

## In this issue

[What is Diabetes?](#)

[UC Care Wellness Discounts](#)

[Health Child Preventive Care](#)

[Your 2015 Retirement Review](#)

## Events and Resources

### Spring MobileFit

April 6 – June 12

**Stretch Well**—Gentle stretching, yoga, and breathing techniques.

**Get Fit Cardio**—The focus will be on increasing the heart rate and sustaining for longer periods of time. Zumba and/or other dance will be included.

**Get Fit Total Body Conditioning**—Resistance training and balance work.

### Free NRT

Nicotine replacement therapy is available at Human Resources and the Student Health Services for UCR staff, faculty, and students, who are current tobacco users, to use while on UC property to maintain a tobacco-free environment. [Click here](#) for more information.

## What is Diabetes?

Diabetes is a disease in which the body's inability to produce any or enough insulin causes elevated levels of glucose in the body. Insulin is a hormone secreted by the pancreas that regulates glucose, or sugar, within the blood stream. There are various types of diabetes, but the most prevalent is type 2 diabetes.

### Type 2 Diabetes

An individual is diagnosed with type 2 diabetes when his or her body does not produce enough insulin to break down the glucose in the blood stream. Type 2 diabetes can be controlled with medications and can be reversed with the adoption of a healthy lifestyle.

Here are some facts about diabetes:

- In 2012, 29.1 million Americans were estimated to have diabetes, with 8.1 million people believed to be undiagnosed.
- The total cost of diabetes is \$245 billion, which includes medical costs and decreased work productivity.
- Risk factors for diabetes are being overweight, inactivity, family history, and prediabetes.
- Prediabetes occurs when the level of glucose in the blood is elevated but not high enough to be diagnosed as diabetes. It can occur without any symptoms.
- Poorly treated diabetes can cause health complications such as hypertension, stroke, blindness, kidney disease, and limb amputations.
- Symptoms of diabetes include increased thirst, frequent urination, increased hunger, fatigue, blurred vision, and slow-healing sores.

### Diabetes Prevention & Treatment

- Get tested if you have family history of diabetes or believe that you may be prediabetic. Tests such as the fasting glucose test, oral glucose test, and A1C test are convenient and inexpensive.
- Incorporate an exercise routine that includes both aerobic exercise and strength training to increase weight loss and sensitivity to insulin.
- Foster weight loss by making healthier food choices, while also keeping glucose levels within a normal range.
- If on medications, follow your doctor's orders to avoid diabetes complications. Diabetes is a manageable disease that can be controlled with proper care.

*Mayo Clinic & American Diabetes Association*

## Your Health From A-Z Scavenger Hunt

Participate in this 5-week scavenger hunt sponsored by the Wellness Program and Ergonomics to increase physical activity and get more familiar with the wellness opportunities available on campus.

The kick-off for this event will be on April 29 in HUB 268 from 12:00 - 1:00 p.m.

## Wellness Benefit/ Incentive Program

### Provided by Optum Health

Eligible participants can earn a \$75 VISA gift card by participating in a variety of wellness activities such as the Total Health Profile, telephone coaching, on-line coaching, and campus wellness activities. For more information and to access the Wellness Website, go to [uclivingwell.ucop.edu](http://uclivingwell.ucop.edu).

## Become a UCR Wellness Ambassador

Join our 90+ Ambassadors to promote and support health and wellness at UCR. Wellness ambassadors serve a critical role to help create a healthy culture and serve as a liaison between their department and the UCR Faculty and Staff Wellness Program.

Contact [wellness@ucr.edu](mailto:wellness@ucr.edu) to join.

## Contacts

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## UC Care Wellness Discounts

UC Care members have access to a variety of Blue Shield member discounts on popular weight-loss, fitness and health, wellness and vision programs that help you get healthy and save money, including:

- ClubSport and Renaissance ClubSport
- Weight Watchers
- 24 Hour Fitness
- Vision Discount Program QualSight LASIK
- NVision Laser Eye Centers
- MESVision Optics

Enjoy discounts on monthly membership dues, subscriptions, enrollment fees and more. With the Alternative Care Discount Program, you can get 25% off usual and customary fees for:

- Acupuncture
- Massage Therapy
- Health and wellness products (including free shipping on most items).

To learn more, visit the [Blue Shield Wellness Discount Programs](#).

## Health Net Child Preventive Care

Health Net offers the following well-child preventive care services that do not require copayments. This program includes:

- Periodic health evaluation (an exam directed by the physician; one not required for admission to school or an after-school activity, etc.) until age 16
- Blood level screening
- Blood pressure
- Counseling and education for diabetes
- Laboratory tests and X-rays
- Pelvic exam
- Vision and hearing exams

To learn more, visit the [Health Net Preventive Screening Guidelines](#).

## Your 2015 Retirement Review

Your retirement readiness score gives you the percentage of your current income that you are estimated to replace in retirement at age 65 from the UC Retirement System—UCRP and your UC 403(b), 457(b) and DC Plan accounts. It's a simple way to see if you'll be financially ready for when you want to retire.

Visit the [www.ucfocusonyourfuture.com/](http://www.ucfocusonyourfuture.com/) website where you will find details about your readiness score, including assumptions, methodology and things to consider. You can even explore options that could help you build a brighter future!

Please keep in mind that investing involves risk. The value of your investment will fluctuate over time and you may gain or lose money.