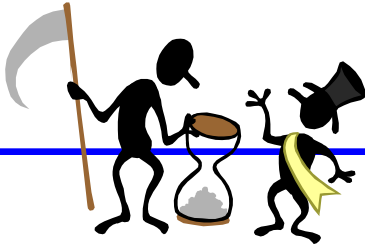


UC BENEFITS/HEALTH & WELLNESS NEWSLETTER

Wishing you and yours a Happy, Healthy and Peaceful New Year!



I CAN'T....YES, YOU CAN!

January 9th 5-8pm

GAME NIGHT

Library Concourse

Dinner, Dancing,
Games, Zumba,
Shabam, Crafts, Wii

Barriers to fitness: Overcoming common challenges

Sticking to a regular exercise schedule isn't easy. Get practical tips for overcoming common barriers.

By Mayo Clinic staff

Sticking to a regular exercise schedule isn't easy. After all, there are plenty of potential hindrances — time, boredom, injuries, self-confidence. But these issues don't need to stand in your way. Consider practical strategies for overcoming common barriers to fitness.

Barrier No. 1: *I don't have enough time to exercise*

Setting aside time to exercise can be a challenge. Use a little creativity to get the most out of your time.

- **Squeeze in short walks throughout the day.** If you don't have time for a full workout, don't sweat it. Shorter spurts of exercise, such as 10 minutes of walking spaced throughout the day, offer benefits too.
- **Get up earlier.** If your days are packed and the evening hours are just as hectic, get up 30 minutes earlier twice a week to exercise. Once you've adjusted to early-morning workouts, add another day or two to the routine.
- **Drive less, walk more.** Park in the back row of the parking lot or even a few blocks away and walk to your destination.
- **Revamp your rituals.** Your weekly Saturday matinee with the kids or your best friend could be reborn as your weekly Saturday bike ride, rock-climbing lesson or trip to the pool.

Barrier No. 2: *I think exercise is boring*

It's natural to grow weary of a repetitive workout day after day, especially when you're going it alone. But exercise doesn't have to be boring.

- **Choose activities you enjoy.** You'll be more likely to stay interested. Remember, anything that gets you moving counts.
- **Vary the routine.** Rotate among several activities — such as walking, swimming and cycling — to keep you on your toes while conditioning different muscle groups.
- **Join forces.** Exercise with friends, relatives, neighbors or co-workers. You'll enjoy the camaraderie and the encouragement of the group.
- **Explore new options.** Learn new skills while getting in a workout. Check out exercise classes or sports leagues at a recreation center or health club.

What about working with our personal trainer this year?

Contact Maggie Matrulli for an initial assessment at Maggie_matrulli@yahoo.com

ABOUT THE “ER”

DID YOU KNOW THAT...

While emergency rooms provide excellent care, if you have a **non life-threatening** emergency, you may have other options for seeking treatment.

For conditions that aren't life-threatening but need attention right away, you may be able to save time and money by visiting one of the many local Urgent Care facilities in the Utica area.

Urgent Care doctors treat patients on a walk-in basis, can perform basic services such as ordering x-rays, lab work and dispensing prescriptions. The facilities usually have extended hours, which are very convenient.

Go to the Emergency Room for:

- Persistent chest or abdominal pain or pressure
- Uncontrolled bleeding
- Head injury or broken bones
- Poisoning or suspected overdose
- Inability to breathe or shortness of breath
- Seizure or loss of consciousness
- Numbness or paralysis of an arm or leg
- Sudden slurred speech, visual changes or weakness
- Major burns
- Intense pain
- Severe reaction to an insect bite, medication or food



Go to Urgent Care for:

- Moderate fever
- Colds, cough or flu
- Bruises, abrasions and minor cuts
- Minor burns
- Eye, ear or skin infections
- Sprains or strains
- Urinary tract infections
- Respiratory infections

Think twice before going to the emergency room !

If you are not sure where to go to get the care you need, contact your doctor.

Some Local Urgent Care Centers

Independent Physician Urgent Care
1904 Genesee Street, Utica, NY
(315) 793-8856

Mohawk Glen Urgent Care
91 Perimeter Road, Rome, NY
(315) 337-2156

Slocum-Dickson Medical Group Urgent Care
1729 Burrstone Road, New Hartford, NY
(315) 798-1436

Ridge Mill Medical Center & Urgent Care
7901 Ridge Mill Road, Rome, NY
(315) 337-2500

Faxton-St. Luke's Urgent Care
1676 Sunset Avenue, Utica, NY
(315) 624-5226



DON'T FORGET ABOUT "UC PASSPORT TO HEALTH"

We have prizes to give away! Remember ?

The more often you participate, the better your chances are to receive
MORE than just a pat on the back!



"UC Passport to Health"...be in it and WIN

You are eligible to be entered into a monthly drawing for every 5 points earned.

Passports must be signed by the session presenter or a member of the H & W committee to be valid.

When you have completed 5 activities, bring your passport to one of the committee members to be entered in the monthly drawing.

Celeste Moore-Student Affairs

Lisa Rogers-Library

Pamela Salmon-DePerno Hall

Caren Summers-HR

Jamie Callari-Champlin House

Make your activities count!

Also available to you...

FREE HEALTH COACHING 24/7

Peace of Mind When You Need it Right Away

Our Member Care Management program provides support and education for members with chronic or complex health conditions, other targeted conditions or general health questions in multiple ways, including access to our 24/7 Health Coaching Line.

You can contact a Health Coach by phone anytime – 24 hours a day, seven days a week. They can provide support on the phone or through follow-up educational mailings.

This program is tightly integrated into our other Member Care Management programs, allowing you to be referred between programs and have access to the support that best fits your needs.

Key Features:

- 24/7 Health Coach availability to all individuals who call in to the program
- Decision making support and education when you need it most
- Triage to appropriate level of care
- Assistance with finding par providers
- Nutritional information
- Information regarding medications and diagnoses
- Referrals, as appropriate, into the larger Member Care Management program for enhanced care management by a dedicated care manager
- Welcome mailing sent to all households newly eligible for the program

All Excellus BCBS members are able to access the program.

Ask a Health Coach Today!

Health coaching is a service provided to Excellus Blue Cross members to support their relationship with their health care providers. The information provided is intended to help educate members, not to replace the advice of a medical professional.

If you are experiencing severe symptoms such as sharp pains, fever, loss of bodily function control, vomiting or any other immediate medical concern, dial 911 or contact a physician directly.



NIGHT OR DAY

Lunch & Learn

A representative from Tully Hill Chemical Dependency Treatment Center will be speaking to us on Thursday February 6.

1-2 PM Lunch provided

Watch for flyer