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## Events and Resources

### Fit For Life (FFL) Program

July 20 - August 28 / Join Anytime!

Fit for Life (FFL) is a 6-week Summer Challenge encouraging UCR employees to move more and get active with fellow coworkers. Join either an individual or a team of 2. To join, contact [Julie Chobdee](#).

[Click here](#) to download the flyer.

### Stress Less - Free Relaxation

[Exercises from UCR Counseling Center](#)

The UCR Counseling Center provides resources including breathing exercises, muscle relaxation, and several forms of meditation. [Click here](#) for more information.

## Eat Left and Right for the Summer

Summertime has arrived and that means vacation, fun, and relaxing in the sun. Although the summer is meant for holidays and traveling, don't take a summer break from eating nutritious meals and snacks. Use your entire brain to make the best summertime food choices. How?

**Eat both left and right for the summer.** Eating left means using your left brain to get creative with eating this summer season. Eating right means making traditional choices based on the foods available for a particular season. Try each to get the best of both nutritious worlds.

Ways to eat left and get creative with your food includes:

- > **Baking fries** - Slice white or sweet potatoes into sticks, lightly spray with olive oil cooking spray, add pepper and paprika, and bake on a cookie sheet.
- > **Veggie kabobs** - Load up skewers with mushrooms, peppers, cherry tomatoes, zucchini, yellow squash or other veggies. Spray lightly with olive oil cooking spray and grill until slightly blackened
- > **Homemade freezer pops** - Mash up fruit like peaches, berries or watermelon and put them in paper cups, insert a popsicle stick, freeze overnight, and enjoy. For fruit smoothies, blend your favorite fresh fruits with fat-free or low-fat yogurt and ice for a refreshing drink or freeze and eat with a spoon.
- > **Mix your own trail mix** - Use your favorite unsalted or lightly salted nuts, seeds and unsweetened dried fruits.

What comes to mind, the right mind, when thinking of food and the summer? Traditional grilling and barbeque are a great answer with warmer weather. Barbeque can taste great without being bad for you. Heart healthy ideas includes mixing in fresh fish and making a better burger.

- > **Fish is the first step** - Buy oily fish like tuna and salmon that have great nutritional benefits including omega-3 fatty acids. Rub a fillet with lemon juice and parsley or rosemary for enhanced flavor.
- > **Better burgers** - Buy 95% lean turkey burger or meatless garden burgers served with avocado slices, tomato and lettuce. When using beef, choose lean or extra lean beef, drain off the excess fat after cooking, and avoid making huge patties.
- > **The conventional choice** - Slice and serve seasonal fruit. Summer months are peak season for apricots, plums, blackberries, blueberries, cherries, fig, melons, peaches, raspberries and apples.

*Source: American Heart Association*

## Walking Map

Map your course around UCR! [Walking Maps](#) are available for 4 walking routes around the UCR campus. These range from a 10- to a 45-minute walk. Pick a path to walk today and get moving.

## Community Walk/Runs

[Click here](#) for more information on local community races for all levels.

## Become a UCR Wellness Ambassador

Join our 100+ 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.

## 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, visit [uclivingwell.ucop.edu](http://uclivingwell.ucop.edu).

## Contacts

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### Veronica Luna

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## Family Support Program

Optum now offers the Family Support Program to help you care for a dependent who has a substance abuse problem. The program can help you with a child who is up to age 25.

### What does the Family Support Program offer?

The Family Support Program gives you phone access to licensed clinicians who will assess, educate, support, and manage cases of children or adult dependents with substance use disorders (alcohol or drugs). These specialists are licensed mental health clinicians with an in-depth knowledge of alcohol or drug addictions and treatment.

### How does the Family Support Program work?

The program is available to you at no additional charge. When you call the program, a family support specialist will do a complete and in-depth assessment of your situation. The specialist will:

- > **Educate** you about addiction and community resources for you and your loved one
- > **Guide** you through treatment options and refer you to the appropriate treatment centers or clinicians
- > **Support** you in communicating with your child and taking care of yourself and other family members by providing connections to support services

### To learn more, contact:

- Specially designated number for this program: 1 (877) 229-3440
- 8:30 a.m. to 5:00 p.m. (PT) *or* log on to [liveandworkwell.com](http://liveandworkwell.com).
- Access code: 11280

## Vision Services Plan (VSP) Out-of-Pocket Expenses

When you visit a VSP network doctor, you'll have access to a wide selection of frames as well as lens enhancements. Examples of out of pocket expenses include:

- > Scratch-resistant coating
- > Anti-reflective coating
- > Ultraviolet (UV) protection
- > Progressive lenses
- > Blended bifocal lenses
- > Most tinted and photochromic lenses
- > Any frame valued at more than your plan's allowance

You may be eligible to receive extra savings on some of these items, so log in to your [vsp.com](http://vsp.com) account and check your plan information for details.

## DeltaCare USA HMO: How to Change Network Dentists

DeltaCare USA enrollees who wish to be reassigned should make the request by telephone at (800) 422-4234. **Note:** All dental HMO dentist changes must be requested by the *21st of the month* in order to take effect the first day of the following month.

PPO enrollees can visit any available licensed dentist without notifying Delta Dental, although they will usually save money and only accumulate out-of-pocket costs towards the annual out-of-pocket maximum if they visit a Delta Dental PPO dentist.