



The RHIT Heartbeat
Rose-Hulman Institute of Technology
Benefits/Wellness Newsletter

WINTER EDITION
December 2011
Volume 2, Issue 6

Health Insurance Update

Health insurance deductibles will reset effective January 1, 2012. Deductibles are based on a calendar year from January through December. Also, if you are enrolled in the Consumer Choice Plan, the \$500 upfront allowance will also reset January 1.

Electronic W-2

Help us go **green!** Choose to receive your W-2 electronically by following these easy steps:

- Log on to [Banner Web](#)
- Click on **Employee** Tab
 - **Tax Forms**
 - **Electronic W-2 Consent**
- Click the **check box** next to consent to receive your W-2 electronically.

Please note: You will have the ability to view and print your W-2 for all current and prior years for as long as you are employed with Rose-Hulman.



2011 Holiday Schedule

Christmas

Friday, December 23, 2011

Monday, December 26, 2011

Tuesday, December 27, 2011

Wednesday, December 28, 2011

Thursday, December 29, 2011

Friday, December 30, 2011

New Year

Monday, January 2, 2012



Top Health Concerns for Current SimplyWell Participants



Type of Risk	Total % of Employees with Risk(s)
Weight Management	74%
Improving Fitness	63%
Managing Cholesterol Levels	50%

Source: SimplyWell Executive Reports as of 10/05/11

Power of the Program since 2008!

Participant "x" has made major changes

	2008	2011
Triglycerides	283	97
BP	160/90	108/60
LDL	113	60
Glucose	124	113
Health Score	65	85



These statistics are from a current participant who has been in the SimplyWell program for 3 years.

2012 SimplyWell Speakers

For up-to-date information on SimplyWell speakers in 2012, please visit the SimplyWell Upcoming Events website at

<http://www.rose-hulman.edu/HR/SimplyWell%Program.html>

Avoid the Winter Blues by Participating in Intramural Sports

by **Ryan Brimberry**, Assistant Director for Recreational Sports & Athletic Facilities/Director of Intramurals and Sport Clubs

Summer is long gone, fall is flying by, and winter is nearly here! As the days get shorter and cooler, it becomes more and more difficult to avoid the winter blues. Luckily, for the Rose-Hulman campus community, there is one sure way to avoid those dreaded blues--get involved and stay active in the Intramural Sports Program.

The Intramural Sports Program is an exciting part of campus life at Rose-Hulman. The program strives to provide a healthy environment through which all students, faculty, and staff may enjoy a broad variety of competitive and recreational activities, regardless of experience and ability. Intramural activities range from traditional sports such as basketball, volleyball, and slow-pitch softball to non-traditional sports such as table tennis, badminton, and the strongest engineer competition. With 30 different activities to choose from, and over 60% of the campus community being involved, the Intramural Sports Program is a great way to stay active, get in shape, and most importantly, have fun.

The Intramural Sports Program provides you with endless benefits such as improving and maintaining physical health, relieving stress, enhancing social interaction, developing a lifetime interest in a sport, and much more. Participating is also a great way to earn points toward the SimplyWell Program. Points can be earned by taking part in any of the Intramural Sport leagues or one-day events. Each time an individual participates in an intramural activity, points can be earned. To learn more on how to avoid getting the winter blues, earn points toward SimplyWell, or how to get involved in the Intramural Sports Program, please contact Ryan Brimberry at brimberry@rose-hulman.edu.



If you've recently made a resolution to lose weight or get healthy, **TOPS** (Take Off Pounds Sensibly) may be the tool you need.

You can join for \$26 per year.

If you are interested, please contact Annette Brainard at ext. 8455 for more information.



Fitness Classes at Rose-Hulman



Fitness classes are held every Monday, Wednesday, Thursday, and Friday on campus. There is no cost to Faculty/Staff to attend. For more information, please visit the Wellness Program website available through the Office of Human Resources' webpage .

<http://www.rose-hulman.edu/HR/SimplyWellProgram.html>

LEFTOVERS?

Discard all perishable foods, such as meat, poultry, eggs, and casseroles, left at room temperature longer than 2 hours; 1 hour in air temperatures above 90 °F. This includes leftovers taken home from a restaurant.

Some exceptions to this rule are foods such as cookies, crackers, bread, and whole fruits.

Whole roasts, hams, and turkeys should be sliced or cut into smaller pieces or portions before storing them in the refrigerator or freezer. Turkey legs, wings, and thighs may be left whole.

Refrigerate or freeze leftovers in shallow containers. Wrap or cover the food.

REFRIGERATOR STORAGE AT 40 °F OR BELOW

Cooked meat or poultry	3 to 4 days
Pizza	3 to 4 days
Luncheon meats	3 to 5 days
Egg, tuna, and macaroni salads	3 to 5 days

Foods stored longer may begin to spoil or become unsafe to eat. Do not taste.

FREEZER STORAGE AT 0 °F OR BELOW

Cooked meat or poultry	2 to 6 months
Pizza	1 to 2 months
Luncheon meats	1 to 2 months

Salads made with mayonnaise do not freeze well.

Foods kept frozen longer than recommended storage times are safe but may be drier and not taste as good.

WHEN IN DOUBT, THROW IT OUT!

Source: USDA

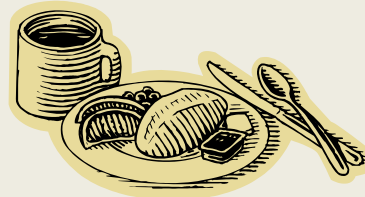


The 2012 Benefits/Wellness Fair will be held in late March at the SRC.

More information to come!

Healthy Recipes

Do you have a healthy recipe you'd like to share with other Faculty and Staff? Send an email to Pahnke@rose-hulman.edu.



Did You Know?

Terre Haute's Community Health Fair will be held at the ISU Hulman Center on Sunday, January 29, 2012 from 1:00 - 4:00 p.m.

For more information, please visit

<http://www.healthyperrehaute.com>.



2011-12 Wellness Committee

Annette Brainard, Co-Chair

Pamela Pahnke, Co-Chair

Jacob Campbell

Susan Reynolds

Sue Dayhuff

Brian Shearer

Amy Dellacca

Randy Stakeman

Jerry Fine

Mary Wade

Jan Jerrell

Deborah Walter

Darryl Mouck