



*The secret to a physical fitness make-over? Start slowly.*

Page 8

Your Ohio State Health and Wellness Connection

## Ohio State Faculty and Staff Cover 1.3 Million Miles Through "Hit the Road" Challenge



The second annual "Hit the Road with the Buckeyes" walking challenge kicked off September 25 with its "Take a Lap Around the Oval" event. President E. Gordon Gee, Vice President for Human Resources Larry Lewellen, Medical Center CEO Dr. Steven Gabbe, and OSU Health Plan CEO Scott Streater led about a thousand participants for a lap around the Oval to jumpstart step counts.

More than 4,700 Ohio State faculty and staff across all six campuses participated in the challenge, covering a total of 1,313,723 miles. The challenge encouraged teams of up to five to "walk" the roundtrip distance to each city of the football Buckeyes Big Ten road games. Activities other than walking could be converted into steps to further encourage physical fitness.

The grand prize drawings for each mileage achievement tier will take place January 13. For more information, visit [www.hr.osu.edu/HittheRoad](http://www.hr.osu.edu/HittheRoad).



### "Hit the Road" By the Numbers:

- 173 teams made it to the National Championship level, tracking at least 1,985 miles (about 6.5 miles/day/person).
- 153 teams "walked" the 1,610 miles to the Conference Championship (about 5.5 miles/day/person).
- 380 teams covered the 931 miles to the Top 25 Ranking achievement tier (about 3 miles/day/person).
- 166 teams "walked" the 452 miles to the Bowl Eligible tier (about 1.5 miles/day/person).
- Team WINBUCKS tracked the most miles, with a total of 4,794 miles. The team consisted of Ashley Brown, Debra Bruce, Gerald Bruce, Leanne Kelly, and Narendra Thekdi, all from University Hospital East.
- The top individual mileage was captured by Obrad Budic, from team OIA-ISS, who walked a total of 2,287.34 miles. Budic is from the Office of International Studies in Academic Affairs.

## Health Coaching Now Offered through OSU Health Plan

PHYSICAL

INTELLECTUAL

Health coaching at Ohio State is nothing new; it's been offered through *Your Plan for Health* for more than three years.

What is new is who will be providing the service to university faculty and staff: The Ohio State University Health Plan Inc. (formerly Managed Health Care Systems).

OSU Health Plan has been offering wellness services, such as biometric screenings, flu vaccinations, Lunch & Learn workshops, and the annual Rally for Wellness! health fair for nearly a decade through the former Faculty and Staff Wellness Program. Now, those same services are provided through YP4H, and health coaching has been added to the list.

The new Personal Health Coaching Program will continue to offer benefits-eligible faculty, staff, and their adult dependents who complete the Personal Health Assessment (PHA) one-on-one guidance and customized strategies to reach their health goals. A significant benefit of offering the service in-house instead of through the former vendor, CareAllies, is that the coaches are now health care professionals employed by Ohio State and are, therefore, knowledgeable about both university benefits and programs and local community resources.

"When we outsourced our coaching services, we felt we were missing an opportunity to provide a customized experience that could help individuals get the most out of *Your Plan for Health*," said Pam Doseck, director of benefits for the Office of Human Resources. "We also wanted our coaches to have the ability to partner with the OSU provider network to better coordinate an individual's overall care."

### What Do Health Coaches Do?

Health coaches provide personalized education on a variety of topics, including nutrition, physical inactivity, stress reduction, weight management, and tobacco cessation. They also can recommend general wellness practices and preventive care for pre-disease states, such as high blood pressure, high cholesterol, or diabetes.

"Our Personal Health Coaches have a wide range of clinical backgrounds and credentials, including a certified health education specialist, a certified life coach, and an American College of Sports Medicine certified health and fitness specialist," said Ying Studebaker, RN, MS, CNS, CTTS, clinical manager for the Personal Health Coaching Program. "They have also completed a customized health coach training program developed in collaboration with Ohio State's School of Allied Medical Professions, and have trained

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# Lunch and Learn Day and Evening Programs Schedule

Classes are **FREE** unless otherwise noted, but **REGISTRATION IS REQUIRED.**

REGISTER ONLINE: [osuhealthplan.com/wellness/program.asp](http://osuhealthplan.com/wellness/program.asp)

OR BY PHONE: (614) 292-1894

## Look for the Wellness Wheel Symbol!

Wellness is more than flu shots, healthy eating, exercise, and routine exams. It's a healthy balance of the mind, body, and spirit, represented by a number of categories, including social, spiritual, emotional, intellectual, environmental, and physical wellness.

Research attributes lifestyle habits to be more responsible than heredity in developing health issues later in life, aided by environment, biology, and health care accessibility.

Be sure you are developing all parts of your Wellness Wheel by looking for articles and programs in this issue of *Netwell* that have corresponding wellness categories.

For the full article on the Wellness Wheel, view the spring 2009 edition of *Netwell* at [osuhealthplan.com/wellness](http://osuhealthplan.com/wellness).



## The Art of Relaxation

**Series One: Wednesdays, January 13, 20, 27, February 3, and 10**

**Series Two: Wednesdays, February 17, 24, March 3, 17, and 24**

*(Please register for one series only and please commit to all five class meetings.)*

PHYSICAL

Shelly Dembe, BSN, RN  
Registered Yoga Teacher, Kripalu Certified Danskinetics Instructor and American College of Sports Medicine Personal Trainer

It's easy to relax when you are lying on the beach, listening to the waves with nothing to do but read a good book. But can we have that vacation feeling without going away?

This five-week series will introduce you to the art of relaxing in everyday life. Through centering, breathing, and relaxing the body, you will learn the practice of mindfulness, which can open the door to meditation.

Noon-1 p.m.  
316 Pomerene Hall  
1760 Neil Ave.



The Lunch and Learn workshops, as with all Wellness Program activities, will now be offered under the *Your Plan for Health* umbrella. Please bear with us as we transition information and registration for these programs over to the *Your Plan for Health* web site. Follow instructions and URLs provided when seeking information or to register for these activities.

## New Options in Birth Control

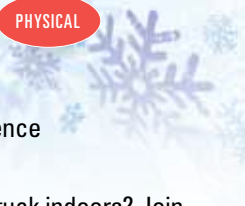
PHYSICAL INTELLECTUAL

**Wednesday, January 13**  
Rande L. Masciola, RN, MS, CNP  
Women's Health Nurse Practitioner, Clinical Instructor

Find out about all the new options and get refreshed on the old birth control methods available for women ages 15-50. A brief presentation will start off this roundtable discussion about how to use them, their safety, and potential side effects as well as some health benefits.

Noon-1 p.m.  
1039 Derby Hall  
154 N. Oval Mall

## Stay Active in Wintertime



**Friday, January 22**  
Rebecca Nguyen, MS  
Program Manager, Exercise Science  
Faculty Staff Fitness Program

Does winter weather have you stuck indoors? Join exercise physiologist Rebecca Nguyen as she discusses ways to stay active when the weather won't let you go out and play. Recommendations and details about exercise from the Faculty Staff Fitness Program will be shared, followed by a question and answer session.

Noon-1 p.m.  
A24 PAES Building  
305 W. 17th Ave.

## Health Care Reform: Challenges and Opportunities

INTELLECTUAL

**Thursday, January 28**  
Pat Temple Gabbe, MD, Senior Medical Director Advisor, OSU Health Plan  
Stephanie Pavol, Partnership to Fight Chronic Disease  
Margaret Clark Graham, PhD, FNP, PNP, Associate Professor, Ohio State College of Nursing  
Richard Schrock, MBA, Director of Finance, OSU Health Plan

Today's debate about health care reform is complex and ever-changing, so hear the perspective from a nurse, a physician, and health care policy specialists who are ready to share their insights. If you are confused about issues and have questions, this panel discussion might help you separate fact from fiction.

Noon-1 p.m.  
H1213 Ross Heart Hospital  
Auditorium (entrance off main lobby)  
452 W. 10th Ave.

## Immunizations — Why or Why Not?

PHYSICAL INTELLECTUAL

**Friday, January 29**  
Paula D'Auteuil, RN, MS, CS Clinical  
Faculty, Ohio State Medical Center

Learn the reasons for and against immunizations for children and adults today and look at the most current recommendations for keeping yourself and your children well.

Noon-1 p.m.  
198 Newton Hall  
1585 Neil Ave.



## Get Fit with Marla

Marla Musyt is an Aerobics and Fitness Association of America-certified personal fitness trainer, Stott Pilates®, Hatha, and 3HO Kundalini yoga instructor, and a certified polarity therapist. She has been teaching since 1980.

*(NOTE: Before registering, please determine that you can attend the entire five-week series. Remember, fitness classes are a benefit to you and are paid for by Your Plan for Health. Please do not register for these classes if you have taken any class from Marla in the last six months.)*

## Co-ed, Low Impact Aerobics...Walking Pilates™

**Series One: Wednesdays, January 13, 20, 27, February 3, and 10**

**Series Two: Wednesdays, February 17, 24, March 3, 10, and 17**

PHYSICAL

*(Please register for one series only.)*

Back by popular demand and inspired by Stott Pilates, this Walking Pilates™ class offers low-impact aerobics that will increase your heart rate without the high impact of jumping. Marching-type movements are repetitive and the choreography is simple, so the challenge is not in learning a routine but to keep moving. Incorporating Stott's Five Basic Principles will lend a Pilates feel to the class. Wear supportive fitness shoes that don't have a flared heel, workout clothes that allow free movement, and a sweat band. Though all levels are welcome, this class is for beginning and intermediate participants. Healthy pregnant women—less than 20 weeks—are welcome if exercise has been a part of your lifestyle before conception and your doctor is OK with your participation.

Bring a water bottle and hand towel. *Optional:* Bring a pair of lightweight dumbbells. For women, one- to three-pound dumbbells. For men, three-, five- or eight-pound dumbbells. Instructor will not have dumbbells for sale.

5:30-6:30 p.m.  
316 Pomerene Hall  
1760 Neil Ave.

### Class benefits:

- Burn calories
- Boost energy
- Improve breathing
- Improve posture and coordination

## Hatha Yoga...Mmmmmmm!

**Series One: Mondays, January 11, 25, February 1, 8, and 15**

**Series Two: Mondays, February 22, March 1, 8, 15, and 22**

PHYSICAL SPIRITUAL

*(Please register for one series only.)*

You don't need to be a pretzel to do yoga. It's not about flexibility of body but flexibility of the mind. Yoga, which means "union," fosters the joining of mental and physical balance that promotes optimum health and well-being. Yoga is for all ages and all levels of fitness and (in)flexibility ... modifications of postures will be taught.

This class will teach the practice of breath awareness, tuning-in, chanting "om," followed by traditional Hatha yoga postures and savasana (deep relaxation). Class concludes with the "class blessing" chant. Meditation may be introduced. This traditional-style class is spiritual but not religious.

Wear close-fitting clothing that allows for freedom of movement. Oversized clothing may restrict movement. Yoga blocks and straps are suggested and may be helpful in achieving some postures. Bring a dense, yoga "sticky mat" of 6 feet or more (these items may be purchased at stores like Target). Bring a small towel for padding where needed and bottled water. Sweats are suggested to keep the body warm during savasana (deep relaxation).

5:30-6:30 p.m.  
316 Pomerene Hall  
1760 Neil Ave.

## February Is Heart Month

### Smile Makeovers Tuesday, February 9

Craig Slack, DDS, Riverview Dental

Zoom bleaching or Crest White Strips? Caps or porcelain veneers? Invisalign or braces? Trying to have a fantastic smile can get confusing. Craig Slack, DDS, can show you how to evaluate your smile and make a plan with your dentist to get the results you want. Points covered include: smile analysis, teeth whitening, Lumineers, porcelain crowns, orthodontics, and cosmetic contouring.



Noon-1 p.m.  
1080 Physics Research Building  
191 W. Woodruff Ave.

### Cardiac Care—Prevention to Intervention Thursday, February 11

Richard J. Gumina, MD, PhD  
Assistant Professor of Internal Medicine  
Director, Interventional Cardiovascular Research  
Jenny Anderson, RD, LD, OSU Health Plan Dietitian

Enjoy a tasty and heart-healthy lunch while learning the latest in cardiac health from prevention to the most up-to-date surgical interventions. Luncheon reservations are due Monday, January 25. Send \$11 in cash or check payable to the OSU Faculty Club and indicating the Lunch and Learn Cardiac Care Lunch to Michele Erlenwein, OSU Health Plan, 700 Ackerman Road, Suite 440, Columbus, Ohio 43202. You will be expected to honor your registration if you do not cancel at least three days before the luncheon date.

11:30 a.m.-1 p.m.  
Faculty Club, Grand Lounge  
181 S. Oval Drive



### SoulCollage Tuesday, February 16

Julie Henderson, MS, LMT, SoulCollage® Facilitator

SoulCollage® is an intuitive process that is part creative play and part deep soul work. It can form the basis of a personal practice that brings healing, insight, and guidance to one's life. All this and it's fun too! Take your lunch hour and get a taste of the fun, creativity, and personal deepening that SoulCollage offers. No artistic experience is necessary.

Noon-1 p.m.  
136 Ramseyer Hall  
29 W. Woodruff Ave.

### Therapeutic Touch Thursday, February 18

Marjorie Anderson, MS, RN, PMHCNS-BC  
Qualified Therapeutic Touch Teacher  
Mental Health Clinical Nurse Specialist  
Patient Services, The James

Therapeutic Touch (TT) is a contemporary interpretation of several ancient healing practices. It is a consciously directed process of energy exchange during which the practitioner uses the hands as a focus for facilitating healing. Benefits may include: a decrease in pain, increase in relaxation, and an increase in the speed of wound healing and bone healing. Other uses include increasing weight gain in premature infants and improved emotional well being of new parents after delivery of a child. This session will include a brief overview and demonstration of the technique.

Noon-1 p.m.  
115 Stillman Hall  
1947 College Road

### Herbals and Supplements: How To Choose Which One Is Right for You

Monday, February 22

Amanda Ferkins, Ohio State  
PharmD and Master of Public Health candidate

Have you considered adding an herbal or supplement to your diet, perhaps persuaded by the overwhelming number of choices on the market? Learn how to safely add herbal products and supplements to your diet and what questions you should ask before taking some of the more common products.

Noon-1 p.m.  
1039 Derby Hall  
154 N. Oval Mall

### Symptom Reduction of Depression and Stress Wednesday, February 24

Lisa Borelli, MS, LISW  
University Faculty and Staff Assistance Program

This workshop is designed for those who experience depression and stress. UFSAP counselor Lisa Borelli will discuss the physiology of depression and some strategic coping skills needed to manage both depression and stress, focusing on specific behavior changes along with wellness tips. A brief demonstration on relaxation and mindfulness techniques, as well as cognitive behavioral restructuring, will be included.

Noon-1 p.m.  
226 University Hall  
230 N. Oval Mall



### ADHD and Diet—What Everyone Should Know Thursday, March 4

Annette Haban Bartz, MS, RD, LD, CLC  
Clinical Dietitian  
Nationwide Children's Hospital

Review the research on nutrition and dietary influences on Attention Deficit Hyperactivity Disorder (ADHD) and learn how nutrients, such as zinc, iron, and Omega-3 fatty acids can affect the disorder. Food intolerances and supplement use also will be discussed.

Noon-1 p.m.  
130 Biomedical Research Tower  
452 W. 10th Ave.

### What Can Health Coaching Do For You?

Tuesday, March 9

Ying Studebaker, RN, MS, CNS, CTTS  
Personal Health Coaching Program Clinical Manager  
OSU Health Plan

Having trouble making changes to a healthier lifestyle? Is exercise or eating well something you know you need to do, but can't do alone? Maybe you need a health coach. Health coaching is a free benefit from the university's *Your Plan for Health* initiative.

This session will introduce you to the new Personal Health Coaching Program through OSU Health Plan. You'll learn what health coaching is and isn't, how to register, what a session is like, what you will get out of it, and much more. Meet the program's personal health coaches and get your questions answered.

Noon-1 p.m.  
410 Hitchcock Hall  
2070 Neil Ave.

### The Stress of Pursuing Tenure Wednesday, March 10

Bob Forte, MA  
Licensed Professional Clinical Counselor  
University Faculty and Staff Assistance Program

Back by popular demand, this presentation will discuss how stress builds and affects performance and well being for faculty in pursuit of tenure. Specific skills for management of stress and effective responses to the stressors of the tenure track will be demonstrated, along with a successful model for overcoming anxiety.

Noon-1 p.m.  
1039 Derby Hall  
154 N. Oval Mall

### Joint Pain Treatment Tuesday, March 16

David Ratliff, DC  
Northland Chiropractic Center

Did you know your spine is a series of joints that can become dysfunctional, causing pain and degeneration? This isn't inevitable, however. Learn about back pain, the causes of such dysfunction, and how to protect and improve your back. Surgery can often be avoided and back pain often eliminated by understanding the underlying causes and the simple solutions that a holistic approach can provide.

Noon-1 p.m.  
165 Thompson Library  
1858 Neil Ave. Mall



### Preconception Planning Thursday, March 18

Sue Stephens, BSN, RN, MSN  
Patient Care Resource Management  
OSU Medical Center

Are you and your partner thinking about getting pregnant? Are you interested in learning more about preconception health and care? Promoting the health and wellness of women and couples before pregnancy improves birth outcomes. The March of Dimes, the U.S. Centers for Disease Control and Prevention, and partner organizations have joined to educate health providers, women, and men about the importance of preconception health and care. Join us and learn what a woman can do before pregnancy to help deliver a healthy baby.

Noon-1 p.m.  
250 Parks Hall  
500 W. 12th Ave.

### Understanding the Sugar, Salt, Fat Formula Tuesday, March 23

Jenny Anderson, RD, LD  
OSU Health Plan Dietitian

Do you crave a Big Mac and fries? Do you feel like you're controlled by fast food and processed food? Learn why sugar, salt, and fat have such a strong hold on you and what you can do to make changes to your current diet.

Noon-1 p.m.  
1080 Physics Research Building  
191 W. Woodruff Ave.

More Lunch and Learn  
programs on page 4



# YOUR PLAN FOR HEALTH™

BUILT ON A DECADE OF WELLNESS

## You Can Still Reduce Your Medical Plan Premiums for 2010



If you forgot to complete your Personal Health Assessment (PHA) in 2009, you can still complete the PHA any time during 2010 and receive a pro-rated medical plan premium reduction of \$20 a month or \$9.23 biweekly for the remainder of this year. While you may have missed January, your premium discount will take effect within a few weeks after you complete your PHA.

Remember, you must **complete your PHA on an annual basis** to receive — and to continue receiving — your medical plan premium reduction. The PHA also allows you to earn an additional \$125 through the Faculty and Staff Incentive Program, where you earn points — and thus dollars — for participating in health and wellness activities.

Complete your PHA at [YourPlanForHealth.com](http://YourPlanForHealth.com). You also can request a paper copy of the PHA by contacting the Office of Human Resources via e-mail at [service@hr.osu.edu](mailto:service@hr.osu.edu) or by phone at (614) 292-1050 or (800) 678-6010.

### YP4H Key Points

#### Know the Difference!

Attending a campus biometric health screening to obtain your health numbers and completing the PHA questionnaire are **two separate activities**. You must complete the PHA to receive your medical plan premium reduction.

#### Got Numbers?

If you received your biometric health numbers during your annual physical, there's no need to schedule an on-campus biometric screening—it's not mandatory. However, having the baseline information updated on an annual basis is so important that we offer the campus screenings as a convenient, free service to faculty and staff under *Your Plan for Health*.

**Lunch and Learn Programs** (continued from page 3)

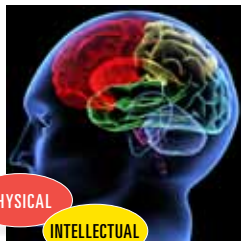
### Diet and Polycystic Ovary Syndrome

**Thursday, March 25**

Michal Hogan, MS, RD, LD, Nutrition Results

Is your server jammed? Find out the answer by exploring dietary strategies to help treat Polycystic Ovary Syndrome. Learn how protecting your brain health can positively affect the rest of your body.

Noon-1 p.m.  
117 Research Foundation  
1960 Kenny Road



PHYSICAL  
INTELLECTUAL



PHYSICAL

## Biometric Health Screenings

The biometric health screenings are an important part of *Your Plan for Health*. The health values you obtain from your screening, such as blood pressure, blood glucose, cholesterol, height, weight, and Body Mass Index, can be used to complete the Personal Health Assessment (PHA) questionnaire, and completing your PHA every calendar year (January-December) entitles you to a \$240 premium reduction and Incentive Program eligibility (see article at left).

For winter quarter, free campus biometric screenings are available at six stationary locations Monday through Friday, and at nine mobile locations on specific days.

You don't have to wait for the anniversary date of last year's screening. Schedule your free, 20-minute appointment today to ensure your choice of time, date, and location.

For more information or to schedule your biometric health screening, visit [YourPlanForHealth.com](http://YourPlanForHealth.com) and click on "Biometric Health Campus Screenings" under YP4H Resources on the right.

*Schedule Now to Get Your Choice of Appointment!*

### Stationary Biometric Screening Sites

#### Wilce Student Health Center

First Floor Pharmacy  
Conference Room  
1875 Millikin Road  
**Mondays–Fridays**  
**8 a.m.–noon**

#### University Health Connection

100 Parks Hall  
500 W. 12th Ave.  
**Tuesdays and Thursdays**  
**8:40 a.m.–12:40 p.m.**

#### Martha Morehouse Medical Plaza

2050 Kenny Road  
**Tuesdays and Thursdays**  
**8 a.m.–noon**

#### 660 Ackerman Road

Third Floor (turn right off elevator, cube 3-74)  
**Tuesdays and Wednesdays**  
**8 a.m.–noon**  
**Thursdays and Fridays**  
**8 a.m.–noon**

#### Doan Hall, Ground Floor

(between Wendy's and College of Dentistry entrance)  
410 W. 10th Ave.  
**Mondays and Tuesdays**  
**8 a.m.–noon**

#### Doan Hall, Ground Floor

12th Ave. entrance  
**Thursdays**  
**8 a.m.–noon**

### Mobile Biometric Screening Sites

#### College of Nursing

048 Newton Hall  
1585 Neil Ave.  
**Wednesday, January 13**  
**8 a.m.–noon**

#### DEPENDENTS WELCOME!

#### 104 Aronoff Laboratory

318 W. 12th Ave.  
**Wednesday, January 20**  
**1-5 p.m.**

#### DEPENDENTS WELCOME!

#### Thompson Library

Room 150A  
1858 Neil Ave.  
**Wednesday, February 10**  
**3-7 p.m.**

#### Ohio Super Computer Center

Bale Conference Room  
1224 Kinnear Road  
**Wednesday, February 17**  
**8 a.m.–noon**

#### Facilities Operations and Development

107 D Maintenance Building  
2000 Tuttle Park Place  
**Tuesday, March 9**  
**3-7 p.m.**

#### 105 Biomedical Research Tower

460 W. 12th Ave.  
**Wednesday, March 10**  
**3-7 p.m.**

#### SUPER SCREENING DAY

#### Postle Hall

College of Dentistry  
Basement Canteen  
305 W. 12th Ave.  
**Wednesday, January 27**  
**8 a.m.–noon**

#### SUPER SCREENING DAY

#### H1213 Ross Heart Hospital

452 W. 10th Ave.  
**Wednesday, February 3**  
**8 a.m.–noon**

Spouses,  
domestic  
partners  
welcome!

Spouses and same-sex domestic partners are welcome to attend one of two free campus biometric screening events to obtain their health values to complete the Personal Health Assessment. Schedule your appointment at [YourPlanForHealth.com](http://YourPlanForHealth.com) and click on "Biometric Health Campus Screenings" under YP4H Resources on the right.

## Health Coaching (continued from page 1)

with benefits consultants from the Office of Human Resources to learn about the benefits and resources available at the university."

As with the former health coaching service, potential participants are identified through PHA results. Those indicated to be at high risk for certain health conditions will be invited to participate in the program, where a health coach can address a variety of concerns, such as weight management, nutrition, exercise, stress management, tobacco cessation, pre-hypertension (high blood pressure), pre-hyperlipidemia (high cholesterol), pre-diabetes, and disease prevention.

"Our team is really focusing on wellness and disease prevention through self-care," Studebaker said. "True preventive health care is about making individuals more aware of what they can do to build skills, tame undesired behaviors, and develop healthy habits that last a lifetime. Health coaches help solve problems, resolve barriers, and overcome challenges. Many people have it in them; they often just need a health coach to bring it out."

Under the premise that prevention is the best medicine, even individuals who are not indicated as high risk by the PHA are welcome to self-refer to the Personal Health Coaching Program.

Participating in the Personal Health Coaching Program is completely voluntary and confidential, meaning your personal health information will not be shared with the Office of Human Resources.

For more information about the OSU Health Plan Personal Health Coaching Program or to schedule an initial conversation with a health coach, call (614) 292-4700 or (800) 678-6269, or send an e-mail to [healthcoach.osuhealthplan@osumc.edu](mailto:healthcoach.osuhealthplan@osumc.edu).

Participating in health coaching also can earn you points in the *Your Plan for Health* Incentive Program. Visit [YourPlanForHealth.com](http://YourPlanForHealth.com) for more information.

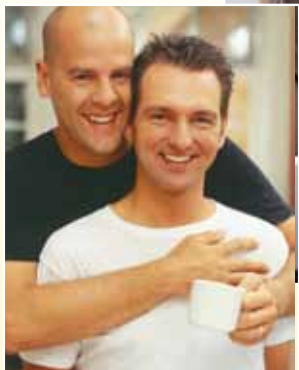
*'We've created a health coaching model that is centered on the client's needs and preventive health. Our goal is to get to know you individually and personalize your path to a healthier you.'*

—Health Coach Laura Peterson



### Your health coach can help you achieve personal wellness by:

- Helping you build skills and learn methods to develop healthy habits
- Assisting you in reducing your health risks
- Providing you with health information, encouraging and supporting you while you learn to improve your personal health
- Guiding you to develop a realistic and achievable action plan
- Generating new ideas and approaches to help you eliminate obstacles in improving personal health
- Communicating, with your permission, with your physician and other health professionals to provide care coordination
- Locating and connecting you to relevant Ohio State and community resources



### 104 Aronoff Laboratory

318 W. 12th Ave.  
Wednesday, January 20  
1-5 p.m.

### Thompson Library

Room 150A  
1858 Neil Ave.  
Wednesday, February 10  
3-7 p.m.



## After Your Screening

After your biometric health screening, follow these steps to take your PHA:

- Register or login at [YourPlanForHealth.com](http://YourPlanForHealth.com).
- Click on the "Personal Health Assessment" link. Complete the PHA questions and click "Submit." Remember: You must consent to the release of your PHA completion date to receive the medical plan premium reduction and incentive program eligibility. Note that you won't be releasing your personal health information—just the date on which you completed your PHA.

- Review your personal health summary report generated by the PHA. Feel free to share it with your primary care physician.
- Your medical plan premium reduction will automatically begin within three weeks. Within two weeks, you can begin tracking your health-related activities through the Incentive Program.



INTELLECTUAL SOCIAL PHYSICAL

## Weight Watchers at Work

**Mondays, 11:45 a.m.–12:45 p.m.**

### OSU East Hospital

Wallace Auditorium  
1340 E. Broad St.  
Contact: Jo Pfeiffer  
[jo.pfeiffer@osumc.edu](mailto:jo.pfeiffer@osumc.edu)  
(614) 257-3700

**Tuesdays, 11:30 a.m.–12:30 p.m.**

### OSU Internal Medicine LLC

Suite 385  
700 Ackerman Road  
Contact: Tisha Aleshire  
[tisha.aleshire@osumc.edu](mailto:tisha.aleshire@osumc.edu)  
(614) 947-3700, ext. 3345

**Tuesdays, 11:30 a.m.–12:30 p.m.**

### 102 Enarson Hall

154 W. 12th Ave.  
Contact: Lynette Lindsey  
[llindsey@esue.ohio-state.edu](mailto:llindsey@esue.ohio-state.edu)  
(614) 292-4111

**Tuesdays, 11:45 a.m.–12:45 p.m.**

### Newark Campus, Hopewell Hall

1179 University Drive  
Contact: Kendra Linkous  
[linkous.1@osu.edu](mailto:linkous.1@osu.edu)  
(740) 366-9453

**Thursdays, 11:30 a.m.–12:30 p.m.**

### Wilce Student Health Center

1875 Millikin Road  
Contact: Susan Henn  
[shenn@studentlife.osu.edu](mailto:shenn@studentlife.osu.edu)  
(614) 688-3623

**Thursdays, 1–2 p.m.**

### University Medical Center Shared Services

Suite 266A  
660 Ackerman Road  
Contact: Heather Spindler  
[heather.spindler@osumc.edu](mailto:heather.spindler@osumc.edu)  
(614) 293-2992

**Fridays, 10:30–11:30 a.m.**

**and 11:30 a.m.–12:30 p.m.**

### Ross Heart Hospital, H1215

452 W. 10th Ave.  
Contact: Suzanne Haussermann  
[suzanne.haussermann@osumc.edu](mailto:suzanne.haussermann@osumc.edu)  
(614) 293-0417

Contact the coordinator of the group you're interested in attending to find out when a new session begins. For more information about starting a Weight Watchers at Work group, contact WW corporate account manager Linda Holmes at [LindaH@wwcols.com](mailto:LindaH@wwcols.com) or (614) 457-9080, ext. 1145.

## MEDICAL DIRECTOR'S MESSAGE

### Personal Health Assessment: So What? PHA from the Physician's Perspective

PHYSICAL



Bruce Wall, MD, Medical Director

I recently queried a few of my primary care physician colleagues to learn more about their application of and value placed on the results of the *Your Plan for Health* Personal Health Assessment (PHA) when their patients—Ohio State faculty, staff, and dependents—provide them.

Upon completing the PHA, you'll receive a summary that combines a health risk score associated with the answers you provided in the questionnaire, as well as the biometric health values that were entered. (These biometric health values can be obtained either through a free campus biometric health screening or through your physician during the course of a wellness exam.)

The overwhelming majority of my colleagues appreciated—and encouraged—the health status update available through the PHA. They reported that the PHA summaries allow them to help their patients better manage their health and foster open dialogue between patient and physician when elevated risks were indicated. This served to build a solid foundation for partnership in avoiding, delaying, or treating those potential chronic conditions. This was true regardless of whether or not they were an Ohio State-affiliated provider, since the majority of our primary care physicians are not.

Providing the PHA summary also can be used to:

- Detect significant changes in a person's health status from year to year;
- Allow doctor and patient to spend the time they do have together more on what "really matters" because the doctor is already aware of baseline screening information; and
- Decrease the number of times a person is required to have certain blood tests done/repeated if the information is shared before the visit.

#### Sharing Your PHA Results with Your Physician

The most obvious way to share your PHA summary with your physician is to print it out and take it to your next appointment.



Looking for a new doctor? For the most current provider information, visit the online Provider Directory at [osuhealthplan.com/search](http://osuhealthplan.com/search). You can search by physician or practitioner, hospital, urgent care, ancillary service providers, or behavioral health providers. This online directory is updated weekly to ensure you have access to all the health care practitioners in our network.

However, I suggest sending it prior to your next appointment so your physician has time to review it before seeing you. One way to do this is to click on "Print or Fax Report" when in your PHA Summary page in WebMD. You will need to provide your physician's name and fax number.

The other option is to grant your physician access to your Personal Health Record (PHR) stored in WebMD. Your PHR allows you to record and store all of your individual medical information in one location—including the results of your PHA and biometric values, immunizations, allergies, lab results, and medication history. You'll also be able to enter your family's information so everyone's information is in one easily accessible location.

To give your physician access, create a WebMD ID in your Personal Health Manager account and provide it—along with your last name and birth date—to your physician or other health care providers with whom you wish to share this information. They can then view, print, and possibly make notes directly in your health record.

For additional privacy, you can create more than one WebMD ID to allow different physicians or specialists access to specific information in your health record (you can hide portions of your record you don't want to share) and you can disable access for all or individual providers at any time. In addition, every access to your Personal Health Record is recorded in an activity log that you can view in your WebMD account. Your employer or health plan cannot access your health record unless you specifically share your WebMD ID with them.

Although you can use the PHA to plot your own course for health improvement or to work with a health coach (see article, page 1), the PHA—the cornerstone of *Your Plan for Health*—can be much more valuable if shared with your primary care physician.

#### Granting Viewer Access to Your Health Care Provider

Follow these steps to allow your health care provider to view your Personal Health Record (PHR):

1. Log in to [YourPlanForHealth.com](http://YourPlanForHealth.com).
2. Click on *Personal Health Record* under *My Records* on the left-side navigation bar.
3. Located at the upper right hand side of the page, there are three options to grant your health care provider access to your PHR:
  - a. Click *Print* to print a copy of your PHR for your next office visit.
  - b. Click *Fax* to fax your PHR to your health care provider. (You must enter your provider's name and fax number.)
  - c. Click *Share* to create an access code for your health care provider. Click *Create a New WebMD ID* button to create the code that you will provide to your health care provider. You also have the option to print a wallet card with your *WebMD ID* for you and/or your provider.

For more information about provider access, visit [YourPlanForHealth.com](http://YourPlanForHealth.com).

## CORNER

PHYSICAL

INTELLECTUAL

PHARMACY

### Medication Spotlight: Blood Pressure Medications—ACE Inhibitors and ARBs

Reneé Hodge, PharmD, and Meera Patel, PharmD, OSU Health Plan pharmacy residents

High blood pressure, or hypertension, affects approximately 50 million people in the United States and approximately 1 billion worldwide. High blood pressure increases the risk for cardiovascular disease and kidney disease, as well as urgent episodes such as heart attack, heart failure, and stroke. For that reason, it is very important to keep your blood pressure under control.

Blood pressure (BP) is the force of blood in your arteries when your heart pumps (systolic pressure) and when the heart is at rest (diastolic pressure). It is measured in millimeters of mercury (mmHg) and given as two numbers, systolic (the top number) and diastolic (the bottom number) pressure. High blood pressure is typically defined when the top number is greater than or equal to 140 or the bottom number is greater than or equal to 90. However, for certain disease states your health care provider may have different blood pressure goals.

Once diagnosed, a number of medications are available to treat high blood pressure. ACE Inhibitors and ARBs are two of the many options.

#### How do ACE Inhibitors and ARBs work?

ACE (Angiotensin Converting Enzyme) Inhibitors and ARBs (Angiotensin II Receptor Blockers) work to block production of or the effects of, respectively, a chemical in the body called angiotensin II, which causes the muscles surrounding blood vessels to contract, thereby narrowing them and causing high blood pressure.

ACE Inhibitors are more commonly prescribed, although some patients who cannot tolerate ACE Inhibitors due to a constant dry cough are often switched to ARBs. Ohio State's prescription drug plan covers the following ACE Inhibitors at the generic copay: captopril, enalapril, quinapril, benazepril, ramipril, lisinopril, fosinopril, moexipril, andtrandolapril. Currently, ARBs are available only under the brand names Cozaar and Diovan at the formulary brand copay.

#### What should I know about ACE Inhibitors and ARBs?

- Do not change your dose or stop taking the medication without talking to your doctor.
- Some common side effects of ACE Inhibitors may include elevated potassium levels, dizziness, cough, and change in taste.

- Some common side effects of ARBs may include dizziness and elevated potassium levels.
- Check your blood pressure regularly.
- Talk to your doctor about getting your blood work checked (potassium level, kidney function).
- Contact your doctor immediately if you experience swelling of face, lips, tongue, or throat.
- Always tell your doctor about your complete medical history as well as any medications you are currently taking.

#### What else can I do to improve my blood pressure?

Healthy lifestyle changes are an important first step to lowering blood pressure. Current guidelines recommend that you should:

- Reduce weight if overweight. Losing 20 pounds can reduce the systolic (top) number by 5-20 mmHg.
- Consume a diet rich in fruits, vegetables, and low-fat dairy products. The Dietary Approach to Stop Hypertension (DASH) diet is one such dietary plan.
- Decrease saturated fats (fatty beef, lamb, pork, poultry with skin, lard, cream, butter, cheese, and other dairy products made from whole or reduced-fat milk).
- Increase monosaturated fats (avocados, nuts, and olive/peanut/canola oils).

## NEWS FOR MEDICAL PLAN MEMBERS



### What's Covered Under a Wellness Visit?

To promote wellness and disease prevention, the university medical plans allow employees and enrolled dependents to get one physical exam each year that is covered at 100 percent with no copay. This annual exam includes a general physical to assess wellness and any routine screening lab work conducted in connection with that visit.

However, evaluation or treatment for a new problem (such as a cold) or evaluation and/or treatment of a chronic condition (such as diabetes or high blood pressure) is not considered preventive and will be billed in addition to the wellness portion of the exam, requiring a copay.

### Be Sure Your Dependents Are Eligible for Health Coverage

In 2010, Ohio State will require health plan members to certify eligibility for all dependent(s) they are covering on the plan(s). The university has contracted with ACS HR Solutions, a third-party vendor, to perform the eligibility certification.

Ohio State recognizes that health care coverage is critical for everyone. The university's objective, however, is to provide affordable, high-quality health care by preserving benefits funds and ensuring access for faculty, staff, and dependents who meet the plans' specified definition of eligibility. With an average annual cost of \$3,200 for each person, covering ineligible dependents may be costing the university an estimated \$3 million-\$5 million each year.

Failure to complete the certification or provide required documentation will result in the termination of coverage for the dependent(s) not certified.

For questions or additional information about the eligibility certification process, contact the Office of Human Resources Customer Service Center at (614) 292-1050, (800) 678-6010 or e-mail [service@hr.osu.edu](mailto:service@hr.osu.edu).

- Increase physical activity (aerobic exercise such as swimming and walking).
- Control alcohol intake. Drink no more than one drink per day for women and two drinks per day for men.
- Quit smoking.

For more information about high blood pressure and the DASH diet, visit [Americanheart.org](http://Americanheart.org).

Source: The seventh report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure, published in the Journal of the American Medical Association, May 21, 2003, vol. 289.

### Prescription Drug Plan Coverage Changes for 2010

The following changes to the pharmacy benefit were effective January 1, 2010.

#### Prilosec OTC Program

The cost of a one-month supply of Prilosec OTC or omeprazole OTC will change from \$1 to \$5 to be consistent with the cost of generic prescription omeprazole. Prilosec OTC and omeprazole OTC are covered at retail only and you must have a prescription to take advantage of this benefit.

#### Over-the-Counter (OTC) Equivalents

An over-the-counter equivalent is a drug available without a prescription that has identical active ingredients and strengths as a prescription drug or product in a comparable dosage form. Ohio State's Prescription Drug Plan does not cover certain OTC medications and to remain consistent, OTC equivalent medications will now be excluded from the plan. Some examples of these OTC equivalents are Zyrtec, polyethylene glycol, ranitidine HCl, loperamide, benzoyl peroxide, clotrimazole, meclizine HCl, and hydrocortisone.

Contact your local pharmacy if you have any questions about the new costs of your medications. Your pharmacist can advise if it is more cost advantageous to choose the OTC version of your medication.

#### Generic Specialty Medications

The copay for generic specialty prescription drugs, including but not limited to, chorionic gonadotropin, fluorouracil, leuprolide acetate, methotrexate and octreotide acetate, is changing from a flat \$4-\$5 copay to a co-insurance system. See chart at right for new costs.

If you have any questions about the new costs of your medications, call pharmacy benefits manager Express Scripts Inc. at (866) 727-5867 to receive a cost estimate for your future fills.

## BEHAVIORAL HEALTH

### Difficult (But Important) Conversations

Bob Forte LPCC  
University Faculty and Staff Assistance Program

Most managers acknowledge the difficulty of managing conversations when the potential for conflict is high. Some say it is the most difficult part of the job. It also is one of the most important because these conversations are the foundation on which teamwork and culture are built. Handling interactions badly risks damage to workplace relationships, increased organizational stress, and reduced creativity and productivity.

Often the difficulty arises out of some common human errors, including speaking too quickly or through an emotional lens; becoming rigid and taking win/lose positions rather than negotiating to develop group or individual give and take; and "winging" such conversations rather than making a plan and developing the needed interpersonal skills.

For instance, to achieve a solution to a problem while maintaining and improving a workplace relationship, you should:

- **Prepare.** Think about your needs and goals as well as those of the other person. Decide on and stay aware of the desired tone of the conversation. Maintain this tone in how you interact.
- **Learn to track the dance.** Difficult conversations can be like a dance, requiring movement forward, backward, side to side, or sometimes staying in place. Balance assertiveness with support, be flexible, and notice when the other person's resistance increases or decreases. Notice how the person responds to you and perhaps ask for feedback. Take a deep breath and relax.
- **Anticipate roadblocks** in the form of objections, negativity, distrust, and emotionality. Maintain your composure, respond to negativity with active listening or a question, and respond to distrust with support and invite a different perspective. Respond to excessive emotion by pausing, taking a deep breath, and maintaining a conversational tone. If you hit a wall, propose ending the meeting and setting a time to meet again. Listen closely to make sure you understand. Look for hints of possible solutions in what the other person says.

Two very helpful sources of information are *Hostage at the Table* by George Kohlrieser and *Crucial Conversations* by Patterson, Grenny, McMillan, and Switzler.

For further assistance in building your or your workgroup's interpersonal skills or resolving conflict, contact the University Faculty and Staff Assistance Program at (614) 292-4472, toll-free at (800) 678-6265, or visit [osuhealthplan.com/ufsap](http://osuhealthplan.com/ufsap).



Dependent Eligibility Certification: What Do I Need?	
Dates	Action Required
January 2010 <b>Certification Phase</b>	Complete the eligibility certification packet from ACS HR Solutions.  Health plan members must complete certification forms for each covered dependent.  No documentation is required at this stage.
March 2010 <b>Proof of Eligibility Phase</b>	A random sample of individuals selected from the certification phase along with those who never completed the initial certification will be required to provide proof of eligibility.  Required documentation may include copies of birth certificates, marriage certificates, and/or proof of joint ownership.

<b>Network Retail Pharmacy</b>	20 percent of the cost of the drug with a \$5 minimum and a \$30 maximum.
<b>CuraScript (mail order) Pharmacy</b>	20 percent of the cost of the drug with a \$4 minimum and a \$25 maximum.

## Get Answers to Your Health Questions!

Medical and health care professionals at The Ohio State University, in collaboration with the University of Cincinnati and Case Western Reserve University, bring you current, unbiased, credible health information and answer your health questions online, confidentially, and without cost. Visit NetWellness at [netwellness.org](http://netwellness.org) and be sure to watch this space for featured questions and answers.



ASK AN EXPERT



CORNER



## Starting an Exercise Program

**Question: My doctor says I am overweight, that I need to eat less and exercise more. I have never been athletic and totally hate the thought of exercising. The only thing I ever do is walk my dog about 10 minutes before I leave for work and 10 minutes when I get home. I know I need to do more to reach a healthier weight. Where and how do I start?**

Congratulations on your decision to work toward a healthier weight. Reaching and maintaining a healthier weight is important to improving your overall personal health and well being. In addition to the benefits of more energy and strength, keeping your weight at a healthy level can lower your risk of developing diseases such as high blood pressure, Type 2 diabetes, cardiovascular disease, stroke, and some forms of cancer. Even losing a few pounds can have health benefits.

Getting started on a new exercise program can be an overwhelming task. Be sure to consult with your physician prior to beginning a vigorous exercise program and follow any restrictions he or she recommends. Because you are moving from being less physically active to becoming more active, it is important that you start gradually with exercises that you enjoy and are not too tiring.

Consider following these Centers for Disease Control and Prevention (CDC) physical activity guidelines for healthy adults:

**Muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms)**

**AND**

**A total of 150 minutes of moderate-intensity aerobic activity (i.e., brisk walking) every week**

**OR**

**A total of 75 minutes of vigorous-intensity aerobic activity (i.e., jogging or running) every week**

**OR**

**An equal mix of moderate- and vigorous-intensity aerobic activity.**

Although 150 minutes each week may seem like a lot of time, you already walk 140 minutes each week with your dog. But you are correct—you need to do more.

### So, what kind of activities count?

Aerobic activity or “cardio” is any activity that gets you breathing harder and your heart beating faster—as long as you’re moving at a moderate or vigorous intensity for at least 10 minutes at a time.

Moderate-intensity aerobic activity means you’re working hard enough to raise your heart rate and break a sweat. One way to tell is that you’ll be able to talk, but not sing the words to your favorite song. Walking fast, pushing a lawn mower, or water aerobics are activities that require moderate effort.

Vigorous-intensity aerobic activity means you’re breathing hard and fast, and your heart rate has gone up quite a bit. If you’re working at this level, you won’t be able to say more than a few words without pausing for a breath. Jogging, running, or fast cycling all require vigorous effort.

A good rule of thumb is that 1 minute of vigorous-intensity activity is about the same as 2 minutes of moderate-intensity activity.

There are many ways you can do muscle-strengthening activities, whether it’s at home or the gym. Try lifting weights, working with resistance bands, doing exercises that use your body weight for resistance (i.e., push-ups, sit-ups), heavy gardening (i.e., digging, shoveling), or yoga.

Be sure you build up over time—that is, gradually increase the amount of time and intensity of your exercise. When beginning an exercise program, 5-10 minutes of activity may be all you can do. If you want to do more vigorous-level activities, slowly replace those that take moderate effort, like brisk walking, with more vigorous activities, like jogging. Be sure to start and end each session with stretching.

Chart your progress by recording the type of exercise you performed and the duration in a notebook. Don’t get discouraged if you don’t see results right away. Keep your focus on the process and celebrate the small steps along the way.

A personal health coach, offered through *Your Plan for Health* by the OSU Health Plan, can further guide you on your journey to the new you, with advice on exercise options, nutrition, and weight management. To schedule an initial conversation with a health coach, call (614) 292-4700 or (800) 678-6269, or send an e-mail to [healthcoach.osuhealthplan@osumc.edu](mailto:healthcoach.osuhealthplan@osumc.edu).

Source: [cdc.gov/physicalactivity/everyone/guidelines/index.html](http://cdc.gov/physicalactivity/everyone/guidelines/index.html).



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## Where to Call



Here’s a quick and easy reference if you need information regarding benefits, health plan membership, or other employee resources at Ohio State. (When calling with health plan questions or claims, have ready your employee ID number, group number, claim number, and date of service, where applicable.)

Contact the **Office of Human Resources Customer Service Center**  
(614) 292-1050, (800) 678-6010,  
(TDD) 688-3730, or [hr.osu.edu/benefits](http://hr.osu.edu/benefits)

For questions regarding:

- The VISION plan (VSP)
- The DENTAL plan (Delta Dental)

For information on or to change:

- ENROLLMENT STATUS (e.g., name, marital status, number of dependents, etc.)
- DEPENDENT COVERAGE (to obtain out-of-area coverage for dependents)

For information on:

- YOUR PLAN FOR HEALTH™
- 2010 INCENTIVE PROGRAM
- Personal Health Coaching Program\*

You may also visit [YourPlanForHealth.com](http://YourPlanForHealth.com) or e-mail [yourplanforhealth@hr.osu.edu](mailto:yourplanforhealth@hr.osu.edu).

Contact **OSU Health Plan**  
(614) 292-4700, (800) 678-6269, or  
[osuhealthplan.com](http://osuhealthplan.com) for:

- MEDICAL BENEFITS questions
- Prior authorization services or questions
- Complaints or comments regarding providers associated with the Ohio State medical plans
- Online Provider Directory: [osuhealthplan.com/search](http://osuhealthplan.com/search)

Contact **Express Scripts**  
(866) 727-5867 or [express-scripts.com](http://express-scripts.com)

For questions regarding:

- PRESCRIPTIONS

Contact **NGS American**  
(866) 44-BUCKS, (866) 442-8257, or [ngs.com](http://ngs.com) for:

- MEDICAL CLAIMS issues
- Questions about your claim
- To order a new insurance card
- To check on the usual and customary prices for a specific procedure

Contact **CareAllies**  
(800) 579-0534 or [mycareallies.com](http://mycareallies.com),  
password “buckeyes,” for:

- 24-Hour Nurse Line
- Lifestyle Management Programs\*
- Care Coordination Program\*†

\* Participation earns points toward the Faculty and Staff Incentive Program.

† Participation earns copay reduction in the Value-Based Prescription Drug Plan.