

## In this issue

[Healthy Halloween](#)

[Blue Shield of California  
– Travel Vaccinations](#)

[Health Net Blue & Gold  
– Prevent Program](#)

[Kaiser  
– Behavioral Health Benefits](#)

## Events and Resources

### Fall MobileFit

*October 5 - December 11, 2015*

**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.

## Halloween Health and Safety Tips

Halloween is the time for costumes, parties and yummy treats. Let's use this holiday to also provide a chance to give out healthy snacks, get physical activity and focus on safety.

### Here are some tips for a healthier Halloween:

Holiday is a festive day that kids enjoy because they get to dress up and get fun little treats – mainly candy. Help kids enjoy the holiday without overindulging and help them stay away from cavities.

- Make sure kids aren't going trick-or-treating on an empty stomach – give them a light meal or snack before they head out.
- Think outside the box when choosing trick-or-treaters and party-goers. There are other treats that can be lower in fat and sugar, while also providing nutritional value like vitamins, minerals, and fiber.
  - Pass out treats like cereal bars, dried fruit, trail mix, and crackers. As a healthy alternative, you can pass out sugar-free treats or fresh fruit.
- *Get those steps in!* It is recommended to get at least 10,000 steps of walking per day – equivalent to 5 miles. 5 Blocks of going door to door is about half a mile.

## The Rundown on Halloween Sweets:

- Childhood obesity has doubled in the past 30 years – eating candy and snacks in moderation can help reduce obesity rates in children
  - Limit the amount of candy they can eat every day. Two pieces are better than ten.
  - Four bite-sized chocolate bars contain about 320 calories.
- Based on nutrition labels on the most popular candies; the average child accumulates anywhere between 3,500 to 7,000 calories worth of treats on Halloween night. In order to burn off all 7,000 calories, a 100 pound child would have to walk for almost 44 hours or play basketball for over 14.5 hours.
- Halloween should still be about fun, and there is nothing wrong with eating candy but the key to keeping healthy is moderation.

## UCR Farmshare

Community Supported Agriculture Program is partnering with Old Grove Farm Share.

A week's full share includes: 5 types of seasonal fruit, 5 types of seasonal vegetables, and one herb.

Pre-paid subscription to locally grown fruit and vegetables that can be picked up weekly in a Farmers' Market style environment, on the UCR Campus!

**Available:** October 1 – December 10

**Pick up location:**

The Market at Glen Mor 2  
Thursdays: 12 - 2:00 pm & 4- 6:00 pm

## 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).

## 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.

To join, contact [wellness@ucr.edu](mailto:wellness@ucr.edu).

## Contacts

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## Blue Shield of California – Travel Vaccinations

Effective January 1, 2016, Blue Shield of California plans will cover travel immunizations including, hepatitis A, hepatitis B, Japanese encephalitis, meningitis, polio, rabies, typhoid, and yellow fever.

For more details, view the [Travel Vaccination Overview](#).

## Health Net Blue & Gold's Prevent Program

Health Net is pleased to offer Prevent, a groundbreaking 16-week online program that helps members with prediabetes make lifestyle changes to avoid type 2 diabetes.

### How does Prevent work?

- Expert health coaching: One-on-one support from a professional health coach.
- Small group support: Participants are matched into small groups in a private online environment based on age, body mass index (BMI), and location.
- Behavior change curriculum: 16-week curriculum is scientifically supported and uses cutting-edge principles of behavior change in a fun and engaging environment.
- Health data tracking: A no-setup wireless scale automatically transmits daily weigh-ins to private personal profiles. A pedometer also tracks daily activity.
- Anytime access: Complete flexibility to access the online curriculum, health coach, and peer group whenever convenient.

Learn more about the [Prevent program](#).

## Kaiser – Behavioral Health Benefits

### Accessing Your Behavioral Health Benefits:

Your Kaiser Permanente medical plan includes coverage for hospital services, physician visits, laboratory fees, prescription drugs, and behavioral health. Behavioral health benefits include inpatient and outpatient mental health and substance abuse services.

In addition to the above coverage, you also have behavioral health coverage through OPTUM. This means that you have access to two behavioral health plans:

- Kaiser Permanente
- OPTUM

To learn more about the behavioral benefits offered under each plan, please contact the plans directly.

### Kaiser Permanente

Call your local clinic number (during business hours) / 1-800-900-3277 (after hours)

### OPTUM

Phone: 1-888-440-8225

Website: [www.liveandworkwell.com](http://www.liveandworkwell.com) / Access Code: 11280