SimplyWell Registration and Screenings

Health Screenings will be held from 7:00 - 10:00 a.m. on the Hulbert Area balcony in the SRC on the following dates:

- Monday, July 6; Tuesday, July 7; Wednesday, July 8
- Saturday, September 12; Monday, September 14; Tuesday, September 15

All new and current SimplyWell participants are required to attend. Enrollment on SimplyWell's website for the 2015-16 plan year will be available starting on June 16, 2015. All points must be entered on/before June 15, 2015 to count for the 2014-15 plan year.

5 Step Enrollment Process

**Step 1 - Account**
- **First Time Users**: Create your User ID and Password for future access.
- **Current Users**: Update your Account Information.

Review and Accept the Agreement and Policy Information.

**Step 2 - Profile**
Update your Preferences and Contact Information.

**Step 3 - Health Screening**
Choose a Health Screening option.

**Step 4 - Medical History**
Update your Medical History.

**Step 5 - Health Questionnaire**
Complete your Health Questionnaire.

SimplyWell Summer Fitness Challenge: Amusement Parks of the Midwest

Do you need one final wellness event before SimplyWell's deadline of June 15th? Are you looking to jump start your summer fitness? Please join the Rose-Hulman Wellness Committee by participating in the Summer fitness challenge from June 1 - August 31. Participants are encouraged to engage in physical activity for at least 15 minutes a day. These minutes will be tracked as miles and will be used to “walk” to amusement parks in the Midwest. Prizes will be available throughout the challenge.

If you and/or your spouse are interested in this challenge, [please click here](#) to register and for more information.
TIAA-CREF Individual Sessions

Mike Dooley will be on campus on Wednesday, July 1. To sign up for a session, please call (800) 732-8353.

After-Hours Medical Care

Did you know that Terre Haute has several “after-hours” medical care facilities that are UMR-approved? Days and hours may vary so please click the appropriate link below for more information.

- UAP Convenient Care
  www.uapclinic.com

- CVS Minute Clinic
  www.minuteclinic.com

- MedExpress Urgent Care
  https://www.medexpress.com/

- Union Hospital HealthCheck
  http://www.myunionhospital.org/
  unionhospital/index.php/healthcheck

Flexible Spending Account Users

Don’t forget that your 2014-15 account is active through September 30, 2015. Eligible claims must be incurred by September 15, 2015. Any remaining FSA money must be reimbursed by September 30. If you have questions, please contact Pamela Pahnke at ext. 8916.

Insurance Deductibles

Health insurance deductibles are based on a calendar year from January 1 through December 31. Participants on the Consumer Choice plan have a $2,000 deductible. Participants on the Buy-Up plan have a $450 deductible. Both plans have a $2,000 out of pocket maximum and the maximum includes co-pays.

Dental deductibles are based on a fiscal year, July 1 through June 30.

Rose-Hulman Health Services

Summer Hours

Monday through Thursday
7:30 a.m. - 1:00 p.m.
Closed Fridays

Appointments can be made for employees and spouses by calling (812) 877-8367.
**The Color Run is Back!**

**What Is The Color Run™?**
“The Color Run”, also known as the “Happiest 5k on the Planet”, is a unique paint race that celebrates healthiness, happiness and individuality. Now the single largest event series in the world, “The Color Run” has exploded since its debut event.

To purchase tickets, please click here.

To join the Rose-Hulman team, please search for “RHIT Wellness (Pahnke).” You do not have to run/walk with the team but you can get a discount on tickets.

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**Summer Camps**

Interested in a local summer camp for your child(ren)? Be sure to check out the 2015 Summer Camp Guide from Haute Happenings by clicking here.

Highlighted camps include (but are not limited to:)

- Fine Art: Theater, Dance, Art, and Music
- Education: Reading, Writing, and Arithmetic
- Athletic Groups & Sports Teams
- Outdoor Groups: Big Cats, Tent Camping, and Horseback Riding
- Fun and Games: Cooking, Photography, and Video Games

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**SRC Summer Hours**

(starting June 8)

**Building**
6am – 8pm

**Pool**
6am – 10am and 12pm – 2pm

**Bouldering Wall**
11am - 1pm and 5pm - 7:30 pm

Don’t forget about the Downtown Terre Haute Farmer’s Market, held outdoors, from June through October. It is located at 9th and Cherry Streets (across from Clabber Girl) from 8:00 a.m. - 12:00 p.m.

Learn more by clicking here.
Outtasight Salad

Ingredients

Salad:
- 2 cups salad greens of your choice
- 1 cup chopped vegetables (tomatoes, cucumbers, carrots, green beans)
- 1 cup juice-packed pineapple chunks, drained, or fresh orange segments
- ¼ cup Dressing
- 2 tablespoons raisins or dried cranberries
- 2 tablespoons chopped nuts, any kind
- 1 can (14.5 ounces) no-salt added diced tomatoes

Dressing:
- ¼ cup yogurt, nonfat, plain or fruit-flavored
- 1 tablespoon orange juice
- 1½ teaspoons white vinegar
- 2 tablespoons raisins or dried cranberries

Preparation Instructions

1. Put mixed salad greens on a large platter or in a salad bowl.
2. In a large bowl, mix chopped vegetables and orange segments. Add dressing and stir. Spoon mixture over salad greens.

Dressing Preparation:

1. In a small bowl, mix all ingredients. Refrigerate until ready to serve.

Nutrition Facts
Serving Size: 1/4 salad

- Calories: 100
- Total Fat: 1.5g
- Sodium: 40mg
- Fiber: 3g
- Carbohydrates: 18g
- Protein: 2g

Source: United States Department of Agriculture