



Eugene Education Association

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4J BENEFITS AND WELLNESS NEWSLETTER

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HAPPY NEW YEAR!

Welcome back -- I hope you had a wonderful and restful winter vacation. If you are a Duck or Beaver football fan, the bowl season provided an extra reason to celebrate!

ANNUAL DEDUCTIBLES

While our plan year begins October 1st, it's important to remember that our deductibles are based on the calendar year. This means that if you met your deductible by December 31, 2007, then your deductible starts over January 1, 2008.

If you did not meet your deductible in 2007, the insurance carrier, Regence BCBSO, will apply any amount of the plan's deductible met during October, November and December 2007 to the 2008 calendar year's deductible. This provision applies only if you did not meet your deductible by December 31, 2007.

READY TO QUIT?

Is quitting smoking your New Year's Resolution? If so, please check into some of the resources available to you.

The 4J Wellness Clinic offers a smoking cessation program for benefits-eligible 4J employees and their benefits-eligible dependents. People who successfully quit smoking may be reimbursed for the cost of tobacco cessation products, including nicotine gum or patches and certain prescriptions.

To be eligible for financial reimbursement under the 4J Wellness Clinic program, you must:

- **Schedule an appointment with the clinic to discuss your desire to quit smoking.**
- **Work with a Wellness Clinic Nurse Practitioner to decide which method will work best for you.**
- **Set a quit date. The Nurse Practitioner will determine when to start any medication and when to schedule your follow-up visits.**
- **Save all receipts for nicotine patches or gum, or for your prescriptions. After 3 months without smoking, a Wellness Clinic Nurse Practitioner will give you a letter documenting your success.**
- **Bring the letter and your receipts to the 4J Employee Benefits Office for reimbursement.**

Another resource is the *Options* Tobacco Cessation Program, operated by the Oregon Heart & Vascular Institute. This program is free to all 4J employees, and anyone can accompany you by paying the \$45 program fee.

The *Options* Tobacco Cessation Program offers:

- **Individual counseling, including initial assessment, carbon monoxide analysis and development of an individual plan for quitting.**
- **Support for self-help, including telephone counseling, skills training and discussion of other treatment options.**
- **Behavioral therapy sessions, including four 75-minute sessions once a week on the following topics:**
 - Understanding tobacco depend-

- **Stress management techniques after quitting**
- **Weight management after quitting**
- **Benefits of exercise and wellness**

The *Options* program is run by experienced clinical specialists who will collaborate with you to provide you with a comprehensive approach to tobacco cessation. The team includes a respiratory therapist, a pharmacist, a behavioral specialist, a registered dietitian and an exercise physiologist.

To enroll, call Susan Pfanner, *Options* Program Coordinator, at 686-7442. Identify yourself as a 4J employee for free enrollment.

Other resources:
Oregon Tobacco Quit Line
1-877-270-7867
www.oregonquitline.org

American Cancer Society
1-800-227-2345
www.cancer.org

American Lung Association of Oregon
1-800-586-4872
www.lungusa.org

Nicotine Anonymous
1-415-750-0328 (toll call)
www.nicotine-anonymous.org/

It's hard to quit smoking, but if you are a tobacco user you can quit. According to the American Cancer Society, more than 46 million Americans have quit smoking for good. If you'd like to join that group, please consider taking advantage of the resources available to you.

BOOST YOUR FIBER!

According to the November 2007 issue of

Duke Medicine HealthNews, fiber is the “workhorse of your diet.” Not only does it aid digestion, it can prevent weight gain, lower your cholesterol, and reduce the risk of type 2 diabetes and high blood pressure.

Unfortunately, most Americans fall far short of the recommended daily fiber quota of 14 grams of fiber for every 1,000 calories we consume. The typical adult needs 25 to 30 grams per day, but it is estimated that most of us eat only 14 to 15 grams per day.

There are two types of fiber: soluble and insoluble, and for optimum health benefits, you need to eat both types. Soluble fiber attracts water and turns into gel when you digest food, slowing digestion so you feel full longer. It also helps lower LDL, or “bad” cholesterol. Insoluble fiber speeds the passage of food through the gastrointestinal track and adds bulk to stool.

Soluble fiber can be found in oat bran, nuts, seeds, barley, beans, lentils, rice bran, peas, apple pulp, strawberries, citrus fruits and other fruits and vegetables.

Insoluble fiber can be found in whole wheat breads and wheat cereals, wheat bran, rye, rice, barley, most other grains, cabbage, beets, carrots, Brussels sprouts, turnips, cauliflower and apple skin.

The best way to incorporate more fiber into your diet is to eat a variety of whole grain foods as well as fruits, vegetables and beans every day. Increase your fiber intake gradually—or you risk developing gas or diarrhea. Drink plenty of fluids—aim for eight glasses of water daily. Fluids are essential for helping fiber travel through your digestive system.