblood.org.

Pease Development Authority will be having their employee wellness event on September 21st; with support from the State of NH Wellness Program, EAP, LGC and Anthem.

The **NH Employment Security** has continued their own **WALK NH-Commissioner’s Challenge!** It ends Aug 31st. There are three options for completing it: Walking 70 miles, 190 miles, or being part of a team of 3, each member walking 30 or more miles. NHES would like to share this testimonial by one of their employee’s, Larry Garon, from the Berlin office. Larry shares, *“Our walks have not only helped my wife and I with weight loss and shaping up, it has also brought the enjoyment and appreciation of everything we encounter along our path. It is our special slow life down, and appreciate each other and nature, time together. On our walks along the beautiful Androscoggin River we observed kids fishing or biking with their parents or walking their dogs and just enjoying the beauty of our wonderful North Country. We enjoy seeing wildlife such as loons, geese, ducks, raccoons and a family of beavers. We take time to watch the fish rise and take insects as we cross the bridges. But best of all we love the constantly changing beauty of the clouds and sky as the sun sets and paints the night sky in a multitude of colors that I could never imagine putting together. Life is good.”*

Healthy Recipe

Cold Fusilli Pasta Salad with Summer Vegetables ~ *A whole new twist on pasta salad. There's still time to enjoy those summer vegetables!*

Ingredients:

- 8 oz whole-wheat fusilli (spiral) pasta
- 2 C cherry tomatoes, rinsed and halved
- 1 large green bell pepper, rinsed and sliced in pieces ¼ inch wide by 2 inches long
- ½ C red onion, thinly sliced
- 1 medium zucchini, rinsed and shredded finely or sliced into small chunks (about 1 C)
- 1 can (15½ oz) low-sodium chickpeas (or garbanzo beans),

drained and rinsed
 -1 Tbsp fresh basil, rinsed, dried, and cut into thin strips (or 1 tsp dried)
 -¼ tsp salt
 -1/8 tsp ground black pepper
 -1 T extra virgin olive oil
 -2 T balsamic vinegar
 -½ c shredded parmesan cheese
 In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat. Add pasta, and cook according to package directions for the shortest recommended time, about 8–9 minutes. Drain. Rinse pasta under cold running water to cool, about 3 minutes. Place all the vegetables and beans in a large salad serving bowl. Season with basil, salt, and pepper.

Add the cooled pasta. Combine olive oil and vinegar in a small bowl. Mix until completely blended. Pour over vegetables and pasta. Mix gently until well coated. Divide into four equal portions. Top each with 2 tablespoons shredded parmesan cheese. For nutritional information, visit <http://hp2010.nhbihin.net/healthyeating/recipeDetail.aspx?linkId=1&cId=5&rId=34>



Anthem Wellness Workshops

State of NH Wellness Program Overview – This workshop provided by the State Wellness Program Specialist and Anthem Wellness Facilitator is for agency wellness coordinators or agency heads interested in developing an agency wellness team or an update on new benefits and resources through the wellness program.

The workshop will provide:

1. History and authority for the State Wellness Program
2. Benefits to employee and dependents through wellness programming
3. Top five health conditions and how the program is working to reduce them
4. The organizational structure of the program
5. State resources and more!

To schedule this Health and Safety Seminar, contact your Anthem Wellness Facilitator

Kathy Sherman

603-695-7559

or email

Kathleen.sherman@anthem.com

Passport to Local Farms Weekend

A new event as part of NH Eat Local Month this year is the Passport to Local Farms Weekend, August 28-29. Passport to Local Farms is a fun, statewide open house on almost 60 participating farms. The event is interactive and invites visitors to obtain an official "passport" to collect stamps at each farm they visit during that weekend. Those who collect four or more stamps are eligible to submit their passports for a prize drawing in September. Download your Passport and list of participating farms at www.nh.gov/agric/ and start planning your farm visit weekend!

NH Eat Local Month is a collaboration of the NH Department of Agriculture, Markets, and Food as well as dozens of businesses, individuals, and groups throughout the state. We welcome everyone in participating and promoting NH grown foods.



Local Recreational Spotlight

Sugar River Recreational Trail

This picturesque 9.8-mile path stretches from Newport to Claremont along the banks of the Sugar River. The trail's surface varies from firm cinder/ballast to soft sand. Traveling west from the Newport trailhead, the first 2 miles are particularly soft. River crossings add to the Sugar River Trail's scenic allure, and covered bridge aficionados can anticipate a special bonus—two spans that once carried trains over the Sugar River: Pier Bridge (east of Chandler Station) and Wright's Bridge (named for S.K. Wright, who sold the right-of-way to the Sugar River Railroad). Both were built by the Boston & Maine Railroad and are on the National Register of Historic Places. The Sugar River Trail is one of just six rail-trails in New Hampshire that permit motorized use year-round; be prepared to share the trail with ATV users and snowmobilers. Also keep watch for equestrians.

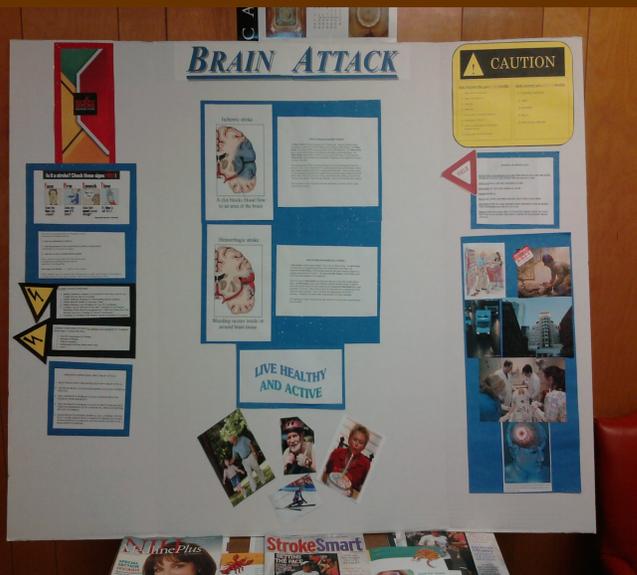
To reach the Newport trailhead, take Interstate 89 to State Route 103 west. In Newport, follow State Route 10 north for a quarter mile past the town green, then turn left on Belknap Avenue. The well-marked trailhead parking lot is on the right. To reach the Claremont trailhead, follow the above directions to Newport, then follow State Route 11/103 toward Claremont. Where the highway becomes local Washington Street, look for the trailhead parking sign. Visit <http://www.newportrec.com/locations-sugar-river-trail.htm>



More Health News

Kathy Sherman, RN, State of NH Wellness Facilitator from Anthem is working with the Department of Personnel and the vendor in coordinating **Agency Seasonal Flu Clinics** around the state for eligible state employees. The plan is to have these clinics begin in early to mid-October. At this time, there looks like there will be a sufficient supply from the manufacturers. The agency flu clinic is just one method to obtain the flu vaccine. This year's seasonal flu vaccine will also provide protection from H1N1. For more information about the agency flu clinics, contact your human resource coordinator, or Kathy at kathleen.sherman@anthem.com. [If you would like to learn more about the seasonal flu vaccine for 2010-2011, visit www.cdc.gov/flu/protect/vaccine/.] According to the CDC, **good health habits** for preventing seasonal flu is very important; and **the single best way to prevent seasonal flu is to get vaccinated each year**. The CDC also provides these tips: (1) Avoid close contact with people who are sick; (2) Stay home when you are sick; (3) Cover your mouth and nose with a tissue when coughing or sneezing; (4) Washing your hands often will help protect you from germs; (5) Avoid touching your eyes, nose or mouth to prevent the spread of germs; and (6) Practice good health habits—get plenty of sleep—be physically active—manage your stress—drink plenty of fluids—eat nutritious food—don't smoke!

Coming soon—Anthem's new website at www.anthem.com. **REDESIGNED. REINVENTED** for 2010.



The Legislative Health Services Team designed this poster, "Brain Attack," for display in September on stroke prevention, and to also help highlight Cholesterol Education Awareness. Having high cholesterol may increase your risk for having a stroke. Stop by their office on the bottom floor of the State House to see the display and their services, which are available to all State employees.

A Healthier Community - A Healthier You!

The State of New Hampshire Employee Wellness Program believes that healthy options should be offered and supported inside and out of the workplace. For many, abstinence from using tobacco, eating healthy, being physically active and managing stress is a result of the environment they are raised, nurtured and thrive in. But for some, their community and home environment can lack the means to support wellness due to financial instability, access to resources, knowledge, safety and numerous other barriers. For the next few months, the Employee Wellness Newsletter will focus on how communities in New Hampshire are organizing to identify these barriers and work on them using strategies supported through monetary and in-kind contributions to create a healthier environment that fosters a healthy body.

Vision 2020: Cheshire County Healthiest Community Plan

Vision 2020 is a community-wide health initiative designed to actively engage the citizens of Cheshire County in the process of becoming the nation's healthiest community by 2020. Led by a coalition of community partners representing multiple sectors - healthcare, education, private business, municipal and state governments, non-profit agencies, and recreational organizations - five Vision 2020 goals, encompassing a broad spectrum and vision of "health" have been identified:

- ⇒ Health Status
- ⇒ Health Care Access
- ⇒ Health Literacy
- ⇒ Wellness
- ⇒ Social Capital



Workgroups, formed around each of the goals, have been defining and refining working definitions and identifying programs, policies and services that are currently addressing relevant issues. Several measurable, valid and recognizable indicators of health have been selected and will be reported out to the community in a consistent and timely manner. It is anticipated that the workgroups will identify, prioritize, and recommend strategies and interventions that will become the foundation for the Vision 2020 Community Plan.

The projects will also target Healthy Eating Active Living (HEAL) interventions where individuals and families live, learn, work and play. Worksites will have resources to adopt employee health promotion as an organizational value and business strategy. Parents, children and other community members will ally with before- and after-school

programs to provide experiences that teach children to be healthy for a lifetime. Updated city and town master plans will include accessible trails, parks and other outdoor facilities. Physicians will learn how to help motivate and educate their patients about healthy weight and provide them with local walking guides. Restaurants will participate as community partners to offer healthy menu options to patrons.

These are just a few of the many interventions targeted in the HEAL Action Plan. In addition to funding, the Cheshire County partnerships will receive ongoing technical assistance from the expert staff of the Foundation for Healthy Communities, which coordinates the HEAL Initiative, and its partner, the NH Department of Health and Human Services.

Yvonne Goldsberry, PhD is the senior director of Community Health at Cheshire Medical Center / Dartmouth-Hitchcock Keene. She notes, "We, with the Council for a Healthier Community, are happy to sponsor the local HEAL effort. The project aligns nicely with the goals of the Vision 2020 initiative, to become the healthiest community in the nation by the year 2020. Our local project will target before- and after-school programs, worksites and the food service industry to work toward increasing access to physical activity and expanding healthy nutrition options."

Ongoing Community Grant Program project updates and information about HEAL's other activities is available at www.HEALNH.org or by contacting the [Foundation for Healthy Communities](#) at (603) 225-0900.

State Health Benefit Program

Wellness Benefit Spotlight



GYM/FITNESS FACILITY REIMBURSEMENT

The latest list of Anthem Approved Fitness Facilities has been updated as of July 2010. For employees that join an Anthem approved fitness facility, the facility will directly bill Anthem monthly for your membership dues up to \$450 for the months that you *actively participate. You are responsible for any other fees, including joining fees and fees beyond the \$450 calendar year benefit. State of New Hampshire HMO members are eligible for up to \$450 per subscriber contract per calendar year (January 1-December 31) that have not already taken advantage of the \$200 equipment reimbursement benefit within the same calendar year. POS members are not eligible for this benefit. Review the latest list of Anthem Approved Fitness Facilities at http://admin.state.nh.us/hr/documents/health_clubs.pdf

*Anthem will pay your monthly membership fee if you actively participate. This means you must visit the facility no less than 8 times per month to avoid being billed directly by the facility. For subscribers who choose not to use the gym/fitness facility reimbursement benefit, they can transfer this benefit to another family member who is enrolled on their policy. Please call Anthem Blue Cross and Blue Shield Customer Service at (800) 933-8415 to request your benefit be transferred.

• **Kickboxing and other fitness activities-** As long as the facility is on Anthem's Approved Fitness Facilities List, HMO employees are eligible for the \$450 per year for membership dues under the gym/fitness facility reimbursement benefit as long as they continue to actively participate (8 times per month).

• **YOGA-** You will notice that Yoga appears on this benefit and the Community Health Education Reimbursement Program (CHERP). What does this mean? Two things:

1. It means that an HMO or POS employee that would like to try out a yoga facility or attend one of their special classes that run for a short period, can submit a receipt and a CHERP form and be reimbursed up to \$150 for the class (per calendar year).
2. It also means that HMO employees can join an Anthem approved Yoga facility and attend their classes as often as they would like but no less than 8 times per month. You must attend 8 times per month to remain eligible for the benefit. Just like the Gym reimbursement.

Note: HMO employees married to other HMO state employee's- both employees are eligible for either the \$200 health equipment reimbursement or \$450 per calendar year gym/fitness facility reimbursement along with the CHERP as outlined above. Please call Anthem Blue Cross and Blue Shield Customer Service at (800) 933-8415 to advise them that your spouse is also a state employee.

Important Fact: ALL of these benefits are taxable benefits.

For further assistance, please call Anthem Blue Cross and Blue Shield Customer Service at (800) 933-8415.