SimplyWell Registration

Required health screenings will be held from 7:00 - 10:00 a.m. on the Hulbert Arena balcony in the SRC on the following dates:

- Tuesday, July 8th
- Wednesday, July 9th
- Thursday, July 10th
- Saturday, September 6th
- Monday, September 8th
- Tuesday, September 9th

All new and current SimplyWell participants and their spouses (if applicable) are required to attend, as well as complete an online questionnaire. For assistance with enrollment and health screening registration, please click here. If your spouse is enrolling for the first time, please contact Pamela Pahnke at pahnke@rose-hulman.edu to receive his/her identification number.

Simplywell Wellness Events

<table>
<thead>
<tr>
<th>June 4</th>
<th>June 10</th>
<th>June 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campus Walk</td>
<td>Rose-Hulman Health Services</td>
<td>Pacesetter Sports - Summer Fitness</td>
</tr>
<tr>
<td>Time: 9:00 a.m. OR 3:00 p.m.</td>
<td>Time: 12:00 - 1:00 p.m.</td>
<td>Time: 10:50 - 11:40 a.m.</td>
</tr>
<tr>
<td>Location: Hadley Hall Circle</td>
<td>Location: HMU - Noble Romans</td>
<td>Location: HMU - Heritage Room</td>
</tr>
</tbody>
</table>

Please register via ANGEL and click on ROSEperience. Spouses are welcome to attend. Please RSVP by calling Pamela Pahnke at (812) 877-8916. Please record your points on SimplyWell’s website on or before June 15th. Points recorded after June 15th will not count for 2013-2014.
Colonoscopy Coverage as of July 1, 2014

For participants ages 50 and over, the first colonoscopy performed after July 1, 2014 is paid at 100%. Subsequent colonoscopies are paid as follows:

- If **routine** - paid at 100%
- If **diagnostic** - paid subject to the deductible and copay.

Medical Advocate Program (MAP)

Employees can obtain recommendations on physicians who may have higher volumes, lower complication and mortality rates. This program will lead employees to the lowest cost facilities providing equal or similar quality.

You will want to call MAP when you:

- Want to have quality information on any physician and facility in your area
- Have any difficulty getting the medical services you need when you need them
- Want to have access to medical cost and information on specific ailments
- Want help with questions to ask your physician about your symptoms or ailments
- Need to see a specialist or have a procedure done in a hospital or outpatient facility
- Have medical questions that are best answered by a Registered Nurse (RN)
- Want to have information on alternative treatment options
- Want local contact information on organization, social services and support groups available

UMR Customer Service Hours Extended

You can now talk with a live UMR Customer Service Representative 24 hours a day, Monday through Friday by calling (800) 826-9781.

BennyCard Users

Current BennyCard users will not receive a new card for 2014-15. Your new election will be available on your card on July 1, 2014.
The Color Run ™

Have you heard about those 5k run/walk events where color is thrown on you as you are walking/running? Terre Haute is hosting this event at Indiana State University on Saturday, August 23rd. If you are interested in learning more or want to join the Rose-Hulman team, please contact Pamela Pahnke at ext. 8916. You can learn more about The Color Run ™ at http://thecolorrun.com/. Participants in the SimplyWell program can earn 250 points for attending this event.

Simplywell and FitBit

You can now sync a FitBit account to your SimplyWell profile. This will allow you to update your Health Trackers quickly and easily. Information added by the sync includes:

- Low Intensity Activity
- Moderate/High Intensity Activity
- Steps
- Water
- Body Weight
- Sleep (if applicable)

Once the synchronization is complete, Fitbit will periodically send information to SimplyWell which will add points added to your profile.

To register your Fitbit, please log on to www.simplywell.com and click on “My Information” and then “My Apps”.

New to SimplyWell?

You can attend events on campus and in the community to earn points for SimplyWell.

Please visit the Upcoming Events page to find events on campus and to locate resources for events in the community.

If you know of an event in the community, please contact Pam Pahnke at ext. 8916.
### SRC Summer Hours

<table>
<thead>
<tr>
<th>Building</th>
<th>Monday - Friday</th>
<th>Saturday/Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>6:00 a.m. - 8:00 p.m.</td>
<td>Closed</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Pool</th>
<th>Monday - Friday</th>
<th>Saturday/Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>6:00 a.m. - 10:00 a.m.</td>
<td>Closed</td>
</tr>
<tr>
<td></td>
<td>12:00 p.m. - 2:00 p.m.</td>
<td></td>
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</tbody>
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### Human Performance Services

The following services are available to Faculty and Staff at no cost:

- Equipment Orientations
- Fitness Assessments
- Exercise Program Recommendations


### Bike Share Program

Don’t forget that the SRC offers a Bike Share Program free of charge to Faculty, Staff, and Students. Please contact the SRC at ext. 8069 for more information.

### Reminder on XRCISE Classes

XRCISE Classes will be available during the summer. Please visit the Human Performance website for details!

### RHIT Summer Sports

Summertime Activities

Terre Haute


Tribune Star Calendar: [http://www.tribstar.com/events](http://www.tribstar.com/events)

State of Indiana


Indianapolis Downtown, Inc.: [http://www.indydt.com/home.cfm](http://www.indydt.com/home.cfm)

McCormick’s Creek State Park: [http://mccormickscreakstatepark.com/](http://mccormickscreakstatepark.com/)

Turkey Run State Park: [http://www.turkeyrunstatepark.com/](http://www.turkeyrunstatepark.com/)

Visit Indiana Travel Planning Site: [http://www.in.gov/visitindiana/](http://www.in.gov/visitindiana/)

One-Tank Trips to Indianapolis

Are you looking for a fun summer adventure with your family or friends? Indianapolis is just a short car ride away. From baseball games to museum visits to zoo adventures, Indianapolis is sure to provide family fun all summer long. You can visit [http://www.indydt.com/home.cfm](http://www.indydt.com/home.cfm) for more information.
WALK

WITH A DOC

Bring your family and attend a brief health talk and walk with our doctors!

Walks are from 9-10 a.m.,
at Fairbanks Park, South 1st St. and Dresser Drive, Terre Haute (meet at the Amphitheater)
There is no charge to attend and all ages are welcome

- April 19 - Jacqueline Holder, D.O., UAP Clinic Pediatrician
- May 17 - Elizabeth Schmidt, M.D., UAP Clinic Surgeon
- June 21 - Susan Sharifi, M.D., UAP Clinic Neurologist
- July 19 - Matthew Jones, M.D., UAP Clinic Orthopaedic Surgeon
- August 16 - Janis Ingebrigtsen, M.D., UHMG Family Medicine
- October 18 - Union Hospital Family Medicine Residency

UAP CLINIC

iwalk

UNION HOSPITAL
Caribbean Casserole

Ingredients

- 1 onion (medium, chopped)
- 1/2 green pepper (diced)
- 1 Tablespoon canola oil
- 1 can stewed tomatoes (14.5 ounces)
- 1 teaspoon oregano leaves
- 1/2 teaspoon garlic powder
- 1 1/2 cups brown rice (instant, uncooked)
- 1 can black beans or preferred beans

1. Sauté onion and green pepper in canola oil, in a large pan, until tender. Do not brown.

2. Add tomatoes, beans (include liquid from both), oregano, and garlic powder. Bring to a boil.

3. Stir in rice and cover.

4. Reduce heat to simmer for 5 minutes.

5. Remove from heat and let stand for 5 minutes.