The RHIT Wellness Committee is sponsoring the annual Benefits/Wellness Fair on **Thursday, March 19th,** from **10:00 a.m. - 2:00 p.m.** at the **SRC Fieldhouse.** Over 50 vendors will be in attendance with more than 15 new vendors in 2015. A light lunch will be available for **$3.00** in the Multi-Purpose Room.

Do you need SimplyWell **Wellness Speaker** points before June 15, 2015? The Wellness Committee is looking for volunteers to help before and after the fair. SimplyWell participants can earn 250 points by volunteering. Please contact Pamela Pahnke at ext. 8916 for more information.

**SimplyWell Deadline Approaching**

All SimplyWell points must be recorded no later than **June 15, 2015.** Any points recorded after June 15th **will not count** for the 10,000 point requirement for the 2014-15 plan year.
Preparing for Open Enrollment

Open enrollment is May 1 - May 31. Here are tips to prepare:

- **Confirm** which health insurance plan you have (Consumer Choice or Buy-up) by logging on to Banner Web and reviewing your pay stub.

- **Review out-of-pocket expenses** from 2014-15 to determine if a pre-tax FSA is right for you and your family.

- **Review** SimplyWell and YMCA plans to determine if participation is right for you and your family.

- **Ask questions!** Pamela Pahnke is available to answer general insurance questions.

- **Don’t wait!** Turning in forms at the last minute may result in you forgetting to enroll in benefits such as FSA or SimplyWell. Changes can only be made during open enrollment or during a Qualifying Life Event (i.e. marriage, birth, loss of coverage, etc.) so don’t miss out!

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**GET AN EXTRA $20 TO SPEND ON FEATURED FRAME BRANDS**

Choose a style from one of these brands and $20 will automatically be applied to your purchase when you use your benefits.

**Featured frame brands include:** Airlock* • Altair* • Anne Klein • bebe* Calvin Klein Collection Calvin Klein • Chloé • Diane von Furstenberg • Dragon • Flexon* • Genesis • G-STAR RAW JOE Joseph Abboud* • Joseph Abboud* • Karl Lagerfeld • Kilter® • Lacoste • MarchonNYC® Nautica • Nike • Nine West • Otis & Piper® • Revlon® • Salvatore Ferragamo • Sean John Sight for Students® • Skaga • Sunlites® • Tommy Bahama • Valentino • X Games

Available only to VSP members with applicable plan benefits. Frame brands subject to change. Expires 12/31/15.
Delphi's Medical Advocate Program (MAP) assists employees by showing how they can get more value out of their healthcare benefits, while at the same time helping them to become more educated purchasers of healthcare. With just a single phone call, MAP offers one-on-one personal assistance with qualified healthcare professionals with your medical questions, help with finding the highest quality doctors and facilities in the area, and understanding treatment options. All information discussed with MAP representatives is strictly confidential. Our goal is to ensure your peace of mind.

FREQUENTLY ASKED QUESTIONS

Q: Why do I need this program?
A: Obtaining quality medical care has become increasingly difficult and confusing. Usually, a person knows more about any other purchase they make other than the most important one — their healthcare. MAP assists you in making better, more informed decisions about your medical care and the costs involved in your choices. We answer your questions, help you find the right physicians and follow up with you until you achieve the outcome planned. The result — you waste less and get more out of your healthcare benefits, get better care and better outcomes—and you return to work faster, with fewer complications. MAP is all about your health!

Q: Who is covered under the MAP program?
A: As a member, you and your immediate family are covered for services under MAP, including your spouse and/or dependents, even though they may be covered under a different benefit program. Anyone in your immediate family may call at any time.

Q: How do I call MAP?
A: Just call a MAP representative at either 888-289-0700 or 727-579-3737.

Q: When can I call MAP?
A: Our offices are open Monday through Friday between the hours of 8:30am and 5:00pm Eastern Standard Time.

Q: Who does Delphi work for?
A: Delphi is completely independent from your employer, your physicians, your insurance carrier or claims administrator. Delphi's MAP representatives are medically qualified professionals solely serving you and your family's best interests.

Q: Are my conversations kept confidential?
A: Yes. All information we obtain from any source regarding you or your family is kept completely confidential. We have strict procedures that follow the Federal and State guidelines for privacy of medical and personal information.
**Indianapolis Zoo Tickets**

For discounted Indianapolis Zoo tickets, visit: [http://goo.gl/hLTZF](http://goo.gl/hLTZF) to create an individual account.

**Group Sales Code:** izrhit

**Current Discount Price (through March 20)**

- Adult: $8.00
- Child (2-12): $6.50
- Senior (62+): $7.25

Please note from March 21-October 25, you will need use **Discount Code 509** at the checkout screen for the additional savings.

- Adult: $13.00
- Child (2-12): $9.00
- Senior (62+): $11.00

Did you know that you can check projected attendance online before you buy tickets? Visit: [http://www.indyzoo.com](http://www.indyzoo.com).

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**Bike Share Program**

Don’t forget that the SRC rents bikes to faculty and staff at no cost. Bikes must be returned within 24 hours. Call the SRC front desk at 8059 for more information.

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**Holiday World Tickets**

Rose-Hulman employees and their families can purchase discounted Holiday World tickets from **anywhere** to save time waiting in line.

To purchase tickets, please click the link below: [https://shop.accesso.com/clients/accesso27/affiliate?m=1336&ec=1015](https://shop.accesso.com/clients/accesso27/affiliate?m=1336&ec=1015)

**Username:** Holiday378  
**Password:** World378


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**Holiday Challenge Winners**

Congratulations to **Anneliese Watt** and **Tony Blackburn** for winning the “Maintain, Don’t Gain” holiday challenge.

Random prize winners also included Janie Szabo, Jeremy Chapman, Mary Greer, and Jill Butcher.

Stay turned for another wellness challenge soon!

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**YMCA and SRC**

SimplyWell participants can enroll in the YMCA program at no cost. The only requirement is that participants visit the YMCA or SRC an average of 18 times over a 10-week period (quarter). If you want to participate, contact Pamela Pahnke for an application. Memberships begin on the first of every month.
Zucchini Lasagna

Ingredients

- ½ lb lasagna noodles, cooked in unsalted water
- ¾ C part-skim mozzarella cheese, grated
- 1½ C fat free cottage cheese
- ¼ C Parmesan cheese, grated
- 1½ C raw zucchini, sliced
- 2 ½ C no salt added tomato sauce
- 2 tsp basil, dried
- 2 tsp oregano, dried
- ¼ C onion, chopped
- 1 clove garlic
- ⅛ tsp black pepper

Preparation Instructions

1. Preheat oven to 350 °F. Lightly spray 9- by 13-inch baking dish with vegetable oil spray.
2. In small bowl, combine 1/8 cup mozzarella and 1 tablespoon. Parmesan cheese. Set aside.
3. In medium bowl, combine remaining mozzarella and Parmesan cheese with all of the cottage cheese. Mix well and set aside.
4. Combine tomato sauce with remaining ingredients. Spread thin layer of tomato sauce in bottom of baking dish. Add a third of noodles in single layer. Spread half of cottage cheese mixture on top. Add layer of zucchini.
5. Repeat layering. Add thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil.

Nutrition Facts

Serving Size: 1 piece

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Source: National Heart, Lung, and Blood Institute