Unreimbursed Health Care Spending Account (FSA)

Participants in the 2013-14 FSA have until September 15, 2014 to incur expenses for the 2013-2014 plan year.

Expenses must be submitted to UMR on/before September 30, 2014 in order for participants to be reimbursed any remaining funds from the 2013-14 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.

SimplyWell Points

SimplyWell participants are only required to earn 10,000 points. Your home page will show that 11,000 points are required (as show 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.

TIAA-CREF Individual Sessions

TIAA-CREF will be on campus on Tuesday, September 23rd. 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.

Upcoming Rose-Hulman holidays: Thanksgiving - November 27-28
**Reminder on 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.

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**RHIT Health Services**

Employees and spouses enrolled in Rose-Hulman’s health plan can visit RHIT Health Services for minor illnesses and injuries at no charge to you. 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!**

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**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.

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**SRC XRCISE Classes**

The SRC offers several exercise classes to faculty and staff at no cost. To view the class schedules, please click [here](#).

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**Rose-Hulman Health Services Flu Shot Clinic**

Rose-Hulman Health Services will be offering the annual Flu Shot Clinic on the following dates:

- **Tuesday, October 7th**
- **Wednesday, October 8th**
- **Thursday, October 9th**

More information will be sent soon via email.
UAP Convenient Care Clinic

You don’t always know in advance that you’re going to get sick or injured. If it happens when your doctor’s office or RHIT Health Services is closed, a provider at UAP’s Convenient Care Clinic can see you!

Location: UAP Clinic Downtown - 221 S. Sixth St. Terre Haute, Indiana

Hours: Monday - Friday 5-8 p.m., Saturday 9 a.m. - 2 p.m., Sunday 1-5 p.m.

Services: Treatment for minor illnesses and injuries including: broken bones, fever, cough, colds, headaches, seasonal allergies, poison ivy, sore throats, and so much more

Contacts: Phone: (812) 242-3737  Website: www.uapclinic.com

No appointment needed!

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

Union Hospital HealthCheck

Union Hospital offers an urgent care facility located at the former emergency room location. For more information, please click here.

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.
What is MAP™?

The Medical Advocate Program™ (MAP™) is designed to affect significant changes in the way healthcare is purchased. While this Program reduces employers' healthcare costs, it also provides employees with the confidence that they have obtained the highest quality medical care for themselves and family members.

The MAP Advocate, a Registered Nurse, follows the patient throughout the entire episode of care, helping to organize and outline the appropriate steps to receive the most effective treatment. To accomplish this, MAP offers one-on-one assistance, identifying information on the highest quality physicians, effective treatment options, locating the most cost-effective facilities, and providing answers to medical questions, benefits, provider balance billing, etc.

How it Works

MAP makes it easy for employees and their families to get help obtaining the medical services they need and receive answers to their healthcare questions and concerns.

Step 1

Call MAP™

Call the Medical Advocate Program (MAP) toll-free number 1-800-283-9780.

Step 2

Speak with a MAP™ Advocate

Speak directly to a Registered Nurse (MAP Advocate) who listens to employee's medical concerns and guides them through their episode of care.

Step 3

Solve their Medical Concern

MAP Advocates provide answers and offer options to help employees make informed decisions about their healthcare.

Step 4

Research Provider's Medical Costs

MAP Advocates research critical data and analyze costs for all healthcare providers and facilities to ensure the employee receives the highest quality and most cost-efficient healthcare possible.

Step 5

Communicate Research Results

MAP Advocates communicate with the employee by providing research results in a written, user-friendly report, and through personal conversation to review and discuss options, as well as guidance to obtain the best medical care available.

Step 6

Employee Contacts Provider

As an educated consumer and with a better understanding of cost-efficient and qualified medical choices, the employee contacts their preferred provider and begins a journey on the road to a better healthcare experience.

Benchmarked Results per Call

- Average savings: $420
- Average length of call: 8 minutes
- Average wait time: <8 seconds
- Average turnaround to resolve or research medical concern: 11 hours
- Meet employees' expectations: 97.5%

Why choose MAP™?

It's MAP's ability to help select the right physician and facility that truly drives down the cost of surgical care.

Most advocate programs focus on the top or most easily avoidable items that are commonly billed by the industry. With MAP, we target the areas of healthcare that have the highest costs associated with the most common and usual procedures (complex medical services).

Reasons Employees Will Call MAP™

MAP is a completely independent provider not affiliated with insurance companies. MAP aligns the employer's incentive to reduce costs with the employees' desire to get the best healthcare available.

A second opinion for surgery, cancer, etc.

Child and adult surgical care

Diagnostic testing

Medical questions or concerns

Medical alternatives treatment options

Identifying primary care physicians (PCP)

Balance billing by providers

When one is having trouble getting medical services
Weight-Loss Wellness Challenge

Union Hospital will be sponsoring an eight-week holiday weight loss challenge beginning on Tuesday, November 18th. Participants will weigh in and have the opportunity to attend nutrition sessions in November and December. The final weigh-in will be held on Tuesday, January 12th. More information will be sent in November. To register for the challenge, please click here.

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.

Intramural Champions

Congratulations to the faculty/staff intramural team. They took first place overall in the independent league for the 2013-14 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 22nd. This session will be worth SimplyWell points. For more information, please click here.

SimplyWell Events

A listing of SimplyWell events both on campus and in the community can be found by visiting the Human Resources’ Upcoming Events page here. Do you have ideas for upcoming SimplyWell events? Please give your ideas to Pam Pahnke at ext. 8916.
Healthy

Recipe of the Month

Homemade Turkey Soup

Preparation Instructions

- Place turkey breast in large 6-quart pot. Cover with water until at least ¾ full.
- Peel onions, cut into large pieces, and add to pot. Wash celery stalks, slice, and add to pot.
- Simmer covered for about 2½ hours.
- Remove carcass from pot. Divide soup into smaller, shallower containers for quick cooling in refrigerator.
- After cooling, skim off fat.
- While soup cools, remove remaining meat from turkey carcass. Cut into pieces.
- Add turkey meat to skinned soup, along with herbs and spices.
- Bring to boil and add pastina. Continue cooking on low boil for about 20 minutes, until pastina is done. Serve at once or refrigerate for later heating.

Per Serving: 1 Cup, Yields 16 Servings
(abut 4 quarts of soup)

Source: Keep the Beat Heart Healthy Recipes from the National Heart, Lung, and Blood Institute
U.S. Department of Health and Human Services

Ingredients

- 6 lb turkey breast with bones (with at least 2 C meat)
- 2 medium onions
- 3 stalks celery
- 1 tsp dried thyme
- ½ tsp dried rosemary
- ½ tsp dried sage
- 1 tsp dried basil
- ½ tsp dried marjoram
- ½ tsp dried tarragon
- ½ tsp salt
- ½ lb Italian pastina or pasta
- Black pepper to taste

Nutrition Facts: Per Serving

Calories: 201; Total Fat: 2g; Saturated Fat: 1g; Cholesterol: 101mg; Sodium: 141mg; Carbohydrates: 11g; Fiber: 1g; Protein: 33g; Potassium: 344mg