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## Welcome to the First Issue of *Making Lives Healthier*

Welcome to the first issue of *Making Lives Healthier*, the quarterly health and wellness e-bulletin of Texas Panhandle Centers. *Making Lives Healthier* will provide you with compelling, interesting and helpful information about ways to improve your health and the health of those around you. We hope you find this first bulletin interesting and informative.

## NEW MOVES IN EXERCISE

**Group Personal Training.** Smaller than a group exercise class and more affordable than one-on-one training, group personal training offers service for those with similar goals, fitness levels, or interests.

**Active video games.** While active video games (such as Wii Sports) shouldn't replace your workout, they can be an effective way to use technology to help increase your activity level. Research shows that certain games may raise heart rate, increase movement and calorie expenditure, and count towards your daily activity goal.

**Stability training.** Wobble boards, BOSU balls and foam rollers help to improve your balance and stability. As you age balance and stability become even more important; movement activities can help you prevent falls and fractures.

**Sport-specific training.** Whether it is for a marathon, triathlon or bike tour, setting a goal and training for a specific event is becoming more widespread. Many local gyms and trainers design training programs around such goals.



*Group exercise class at Zach's Club 54– Amarillo*

**Core Training.** Strengthen your abdominal and back muscles. Good core strength makes it easier to do just about anything.

**Take a Spin!** With upbeat music and the ability to pedal without worrying about the weather, indoor cycling, or "spinning," is one of today's most popular exercise classes.



**Bell Street Clinic**  
3440 Bell Street, Ste. 122, Amarillo, TX 79109  
806-379-9225 (Phone) 806-331-4497 (Fax)

**Grand Street Clinic**  
3300 I-40 East, Ste. 400, Amarillo, TX 79103  
806-379-8552 (Phone) 806-379-7661 (Fax)

### Texas Panhandle Centers Employees

**Effective September 1, 2011**

#### Did you know?

- For those Employees on the Texas Panhandle Centers Health Plan through Insurance Management Services, Care Today Urgent Health visits will cost you \$10 (versus your Standard \$30 or \$40 Co-Pay).
- Care Today Urgent Health is open **8 am- 8 pm Monday through Saturday at 34<sup>th</sup> & Bell** and **8 am- 5 pm Monday through Friday at I-40 & Grand.**
- Care Today Urgent Health accepts Appointments (no more waiting in lines for hours to be seen).
- Care Today Urgent Health provides Routine Care (most of the same services at Family Practice Doc’s).
- Care Today Urgent Health provides Urgent Care (why go to the ER for minor injuries and wait?).
- Care Today Urgent Health Capitated Visit Plan covers: In-House Lab Work, X-Ray’s, Minor Surgical Procedures, and Injections.

#### Giving the Gift of Good Health

- *Gym Membership*
- *Book on healthy lifestyles*
- *Gift certificate from a sporting goods store*
- *Yoga class*
- *Gift certificate from a health food store*
- *Massage session*

- Acid Reflux
- Back Pain
- Boils/Abscesses
- Bronchitis
- Burns
- Carpal Tunnel
- Colds
- Diabetes
- Diarrhea
- Dizziness
- Ear Infections
- Fevers
- Flu
- Fractures (Splinting)
- Fungal Infections
- Headaches
- High Cholesterol
- Ingrown Toenails
- Lacerations (Stitches)
- Muscle Strains
- Nausea/Vomiting
- Obesity
- Osteoporosis
- Pink Eye
- Rashes
- Sinus Infections
- Sore Throat
- Spider Bites
- Sprains
- Strep Throat
- Urinary Tract Infections
- Upper Respiratory Infections
- High Blood Pressure
- Wounds

# HEALTHY RECIPE

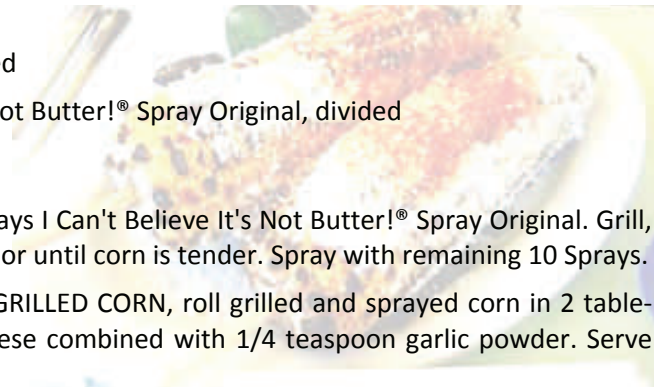
## INGREDIENTS

- 4 ears corn-on-the-cob, husked
- 20 sprays I Can't Believe It's Not Butter!® Spray Original, divided

## DIRECTIONS

Evenly spray corn with 10 sprays I Can't Believe It's Not Butter!® Spray Original. Grill, turning frequently, 8 minutes or until corn is tender. Spray with remaining 10 Sprays.

TIP: To make CAESAR-STYLE GRILLED CORN, roll grilled and sprayed corn in 2 table-spoons grated Parmesan cheese combined with 1/4 teaspoon garlic powder. Serve with lemon



*Recipe provided by Carmen Nichols*

**Nutrition Information per serving**

Calories: 80  
Calories from Fat: 10g

Saturated Fat: 0g	Trans Fat: 0g
Total Fat: 1g	Cholesterol: 0mg
Sodium: 30mg	Total Carbs: 17g
Sugars: 3g	Dietary Fiber: 2g
Protein: 3g	Vitamin A: 4%
Vitamin C: 10%	Calcium: 0%
Iron: 2%	

# BENEFITS OF MASSAGE

There’s no denying the power of massage. As an accepted part of many physical rehabilitation programs, massage therapy has proven beneficial for many chronic conditions, including low back pain, arthritis, bursitis, high blood pressure, diabetes, immunity suppression, infertility, smoking cessation, and more. And, as many millions will attest, massage also helps relieve the stress and tension of everyday living that can lead to disease and illness. According to Caralee Hill, a licensed massage therapist in Amarillo, other massage benefits include, but are not limited to:

- Increasing circulation
- Reducing edema
- Releasing lactic acid in muscles
- Lessening depression and anxiety
- Reducing scar tissue
- Increasing energy and reducing fatigue
- Releasing endorphins

Massage Therapy can be an important part of a holistic approach to overall health. As Caralee says, “We seek out counseling for our Mind, we seek out our Higher Power for our Spirit, Why not seek out Massage for Our Body?”

*Information provided by Caralee Hill, LMT 806.340.9665*

## HEALTH QUICKS

**Air purifiers may freshen the air in your home, but they may not eliminate cigarette smoke.** There are many types of air purifiers on the market, but not all of them remove smoke particles. Most air purifiers

aren’t designed to remove gaseous pollutants— a major component of cigarette smoke. The best way to protect yourself and others from second hand smoke is to prohibit smoking in your home.

**Chocolate is not a health food, but it may be a heart-healthy choice if eaten in moderation.** Research suggests that cocoa may help lower blood pressure, improve vascular health and reduce cell damage associated with heart disease.

**For best results, choose dark chocolate with a cocoa content of 65% or higher and limit yourself to no more than 3 ounces per day.**



Texas Panhandle Centers- Behavioral and Developmental Health (TPC) (formerly Texas Panhandle MHMR) is a locally-controlled non-profit organization that serves adults and youth with severe mental illness, intellectual and developmental disabilities, and children from birth to three years of age who experience developmental delays.

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[WWW.TXPAN.ORG](http://WWW.TXPAN.ORG)

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*If you have information you would like to contribute or ideas for articles, please email [jim.womack@txpan.org](mailto:jim.womack@txpan.org) or call 351-3326.*

*Improve your Health with*



Every day we make health related decisions, some are simple and some are more challenging. To assist you in making the best decision, IMS Wellness Works has partnered with Texas Panhandle Centers to provide a wellness program specifically tailored to your needs. Wellness Works uses summary medical claim information, prescription information, and the Health Risk Assessment (HRA) to identify your needs.

The core product of IMS Wellness Works is WorldDoc's 24/7 Health Management System. This is an interactive web based member portal that empowers you to understand your individual health related issues, evaluate symptoms, assess health risks and implement programs to decrease those risks. The WorldDoc 24/7 web portal is available anywhere there is a computer with internet access. You can access your health records and individual medical decision support tools online at your convenience.

In conjunction with WorldDoc's 24/7 web portal, IMS provides a **Care Management Nurse** who coordinates care by monitoring individual care plans, offers education that is specific to your needs, and provides telephonic coaching and support.

**All** Texas Panhandle Center employees & spouses enrolled in the Group Health Plan will have an opportunity to obtain Biometric Screenings in October 2011 during the Annual Health Fair.

By participating in the IMS Wellness Works program, employees will have the opportunity to reduce the payroll premium contribution and increase their health and wellness status.

**Participation is simple and requires the following:**

- **OBTAIN YOUR BIOMETRIC SCREENINGS AT THE ANNUAL HEALTH FAIR – OCTOBER 28, 2011**
- **COMPLETE YOUR HEALTH RISK ASSESSMENT (HRA) ONLINE AT [WWW.IMSTPA.COM](http://WWW.IMSTPA.COM) THROUGH *WORLDDOC***
- **COMPLETE THE NURSE CONSULTATION BY 12/16/11.**

Completion of the HRA and the Care Management Consultation must be completed by 12/16/11 to receive your payroll premium reduction beginning 1/1/12.