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Events and Resources

Winter MobileFit

January 12 - March 13

Stretch Well - This class includes gentle stretching, yoga and breathing techniques.

Get Fit Cardio - A focus on increasing the heart rate and sustaining for longer periods of time. Zumba and/or other dances 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. Please [click here](#) for more information.

Disease Prevention

Disease prevention focuses on preventing disease and maintaining health before an illness occurs. Prevention allows for an improved quality of life which is important as so many Americans are plagued with chronic illnesses that could have been easily prevented. You can take preventive health measures by getting vaccines, routine physicals and health screenings for chronic illnesses.

Vaccines

Vaccines are a safe and effective way to protect you and your family from disease. Here is a list of common vaccines safe for children and adults:

- The flu shot is the best way to ward off the flu
- DTaP protects against diphtheria, tetanus and pertussis
- The Varicella vaccine protects against the Chickenpox
- Human papillomavirus protects against HPV

Routine Physicals

Routine physicals are used to measure the current state of your health. These physicals change with life stage. Children and adolescents need physical exams to ensure proper growth and organ function. It can also be a time to get information about important vaccinations. For women and men 21 years and older, routine physicals include pap smears and breast exams and prostate exams to determine presence of certain cancers, respectively.

Health Screenings

Health screenings are used to determine presence of disease before symptoms occur, especially when risk factors for disease are high. Health screenings are convenient because they are usually painless and are often available at no cost. Screening results must be followed up by a doctor for diagnosis.

- Diabetes - recommended for those who are overweight or have high blood pressure
- Cholesterol - recommended for those with risk factors for heart disease
- High Blood Pressure - recommended for those over 20 years of age
- Sexually Transmitted Infection - recommended after unprotected sex or drug use
- Depression - recommended for those experiencing loss of joy and insomnia

Mission: Possible 2

January 22 – April 2

The Mission: Possible 2 program is a team wellness challenge that is designed to support teams in adopting and practicing healthy behaviors and lifestyle. Get your team of four together and get ready to complete different healthy habits each week for the chance to win great prizes!

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.

Become a UCR Wellness Ambassador

Join our 85+ 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 to join.

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New Year's Resolution

The start of a new year means that many new resolutions will be made. Resolutions are notorious for being broken shortly after their inception, however, this year you can be sure to follow through with yours. Follow these simple strategies to stick to your 2015 New Year's resolutions:

- Set short term goals that will help you reach your ultimate goal
- Find a friend that has the same resolution. This can create friendly competition and allow for accountability for each other.
- Reward yourself for sticking to your goals

Health Net Blue & Gold

Faculty and staff enrolled in Health Net Blue & Gold are eligible for MDLIVE. With MDLIVE, you can virtually visit a board-certified doctor from your home, work or on the go – for free! This service makes it convenient to connect with a doctor by phone or secure video 24/7/365. MDLIVE's doctors can recommend treatment, diagnose your symptoms and write prescriptions for non-emergency medical conditions.

You may activate your account on the Health Net University of California website or by calling (888) 632-2738. There is no cost to activate your account and \$0 copay for a MDLIVE doctor's appointment as a Health Net member.

Blue Shield (Blue Shield HSA, Core, UC Care)

Available 24/7 year-round beginning January 1, 2015, you can use Teladoc to speak with a U.S. board-certified doctor by phone or online chat for a copayment of only \$20.

Designed to enhance the care you already receive from your personal physician, Teladoc can help:

- When you are considering the ER or urgent care for nonemergency medical issues
- After normal office hours
- When your primary care physician is not available
- With pediatric care, if your child's primary care physician is not available
- Within rural areas that have limited access to emergency or urgent care

Teladoc doctors can also diagnose, recommend and prescribe medication for many of your non-emergent medical issues.

In January, you will receive a welcome kit at home with instructions for:

- Setting up your Teladoc account
- Completing your medical history
- Requesting a consult