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Employee Benefits

San Felipe Del Rio CISD

New RX carrier for Mail Order and Specialty Biotech drugs

*****EFFECTIVE MARCH 1, 2014*****

Caremark will no longer be the mail order/specialty drug carrier. The new provider will be **CATAMARAN**. New Insurance cards will be printed and sent to your campus. Please make sure that you discard your current card upon receipt of the new card.

If you use the mail order service and/or Specialty Biotech drugs, you will need to request a new prescription from your physician and submit it with your new order to **CATAMARAN**.

Weight Watchers at Work

It is not too late to join. Weight Watchers at Work meetings take place every Thursday at 5:00 pm at DRHS in Room 124. Call Ext. 4100 or 4020 for more information.



Did you get your flu shot?

Flu is a serious disease that kills an average of 23,600 Americans a year, according to estimates from the Centers for Disease Control and Prevention. People over 65, pregnant women, young children and people with chronic health conditions are most at risk for complications, so it's especially important for them to be vaccinated. Check with your medical provider.

Upcoming Community Events:

Val Verde Regional Medical Center: Community Health Education Series at the Memorial Board Room of Val Verde Regional Medical Center



February 25 @ 6 p.m.- Heart Health by Cynthia Hernandez, Cardiac Nurse Practitioner



March 26 @ Noon- Eye Disease by Dr. Bell

Health Screenings

If you participated in the Health Screenings back in November 2013, please remember to set up your follow up appointment with your physician to review your results.



Excerpt from TML Healthy Living Guide: Diabetes

What is Type 2 Diabetes?

There are at least 3 types of diabetes. The information here is about Type 2, which is the most common type of diabetes.

- **Type 1 Diabetes:** the body does not make insulin. Insulin helps the body use glucose from food for energy. People with Type 1 need to take insulin every day.
- **Type 2 Diabetes:** the body does not make or use insulin well. People with Type 2 often need to take pills or insulin. Type 2 is the most common form of diabetes.
- **Gestational Diabetes:** may occur when a woman is pregnant. It raises her risk of getting Type 2 Diabetes for the rest of her life. It also increases her child's risk of being overweight and getting diabetes.

Taking good care of yourself and your diabetes can help you feel better. Many people have diabetes and do not know it, because not everyone has symptoms. Symptoms can include:

- Extreme thirst
- Unexplained weight loss
- Feeling tired
- Having to urinate often
- Blurry vision

Risk Factors

You are more likely to get type 2 diabetes if you:

- are age 45 or older
- are overweight
- are not physically active
- have high blood pressure or high cholesterol
- had gestational diabetes— diabetes during pregnancy or gave birth to a baby weighing over 9 pounds
- have blood glucose levels that are higher than normal, but not high enough to be called diabetes
- are African American, American Indian, Asian American, Pacific Islander, or Hispanic/Latino
- have a family history of diabetes
- have polycystic ovary syndrome
- have dark, thick, velvety skin around your neck or in your armpits
- have blood vessel problems affecting your heart, brain, or legs

Treatment and Care

- ◇ **Regular check ups**
- ◇ **Take your medicine every day**
- ◇ **Be physically active:** Get 30 to 60 minutes of physical activity, such as brisk walking, on most days of the week.

◇ Nutritional

- Ask for a diabetes meal plan to help you choose healthy foods
- Healthy food choices include:
 - Fruits and vegetables
 - Fish, lean meats, and poultry
 - Dried beans and peas
 - Low-fat and skim milk and cheese
- Avoid foods that have a lot of sugar, salt or fat

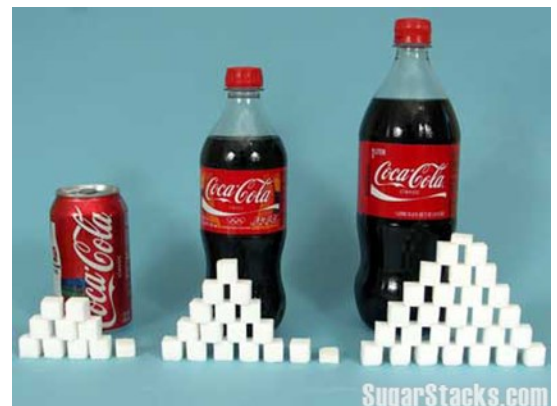
Sugar Smart Tip: Don't exceed the American Heart Association's [recommended sugar levels](#), which are 5 teaspoons for women (20 grams); 9 teaspoons for men (36 grams); and 3 teaspoons (12 grams) for children. For reference, a can of soda generally contains up to 12 grams of sugar; a single slice of whole wheat bread contains up to 2 teaspoons of added sugars.

Be Sugar Smart: know how much sugar you're really eating

by [Anne Alexander, Prevention.com](#)




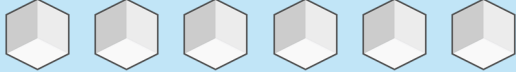





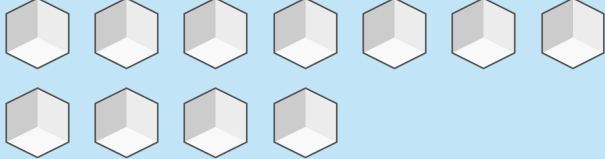

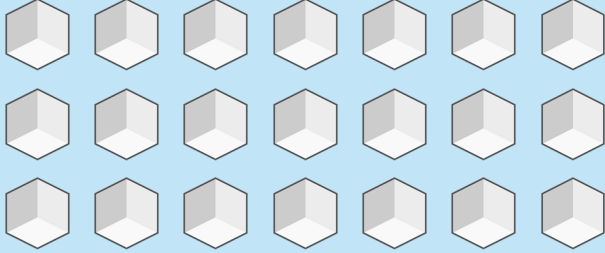
America's diet has been sugar jacked. Our foods are being saturated with hidden sugars in ways—and to an extent—that most of us don't realize. We still tend to think about sugar as we did when we were kids: a pure, sweet treat that makes dessert taste like, well, dessert.

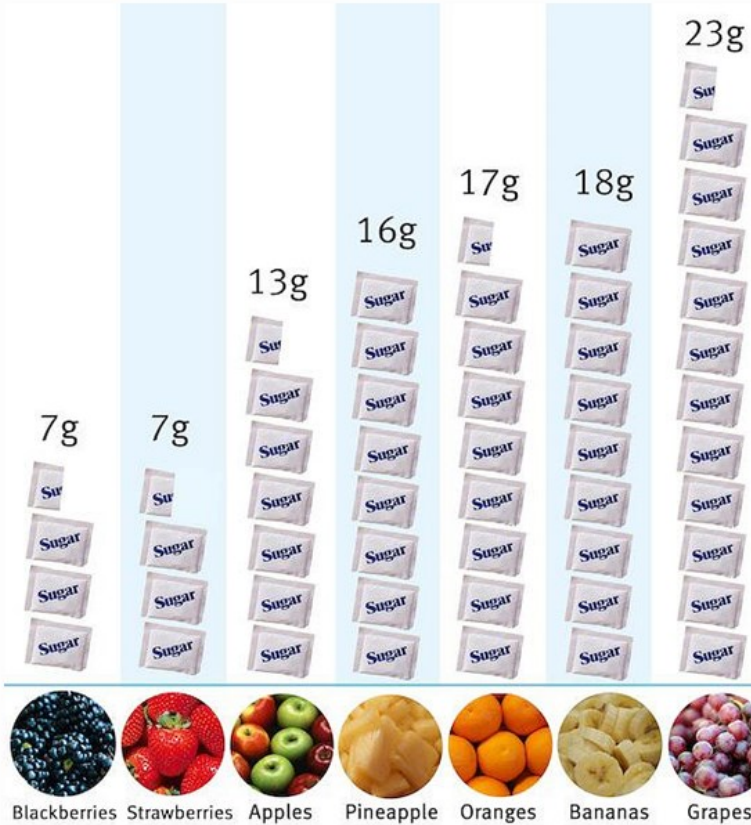
But in the past 40 years, new forms of sugar have crept into food processing at an astounding rate. Now most American adults consume a staggering two-thirds of a cup of added sugar every single day. And let's be clear: These are sweeteners added to food as an ingredient, not sugars that occur naturally, as they do in fruit. What's driving this increase is not just supersized cheesecakes or gigantic Frappuccinos. Sugar in its many forms is now showing up by the tablespoon in pasta sauce, in "healthy" breads, and in gravy, soups, and frozen entrees—as well as in yogurt and low-fat salad dressing. Some seemingly healthy breakfast cereals contain 10 different types of sugar. Think you can spot all of them? Good luck. [Sugar now goes by 50 different names](#) on ingredient labels.



Sugar Smart Tip: Eat a protein-rich breakfast. Skipping breakfast makes you 4.5 times more likely to become obese. Eating breakfast also helps keep your blood sugar levels more favorable. An added perk? One study found that when overweight women chose protein-rich eggs over a bagel, they naturally ate about 160 fewer calories during the subsequent lunch.

Look at the sugar contents of these foods. Remember that there are many names for sugar, so the ingredients label is sometimes deceiving.

Sugar Bombs	Amount of sugar	Sugar cubes
	13 g for every 2 tablespoons	
	19 g per cup	
	12 g for every 2 tablespoons	
	29 g 8 oz can	
	(10 gummy worms) 44 g	
	Some up to 83 g per can	



Sugar in 1 serving size of fruit: The important thing to remember: Too many calories from anything, including fruit, can lead to weight gain and other negative health effects. While the USDA recommends the average person stick to about two cups of fruit per day, it's best to stick with fresh or frozen. Beware of packaged or canned fruit (danger food!) and fruit juices, which can have high amounts of sugar, even if the package says "light syrup" (one container of apple sauce has only 100 calories, but packs in 23 grams of sugar!).

Employee Benefits & Support Services Department
 (830) 778-4020 or (830) 778-4100

TML Claims Department 1-800-348-7879
 English: (800) 282-5385 /
 Spanish: (800) 385-9952
 Professional Health Coach (888) 818-2822 /
 Care Management: (800) 847-1213

First Financial Group of America (800) 672-9666

AllState (800) 348-4489
Ameritas (800) 747-1024
Texas Life (800) 283-9233
New York Life (800) 7107945
Cincinnati (800) 937-3148
Eyetopia (800) 662-8264

American Fidelity Disability (800) 662-1113

403(B) Representatives:
Brown Financial– 775-2911
Edward Jones– 774-5559
Money Concepts– 775-4800

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Did you know that sitting with legs crossed at the knee can... bump up blood pressure, according to a study published in Blood Pressure Monitoring. Leg crossing increased systolic blood pressure nearly 7% and diastolic by 2%. "Frequent crossing of the legs also puts stress on the hip joints and can cause pooling of blood in the legs when the veins are compressed," says Stephen T. Sinatra, MD, FACC, a Connecticut-based cardiologist and author of The Great Cholesterol Myth. "This could predispose you to inflammation of the veins of the lower legs and possibly a blood clot." Dr. Sinatra says to avoid crossing your legs for longer than 10 to 15 minutes, and to get up and walk around every half hour or so.
www.prevention.com

Go from the couch to a 5K in 6 weeks!

Try this beginner-friendly training program to help you slim down and get race-ready to complete your first 5K.

Program was created by running coach Jenny Hadfield, jennyhadfield.com

WEEK 1

Monday: 24 minutes: run 1 min/walk 3 min; repeat 6x
Tuesday: Xtrain, 30-40 minutes [Optional]
Wednesday: 24 minutes: run 1 min/walk 3 min; repeat 6x
Thursday: Xtrain, 30-40 minutes [Optional]
Friday: Rest
Saturday: 24 minutes: run 1 min/walk 3 min;

WEEK 2

Monday: 24 minutes: run 1 min/walk 3 min; repeat 6x
Tuesday: Xtrain, 30-40 minutes [Optional]
Wednesday: 24 minutes: run 1 min/walk 3 min; repeat 6x
Thursday: Xtrain, 30-40 minutes [Optional]
Friday: Rest
Saturday: 28 minutes: run 1 min/walk 3 min; repeat 7x
Sunday: Rest

WEEK 3

Monday: 24 minutes: run 1 min/walk 3 min; repeat 6x
Tuesday: Xtrain, 30-40 minutes [Optional]
Wednesday: 28 minutes: run 1 min/walk 3 min; repeat 7x
Thursday: Xtrain, 30-40 minutes [Optional]
Friday: Walk 30 min
Saturday: 32 minutes: run 1 min/walk 3 min; repeat 8x
Sunday: Rest



WEEK 4

Monday: 28 minutes: run 1 min/walk 3 min; repeat 7x
Tuesday: Xtrain, 30-40 minutes [Optional]
Wednesday: 28 minutes: run 1 min/walk 3 min; repeat 7x
Thursday: Xtrain, 30-40 minutes [Optional]
Friday: Walk 30 min
Saturday: 36 minutes: run 1 min/walk 3 min; repeat 9x
Sunday: Rest

WEEK 5

Monday: 32 minutes: run 1 min/walk 3 min; repeat 8x
Tuesday: Xtrain, 30-40 minutes [Optional]
Wednesday: 32 minutes: run 1 min/walk 3 min; repeat 8x
Thursday: Xtrain, 30-40 minutes [Optional]
Friday: Walk 30 min
Saturday: 40 minutes: run 1 min/walk 3 min; repeat 10x
Sunday: Rest

WEEK 6

Monday: 32 minutes: run 1 min/walk 3 min; repeat 8x
Tuesday: Rest
Wednesday: 28 minutes: run 1 min/walk 3 min; repeat 7x
Thursday: Rest
Friday: 24 minutes: run 1 min/walk 3 min; repeat 6x
Saturday: Rest

Free apps you can download on your smart phone to help you be fit.

Don't let
New Year's
resolutions
fade away!

