Save the Date!!

The Annual Flu Shot Clinic will be held on Tuesday, October 6 from 1:00-4:00; Wednesday, October 7 from 7:30-4:00; Thursday, October 8 from 7:30-1:00 (first day of fall break) in Health Services. More information to follow via e-mail. Flu shot scheduling will begin in mid-September.

Come Meet the Health Services Staff

Our Health Services staff, Carrie Cunningham, FNP and Dr. Mark Schuld, Health Services Medical Director, will be available for a “Meet and Greet” on Friday, Sept. 4 and Friday, Sept. 18 from 11:30-12:30. Please stop by the Union building, at the entrance to the main dining room, to visit with Carrie and Dr. Schuld.

Unreimbursed Health Care Spending Account (FSA)

Participants in the 2014-2015 FSA have until September 15, 2015 to incur expenses for the 2014-2015 plan year. Expenses must be submitted to UMR on/before September 30, 2015 for participants to be reimbursed any remaining funds from the 2014-2015 plan year. Do you need a reimbursement form for your expenses or need to know if you have remaining funds in your account? Contact Pam Pahnke at ext. 8916 or pahnke@rose-hulman.edu

TIAA-CREF Individual Sessions

TIAA-CREF will be on campus September 29th and 30th for individual sessions. If you would like to schedule an appointment with our representative Mike Dooley, please call TIAA-CREF directly at (800) 732-8353, Monday through Friday from 8:00 a.m. – 8:00 p.m.
Rose-Hulman Health Services

Employees and spouses enrolled in Rose-Hulman’s health plan can visit Rose-Hulman Health Services for minor illnesses and injuries at no charge. Located in the Hulman Union, Room 135, the Health Services staff can assist you with:

- **Illness and Injury Treatment**
- **Chronic Care** (Diabetes, Hypertension, Thyroid, etc.)
- **Lab Services**
- **Preventative Services and Screenings** (Physical and Wellness Exams, Blood Pressure Monitoring, etc.)
- **Minor Injuries** (lacerations, sprain/strains, suture and staple removal, etc.)
- **Vaccinations**
- **Allergy Injections** (with serum provided by patient’s allergist)

Appointments can be made by calling Health Services at (812) 877-8367 or they can be scheduled online at: [https://secure.uapclinic.com/rhit/default.aspx](https://secure.uapclinic.com/rhit/default.aspx).

Hours: Monday-Friday 7:30 a.m. - 4:00 p.m.

**Walk-ins are welcome!**

**Insurance ID Cards**

You will have ID cards for health and dental insurance. You will not have an ID card for vision insurance. You can tell the provider that you have VSP as your vision provider.

**YMCA Membership Cards**

New YMCA members can pick up ID cards at the front desk of the YMCA location marked as the “preferred location” on the application. ID Cards will not be mailed.
**SimplyWell Screenings**

- **Date:** September 12, 14, 15
- **Time:** 7:00 - 10:00 a.m.
- **Location:** SRC Hulbert Arena Balcony
- **Description:** All SimplyWell participants complete an on-site screening to start the new SimplyWell plan year.

To register, please log on to [www.SimplyWell.com](http://www.SimplyWell.com). Please note that participants will complete an online questionnaire as part of the registration process.

**SimplyWell Points**

SimplyWell participants are only required to earn **10,000** points. Your home page will show that **11,000** points are required (as shown below). Participants can choose to earn **1,000** points in *Education Modules* and **1,000** points in *Health Trackers* or **2,000** points in *Health Trackers* and **0** points in *Education Modules*.

**Upcoming SimplyWell Sessions**

We have several upcoming SimplyWell Sessions planned for this fall. A few topics are.....

- **New User’s Guide to Navigating the SimplyWell Website: A Guide for New Users** - Sept. 23rd in the HMU Heritage Room @ 11:45
- **Tour of the SRC** - Oct. 14th in the SRC @ 2:30
- **The In’s and Out’s of Intramurals** - Oct. 28th in the SRC @ 10:50
- **Healthy Holiday Eating** - (TBD)

Please log on to Rose-Hulman’s SimplyWell Upcoming Events webpage for more information and to register.

**My Plan Progress**

How Am I Progressing?

This chart details your plan progress. You have earned **9,500** of your **11,000** point goal.
CVS Minute Clinic

CVS has an urgent care facility known as “Minute Clinic” that is part of UMR’s network. The clinic is located at the intersection of Margaret Ave. and 7th St.

http://minuteclinic.com

DID YOU KNOW?

API Walk In Clinic, located on South Third Street just north of I-70, is not a covered provider through UMR for the Rose-Hulman insurance plan.
CONGRATULATIONS!!!!!!

To all of the **Summer 2015 SimplyWell Fitness Challenge:**

**Amusement Parks of the Midwest** participants. Individuals participated in an activity challenge earning miles for minutes of activity. With every mile, they made their way closer to their next destination of various amusement parks across the Midwest while earning tokens for prizes along the way. When they crossed the finish line, they reached a total of 3,000 miles!

**GREAT JOB TO EVERYONE!!!!**

**Intramural Champions**

Congratulations to the Faculty/Staff Intramural Team. They took first place overall in the independent league for the 2014-15 academic year. Are you interested in learning more about intramurals? **Jordan Barrett,** Assistant Director of Intramurals, Club Sports & Special Events, will be hosting a session on Wednesday, October 28th at 10:50. This session will be worth 250 SimplyWell points.

Also…. **Keep an eye open for the Holiday Fitness Challenge starting in November!!!**
iWalk

iWalk is a collaboration between local community leaders and organizations who are committed to improving health and health care for all Wabash Valley residents. Visitors to the website can find walking events in the Wabash Valley as well as walking groups looking for new members.

You can find their website at:

http://iwalkwabashvalley.com/. SimplyWell participants can earn 250 points by participating in the walking events.
**Roasted Pumpkin-Apple Soup**

Servings: 12  
Recipes Courtesy of: EatingWell.com

**PREPARATION INSTRUCTIONS**

**Roasted Pumpkin-Apple Soup**

1. Preheat oven to 450°F
2. Toss pumpkin (or squash), apples, olive oil, 1 teaspoon salt and pepper in a large bowl. Spread evenly on a large rimmed baking sheet. Roast, stirring once, for 30 minutes. Stir in sage and continue roasting until very tender and starting to brown, 15 or 20 minutes more.
3. Transfer about 1/3 of the pumpkin (or squash) and apples to a blender along with 2 cups broth. Puree until smooth. Transfer to Dutch oven and repeat for 2 more batches. Season with remaining 1/4 teaspoon salt and heat through over medium-low heat, stirring constantly to prevent splattering, for about 6 minutes.
4. Serve each portion topped with hazelnuts and a drizzle of hazelnut oil.

**INGREDIENTS**

**Roasted Pumpkin-Apple Soup**

- 4 pounds pie pumpkin or butternut squash, peeled, seeded, and cut into 2-inch chunks
- 4 large sweet-tart apples, cored and cut into eighths
- 1/4 cup extra-virgin olive oil
- 1 1/4 teaspoons salt, divided
- 1/4 freshly ground pepper
- 1 teaspoon chopped fresh sage
- 6 cups reduced-sodium chicken or vegetable broth
- 1/3 cup chopped hazelnuts, toasted
- 2 tablespoons hazelnut oil

**Nutrition Information**

*Per serving:* 180 Calories, 9g Fat, 0mg Cholesterol

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SimplyWell  
www.simplywell.com

SimplyWell Integrated Health Solutions®