



Small Steps ♦ Healthy Choices ♦ Living Well

Fall 2015

# Employee Wellness Bulletin

## WELCOME

Welcome to a new communication feature, the inaugural issue of the Employee Wellness Bulletin, published by the Office of Human Resources for the Lafayette Employee Wellness Program.

## Wellness Fair Recap

The annual Lafayette Wellness Fair took place in the Marlo Room, Farinon Center on April 8, 2015. There were an estimated **230** employees who attended this event. Representatives from Prevention Health Screenings, Easton Hospital, Coordinated Health, Highmark Blue Shield, and **22** other health and wellness organizations were present at the event.



**78** employees participated in the abdominal aortic aneurysm screening and the carotid artery screening. Several employees were advised to follow up with their physician.

**62** employees participated in the glucose/cholesterol screening.

## Wellness Fair Raffle Winners

Congratulations to the following winners from our Wellness Fair raffle drawing: Michelle Fernandes, Charles Rickenbach, Donna Yellen, Matthew Barber, Ellen Pelzel, Mary Jones, Ruth Hutnik, and Kathy Haney.

**Why attend the Wellness Fair? The fair offers several types of free screenings and information conveniently at one location.**

The Office of Human Resources recently received a letter from a Plant Operations employee who said the screenings at the 2013 Wellness Fair were a “big eye opener” for him. Because of the results he received at the Wellness Fair, he decided it was time to make some changes in his eating habits. Since then he has lost 35 pounds, his cholesterol dropped 35 points and he feels great. He looks forward to attending the fair each year to learn more about what he can do to improve his health.

## How Safe Is Your Hospital?

Consumers must have access to health information if they are to make informed and educated decisions about their health care. One way to stay informed is by following and reading materials prepared by health quality and safety organizations. Updated Hospital Safety Scores were released in April by patient safety advocate, The Leapfrog Group, an independent nonprofit organization representing employer purchasers of health care. These Hospital Safety Scores grade hospitals on how well they protect their patients from errors, injuries and infections.



To find out the score of your local hospital, visit [www.hospitalsafetyscore.org](http://www.hospitalsafetyscore.org). On this site, you can also view videos on how to stay safe while in the hospital. A Hospital Safety Score mobile app is also available for download.

**SOURCE:** LVBCH Spring News Notes (Leadership Value Business Coalition on Healthcare of the Lehigh Valley)

## Preventive Screenings

Lafayette employees' utilization of Adult Preventive Services offered by the College's health plans is relatively low as compared to the Capital Blue Cross preventive screening benchmarking\* (for their large client book of business).

Increasing these percentages represents an attainable and impactful objective for the Lafayette Employee Wellness Program (LEWP).

**Preventive services are covered at 100%, and are not subject to deductible and/or coinsurance. The 2015 Preventive Schedule of covered services can be found on the HR page at: <https://hr.lafayette.edu/benefits/medical/>**

### LAFAYETTE PREVENTIVE SERVICES 2014

Screenings/Procedures	Ages	Eligible	Utilizing	Lafayette Compliance	CBC* Compliance
<b>PEDIATRICS</b>					
Prev. Med./WellChild	Age<=18	376	259	69%	92%
<b>ADULTS</b>					
Preventive Med.	Age>=19	1,270	178	14%	41%
Cervical Screening	Females, Age>=19	643	221	34%	72%
Colorectal Screening	Age>=50	604	82	14%	51%
Breast Cancer Screening	Females, Age>=40	434	235	54%	71%

\*Compliance describes to degree to which a patient correctly follows medical advice.

## Did You Know?

Getting sufficient amounts of dietary potassium has been shown to lower blood pressure and reduce the risk of heart attacks and strokes. Here are the foods that provide the



most potassium: Blackstrap Molasses; Cantaloupe; Avocado; Beet Greens; Peaches; Prunes; Tomato Juice; Yogurt; Snapper; Lima Beans; Salmon; Soybeans; Swiss Chard; Apricots; Oranges; Pumpkin Seeds; Sweet Potatoes; Bananas; Acorn Squash; Almonds; Spinach; Herring; Milk; Mackerel; Peanuts.

**SOURCE:** Ann Kulze, MD; [www.drannblog.com](http://www.drannblog.com)

## Resources

The Office of Human Resources frequently updates the HR Website with various health and wellness articles and links. Go to [hr.lafayette.edu](http://hr.lafayette.edu), and click on **"Lafayette Employee Wellness Program."**

The Human Resources Office of Lafayette College acknowledges the importance of your personal health information and maintains policies to protect that information. These Privacy and Security policies are posted on the HR Website and can be found by clicking on the "Benefits" link, and then clicking on "Legal Documents".

## Upcoming Wellness Programs

The American Cancer Society marks the Great American Smokeout on the third Thursday of November each year by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By quitting - even for one day - smokers will be taking an important step towards a healthier life - one that can lead to reducing cancer risk.

<http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/index>

**Kick the habit for the last time! Talk to your doctor. Or contact a Blues On Call Health Coach at 1 888-BLUE-428 (1-888-258-3428) to learn more about the tobacco cessation resources available to you. Qualified tobacco cessation counselors are standing by to help you reach your goals by enrolling in the program that best suits your needs.**

**More information to follow as part of your benefits coverage through Highmark Blue Shield:**

[Online Coaching Program](#)  
[Self-Help Coaching Program](#)  
[Telephone-Based Coaching Program](#)

