

# Wellness Update

UH RESOURCE FOR HEALTHY LIVING



Thanks to the continued commitment of UH employees and their spouses or same-sex domestic partners, the Healthy UH Program now has over 16,500 users actively participating at [HealthyUH.org](http://HealthyUH.org).

Make sure your colleagues know about the program: Click [here](#) for the information about How to Get Started with Healthy UH.

## Healthy**UH** QUARTER 2 REMINDER

Each quarter, University Hospitals employees and their spouses or same-sex domestic partners can each earn up to \$150 per quarter if they are on the UH medical plan, or 15,000 UH Appreciates points (equivalent to \$75) if they are not. Your opportunity to earn Healthy UH points for the second quarter of 2016 ends on June 30. Before the end of this month, participating members should receive a personalized summary of their Quarter 2 progress to date, via email from [support@assethealth.com](mailto:support@assethealth.com).

Information about opportunities to earn Healthy UH incentive points for Quarter 2 can be located at this [link](#).

If you need assistance with the Healthy UH program, please email [HealthyUH@UHhospitals.org](mailto:HealthyUH@UHhospitals.org) or contact Asset Health via email at [support@assethealth.com](mailto:support@assethealth.com) or by calling 1-855-444-1255 Monday through Friday from the hours of 8 a.m. to 8 p.m. ET.

# HealthyUH EDUCATION

Earn 50 Healthy UH Engagement points by completing a qualifying UH class over six to eight weeks. These classes include S.M.A.R.T.: Stress Management and Resilience Training™, UH Tobacco KnockOut, UH OptiWeight™ and UH Dance4Fitness. You will also earn 50 Healthy UH Education points.

The S.M.A.R.T. program is an eight-week workshop designed to help improve your ability to react positively to stress. We also are offering a Mindfulness program, a series of eight interactive workshops designed to improve your ability to focus and positively impact your overall health. To find a complete list of classes and register, click [here](#).



For information and to register and train for the fight to quit tobacco for good through UH Tobacco KnockOut classes, click [here](#).

Classes begin in July at multiple UH locations and online. This is an approved smoking cessation class for UH medical plan participants.

Enroll in UH OptiWeight™ to learn practical, customized strategies from dietitians designed to help you improve your health and nutritional habits. Classes begin in July at multiple UH locations and online. More information on class locations and how to register can be found through this [link](#).

The next offerings of our popular UH Dance4Fitness will begin later this summer. Email [UHDance4fitness@UHhospitals.org](mailto:UHDance4fitness@UHhospitals.org) for information and to be placed on a preregistration list.



## HealthyUH

### DISCOUNTED FITBIT DEVICES

In support of UH employees' continuing commitment to wellness, we have arranged for a UH discount of 15 percent off Fitbit devices for the remainder of 2016. This discount is accessible through the following [site](#).

After accessing the virtual storefront, enter your unique, one-time-use-only promotional code which is a combination of the first four letters of your first name, the first four letters of your last name and your date of birth (mmddyyyy) followed by UH15.

Example: Johnathon Smith, January 1, 1980

Promotional code: johnsmit01011980UH15

If you encounter issues ordering, please contact the Fitbit Corporate Wellness Customer Support team at [cwsupport@fitbit.com](mailto:cwsupport@fitbit.com) or online at [help.fitbit.com/cwsupport](http://help.fitbit.com/cwsupport).

### FITBIT ZIP™ REPLACEMENT BATTERY

Need a new battery for your Fitbit Zip?

Email [HealthyUH@UHhospitals.org](mailto:HealthyUH@UHhospitals.org) and we'll mail you a replacement at no cost.

## UH Cafeterias Offer Employee Discount



Did you know that UH employees receive a 10 percent employee discount on cafeteria food and beverage items labeled with the wellness logo?

UH cafeterias will soon be offering even more wellness items on the menu. The wellness-labeled choices are intended to make it easier for employees and members of the community to select healthy choices.

We will continue to emphasize a proactive approach to preventing illness by encouraging our employees and patients to lead a healthy lifestyle.



## UH CASE MEDICAL CENTER'S FARMERS' MARKET IS BACK, Every Thursday Until Sept. 22

UH has teamed up with North Union to offer a farmers' market every Thursday, through Sept. 22, from 10:30 a.m. to 1:30 p.m. in Lakeside Garden, off Adelbert Road.

Enjoy fresh produce, meat and dairy products from Ohio farms, and delicious breads and pastries crafted by local artisans. Cash, Supplemental Nutrition Assistance Program (SNAP) vouchers, Produce Perks, and Women, Infant and Children (WIC) benefits will be accepted.

For questions about the market, please email [Matthew.Pietro@UHhospitals.org](mailto:Matthew.Pietro@UHhospitals.org). To learn more about healthy and sustainable food choices, visit the [Greening UH intranet site](#).

## UH Harrington Heart & Vascular Institute Chronic Inflammation: America's Deadliest Disease

**Did you know that your diet and/or excess body fat could lead to chronic inflammation?** Inflammation is one of your body's most important defense mechanisms, protecting you against infection and injury. But inflammation that is prolonged may be setting you up for numerous health problems.

"It's remarkable how well the body protects us from infections, injuries and environmental stresses," says interventional cardiologist David Zidar, MD, PhD. For instance, if you're sunburned, swollen after an injury or bitten by an insect, you might experience inflammation. This is good and means your body is taking care of itself.

"But immune systems can become maladaptive, leading to diseases clearly caused by your system's overreach," Dr. Zidar says. In worst-case scenarios, you develop chronic inflammation. This happens when your body's immune system misinterprets healthy tissue as abnormal and turns on itself to attack this tissue.

According to Dr. Zidar, this can lead to serious conditions, such as:

- Digestive problems
- Diabetes
- Nervous system disorders
- Cardiovascular disease
- Stroke
- Alzheimer's disease

- Some cancers
- Rheumatoid arthritis
- Lupus
- Fibromyalgia

While researchers don't completely understand everything about prolonged inflammatory responses, they've uncovered enough information to link chronic inflammation to high-fat foods and excess body weight. An important recent discovery relates to how fat tissue – particularly around the abdomen and organs – can cause problems. It appears now that fat cells produce molecules (cytokines) that lead to inflammation.

"We are starting to recognize that body fat, or adipose tissue, is capable of producing inflammatory mediators," says Dr. Zidar. "To some extent, fat tissue can act almost as immune cells, producing factors that alert the body to potential dangers. But whether that is good or bad is not yet clear. Does fat tissue protect us or put us at greater risk? In some cases, it's probably a mixture."

Meanwhile, an internal war goes on within your bodies, but you can launch pre-emptive strikes, Dr. Zidar says.

"There are many aspects to heart and blood vessel disease that we still don't understand," he says. "But remember, the basics are still the basics. Good nutrition and exercise. These will protect the heart, blood vessels and other organs."



# UH CONNOR INTEGRATIVE HEALTH NETWORK



## 10 STEPS TO IMPROVING YOUR HEALTH

These days there is so much information available about healthy eating that it's hard to know which way to turn. In this workshop, you'll learn 10 simple doable steps to get you on the right track to improving what you and your family eat every day. Cost is \$18 for UH employees and volunteers. To reserve a spot, call 216-285-4070.

### Tuesday, July 19

5:30 to 7 p.m.

25001 Emery Road, Warrensville Heights  
Building 25E, first floor conference room

### Tuesday, July 26

6 to 7:30 p.m.

UH Parma Health Education Center, Classroom 10  
7300 State Road, Parma

### Wednesday, July 27

3 to 4 p.m.

UH Customer Services Center, third floor break room  
20800 Harvard Road, Highland Hills

To learn more or to sign up for additional classes offered by UH Connor Integrative Health Network, such as affordable group acupuncture, go to [UHConnorIntegrativeHealth.org](http://UHConnorIntegrativeHealth.org) or call 216-285-4070.

## UH PARMA MEDICAL CENTER

### NEW! YMCA'S DIABETES PREVENTION PROGRAM

Did you know that losing a modest amount of weight and increasing your physical activity could help you prevent or delay type 2 diabetes?

The YMCA's Diabetes Prevention Program can help you reach your healthy living goals. The program has been shown to reduce the number of new cases of diabetes by 58 percent.

The reduction was even greater for adults over 60. This year-long small group program is for people who are at high risk of becoming diabetic. Generous financial scholarships are available.

You do not have to be a YMCA member to join this program. Come learn more on the second Monday of every month.

July 11; August 8; September 12;  
October 10; November 14;  
December 12 • 10 a.m.  
July 11; September 12;  
October 10 • 6 p.m.



For more information, leave a message at 440-574-0580 or email [healthyliving@clevelandY.org](mailto:healthyliving@clevelandY.org).



# WELLNESS CHAMPION: Andy Laytin

*UH Manager, IT Development, SQL DBAs & Architecture*

## Andy Laytin proves that fitness performance can actually improve with age.

Laytin, 40, started cross-country running while in junior high school in Arlington Heights, Ill. He ran recreationally in college, at the University of Illinois at Champaign/Urbana. He graduated in 1998, and ran the Chicago Marathon in 1999, with a time of 4 hours, 36 minutes.

“I purposely ran very conservatively, figuring this would be the first of many marathons,” he says.

That turned out not to be the case, at least not then. He began running shorter races, but was beset by shin splints and knee pain. He kept running anyway, and they got worse. Finally, he just stopped running.

Fifteen years elapsed and he decided to take up running again – but differently. “I decided I will do this, but take it slow,” he says. It was January 2014, “the dead of winter,” so he bought a treadmill.

It took four months before he could run outside – and that May he ran three miles. He had checked with his doctor to be sure there was nothing wrong with his knees and there wasn't. But a lack of core strength can make the body compensate by putting pressure on another part – in his case, the hips and knees.

So, this time around, he began building core strength by doing planks and other exercises that used his own body weight to build strength.

His goal for that spring was to run a mile under nine minutes,

and he achieved that in a short race, averaging an 8:45 minute mile. That fall, he ran a half-marathon and the following fall, he ran the Chicago Marathon again – 16 years after his first.

His time? Three hours, 38 minutes. “I took off 58 minutes from when I ran it 16 years earlier,” he says.

Here's his advice for new runners, or people who may be hesitant to start running.

“Two years before I ran a marathon, I couldn't even run a mile. So I suggest you start at the beginning, maybe not saying ‘I'm going to run a 5K,’ but having a smaller, more specific goal, such as ‘I'm going to walk at a 4.5 mile pace for 20 minutes.’ Build your goals incrementally and don't compare yourself to others.”

To experienced runners he'd say this: “Do as I say, not as I did. Take a break sometimes, do nonimpact exercise and listen to your body. Sometimes you plan to run a race and it doesn't work out because of an injury.

“Just try again another time.”

Should there be any conflict between this information and the actual terms and provisions of the plan documents and contracts, the terms of the plan documents and contracts will govern in all cases. You will not gain any new rights or benefits because of a misstatement or omission in this document. None of this information should be interpreted as a guarantee of employment. University Hospitals reserves the right to amend, change or terminate any benefit plan at any time.