

# HEALTH & WELLNESS

## VANDERBILT FACULTY & STAFF

The Occupational Health Clinic

Health Plus  
Work/Life Connections-EAP

# Connection

Providing programs that support the wellbeing and productivity of Vanderbilt's most valuable asset... YOU!

Vol. 35 • NO. 5  
October/November 2015



## Ready to earn big? Go for the Gold

Complete all 3 steps by October 31  
Log in to the Health Plus Health Guide  
[vanderbi.lt/gftg](http://vanderbi.lt/gftg)



### Step 1 Compass Health Assessment

Stay on top of your wellness to maintain a healthy lifestyle. Start with this health assessment and you're on your way.



### Step 2 Wellness Actions Log — complete 7 out of 10

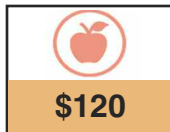
Keep track of the things you do to maintain or improve your wellness, set personal goals, and follow your progress.



### Step 3 Game Plan For Your Health

Watch colleagues in this compelling video share personal stories and practical ways to take charge of your health.

## EARN REWARDS



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**\$240**

Faculty and staff paying for Vanderbilt Health Plan benefits can earn a Wellness Credit available January 1st.

### The Go for the Gold deadline is October 31.

A wellness credit of up to \$240 per year is available to faculty and staff paying for Vanderbilt Health Plan benefits in 2016. Designate your credit to go toward membership to the Vanderbilt Recreation and Wellness Center or your health plan account during Open Enrollment. Credit is applied January 1, 2016.

### Schedule a Help Session or Department Presentation — Health Plus Comes To You!

For assistance contact Health Plus:

- Phone: **615-343-8943**
- Email: **health.plus@vanderbilt.edu**

Visit the Health Plus Offices Monday through Friday, 7:30 a.m. – 5:30 p.m. Located in VRWC, 2700 Children's Way.

See Health Plus at the Benefits Fair for Know Your Numbers and Go for the Gold Help.

Video Tutorials available at [vanderbi.lt/gftghelp](http://vanderbi.lt/gftghelp).



We Want Your Feedback!

Scan the code or visit the URL below to share with us your thoughts and ideas for *Connection*.  
<http://vanderbi.lt/connection>



Melinda J. Buntin, PhD  
Chair, Department of Health Policy

## Leading by example

Vanderbilt Leaders  
Making Wellness a Priority

### What is a special family tradition that makes you smile?

Every Thanksgiving my father wakes up early to start roasting a turkey in front of the fire. It is the job of the youngest responsible child to turn the turkey every 15 minutes.

### How do you personally invest in your health?

I genuinely love to run and try to fit in two 10-mile races per year with my college roommate.

### Your healthy lunch for a busy work day?

Sometimes, I just eat an avocado with a spoon!

### What is your favorite way to unwind?

I love to take a picnic up to "Bluebird on the Mountain" at Vanderbilt's Dyer Observatory.

## The Counselor's Corner

Rosemary Cope, LPC, MHSP  
Clinical Counselor



### Q: Dear Counselor,

I like to call myself a “professional caregiver.” I think that when I do my job well I can truly touch the lives of other people. Lately, however, I’ve felt worn out and have wondered if I am really making a difference. Our manager mentioned the term “compassion fatigue.” I would like to know more about that.

*Burned Out*

### A: Dear Burned Out,

When your profession feels more like labor than a labor of love, then it’s time to take steps to heal the healer. The majority of us who choose to work in the helping professions do so because we enjoy it — it’s where we get our greatest satisfaction. There can be significant rewards when we are able to see change in the lives of those we help. We have an obligation to those we serve, to ourselves, to our colleagues, and to our own loved ones not to be damaged by the work we do.

Compassion fatigue is a deep physical, emotional, and spiritual exhaustion accompanied by acute emotional pain. Caregivers usually continue to give to their patients, but they find it harder and harder to maintain a healthy balance of empathy and objectivity. Red flags include abusing any substance, anger, blaming, chronic lateness, exhaustion, hopelessness, less ability to feel joy, depression, sleep and appetite changes, and workaholism.

If this sounds like you, I’d encourage you to re-evaluate your own self-care. Do you use time off to renew yourself? Do you eat on a regular basis and stay hydrated? Do you spend time with loved ones? Would it be helpful to find a course in yoga or mindfulness to learn how to still your mind and be present in the moment?

### Ways to Buffer Compassion Fatigue

1. Learn to be kind to yourself by not blaming yourself for problems out of your control.
2. Spend quiet time alone.
3. Recharge your batteries daily.
4. Have one connected and meaningful conversation daily.
5. Don’t make big decisions when you are overwhelmed.

There are no quick fixes when you feel overburdened. Living a balanced life requires that you take the time for self-reflection, identify what’s important to you, and adopt a healthier lifestyle.

Vanderbilt employees and their spouses or same-sex domestic partners are eligible for services through Work/Life Connections-EAP (WLC-EAP). Our counselors are licensed professionals who can conduct a needs assessment and make recommendations for supportive resources at Vanderbilt or in the Nashville community. To make a confidential appointment, just call **615.936.1327**.



Occupational Health Clinic **talk:**

# The ABCs of Hepatitis



Melanie Swift, MD

**Three diseases, all caused by viruses, all causing liver inflammation. You'd think they would be pretty much the same, right? You'd be surprised. Hepatitis A, Hepatitis B, and Hepatitis C are completely separate diseases, with differences in modes of transmission, clinical course, prognosis, and treatment. We talked with Michael Porayko, MD, Chief of Hepatology, to get the lowdown on hepatitis.**

**Hepatitis A** is spread through contaminated food or water. The greatest risk is in the developing world, where it is very common. It usually causes a severe illness about a month after exposure. There is no specific cure for this, but with supportive care this infection usually runs its course without long term effects. Fortunately an effective vaccine is available and is recommended for people at increased risk, such as international travelers. Vanderbilt employees traveling on business can obtain this two-dose vaccine series at the Occupational Health Clinic.

**Hepatitis B** is spread through blood exposure and sexual contact. Acute hepatitis B infection may cause mild to severe illness, but even without severe symptoms, hepatitis B can cause a chronic infection, which can lead to cirrhosis and liver failure. The younger the age at infection, the greater the risk of developing chronic hepatitis B. Thankfully, this disease has become much less common in the U.S. due to routine childhood vaccination, but the disease remains common in the developing world where it is often transmitted at birth. The vaccine is strongly recommended for healthcare workers, and OHC provides vaccine to Vanderbilt employees with a risk of occupational exposure.

**Hepatitis C** is also spread through blood exposure or sexual contact. There are generally no symptoms at first, so people usually don't realize they have it. Hepatitis C usually leads to a chronic infection which can progress to cirrhosis and liver failure. Unfortunately there is no vaccine available for hepatitis C. Treatment is available but depends on the specific type of hepatitis C; while new medications are improving cure rates, treatment is a long and extremely costly process. Blood tests can identify infected people and treatment candidates. Screening is recommended for high risk groups and for all adults born between 1945 and 1965 — aka Baby Boomers. At-risk employees on the Vanderbilt health plan can obtain screening at OHC or with their primary care provider.



## Peer Vaccination Program

**Want to improve your area flu vaccine rate? Get the Peer Vaccination Program!**

Once again Occupational health clinic has launched the Peer Vaccination Program to help departments increase Flu vaccination rates. The Peer vaccination program is a convenient way to allow designated staff to vaccinate coworkers any time. Please visit the OHC website for more information. Managers can register their designated staff for this program here: <http://j.mp/1NEC6U2>.





# Ready to earn big? **Go for the Gold**

Deadline is October 31

## How to Complete Go for the Gold in the Health *Plus* Health Guide

### Start Here:

- [vanderbi.lt/gftg](http://vanderbi.lt/gftg)
- click: "I am an Employee"
- Note: the Health *Plus* Health Guide works best with Google Chrome and Firefox

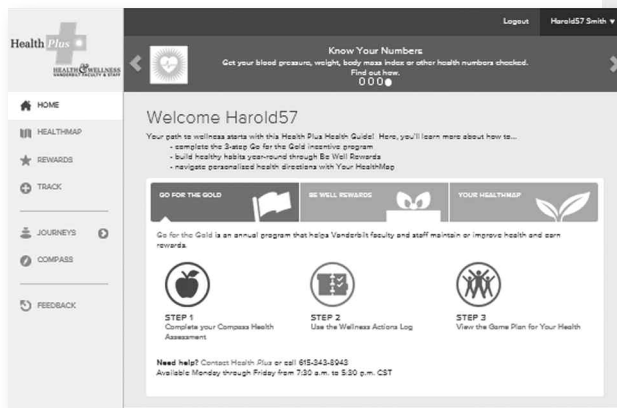


See Health *Plus* at the  
**Benefits Fair**  
**On October 20 and 21 for**  
**Know Your Numbers and**  
**Go for the Gold Help.**  
Video Tutorials available at  
[vanderbi.lt/gftghelp](http://vanderbi.lt/gftghelp).

### Complete Go for the Gold Steps 1, 2 and 3:

From the home page you can begin:

- Step 1: Compass Health Assessment
- Step 2: Wellness Actions Log
- Step 3: Game Plan For Your Health



### View Your Rewards Progress:

Scroll down on the home page to view

"Your Rewards Progress"

Complete all 3 steps and Congratulations!

## Your Rewards Progress

Go for the Gold

Congratulations! You completed Go for the Gold.

**CONGRATULATIONS!**

**100%**



# Get Ready for Open Enrollment

Make your elections for 2016 benefits  
during October 14 – 30, 2015

Open Enrollment is your annual opportunity to update or choose the benefit options that best meet you and your family's needs.

## Programs that can only be updated during Open Enrollment include:

- Medical, dental, and vision insurance
- Accidental death and dismemberment insurance
- Health care flexible spending accounts, which reimburse medical expenses for you and your dependents
- Dependent day care flexible spending accounts, which reimburse day care service expenses for your dependents

## Programs that can be updated anytime include:

- Life insurance, enhanced short-term disability, and long-term disability insurance
- Retirement plan contributions and investments
- Discounted pet, auto, and home insurance

Your elections for these programs will remain the same if you do not act during Open Enrollment, but skipping enrollment could cost you. You'll save \$20 per month on your health plan premiums if you and your covered family members are committed to being tobacco-free, as long as you reconfirm your status each year. If you pledged to quit last year, but are still using tobacco, you will not receive the credit in 2016. If you elect or keep spouse/same-sex domestic partner coverage, indicate whether your spouse or partner has access to insurance through another employer. If your spouse or partner has access to health coverage through an outside employer, but prefers the Vanderbilt plan, you will pay an additional \$100 per month in the payroll premium.

## New for 2016:

Partially benefits-eligible employees (*part-time and temporary employees regularly scheduled to work 20 or more hours per week*) and their dependent children will be eligible for Vanderbilt Health Plan coverage. The employee-only or employee plus child(*ren*) options will be the same as those offered to fully-eligible employees, but the premiums will be different. Spouses and same-sex domestic partners are not eligible. See the HR website for more eligibility details.

Telephonic and telemedicine appointments, which can be held over the phone, online, or using an online system, will be covered at the same level as office visits.

## Looking ahead to 2017:

Because same-sex marriages are now performed and legal in all U.S. states, married same-sex couples are eligible for the same benefits and tax advantages as other married couples. Beginning in January 2017, unmarried same-sex domestic partners will not be eligible for Vanderbilt benefit programs.

**Learn more about Open Enrollment programs and updates online at [hr.vanderbilt.edu/oe](http://hr.vanderbilt.edu/oe).**



# Celebrate Health and Wellness This Holiday Season with the Hold the Stuffing Challenge.

## Hold the Stuffing



### Weigh In at the Health *Plus* Offices or at Occupational Health

7:30 a.m. – 5:30 p.m. Monday – Friday  
Occupational Health Clinic, 640 Medical Arts  
Health *Plus* at the Vanderbilt Recreation & Wellness Center,  
Room 127

**Hold the Stuffing** returns with the holiday challenge to maintain weight from November – January.

**Earn Rewards:** Maintain weight (*don't gain more than 2 pounds*) and you will be entered into a drawing for:

- **Grand Prize:** Fitbit Activity Tracker and Aria Scale
- **Runner-Up Prizes:** Gift Cards

Initial Weigh-In – November 16 – 25

Final Weigh-In – January 11 – 23

View Hold the Stuffing Schedule of Locations online at [Vanderbi.lt/hts](http://Vanderbi.lt/hts).

### **Hold the Stuffing comes to you.**

Contact Health *Plus* to schedule a weigh-in for your department. Vanderbilt off-site locations can receive a tool kit for participation.

For more information contact Health *Plus* at: **615.343.8943**, or [health.plus@vanderbilt.edu](mailto:health.plus@vanderbilt.edu).



Food Day 2015

## A TASTE OF VANDERBILT

Taste. Tips. Techniques.

Celebrate Food Day with  
Vanderbilt Chefs and  
Dietetic Interns.

Friday October 23, 2015  
11:30 a.m. – 1:00 p.m.

View locations online at  
[Vanderbi.lt/FoodDay](http://Vanderbi.lt/FoodDay)

## Eating-Well Recipe

### *Fresh Apple Pie Smoothie*

- 1 medium to large apple, core removed, chopped
- 1 cup skim milk
- 1/3 cup oats
- 2 tsp. maple sugar
- 1/2 tsp. ground cinnamon, plus more for garnish

Place all ingredients in a blender. Blend until desired consistency is achieved. Serve in a glass with additional cinnamon sprinkled on top.

**Makes 1 large or 2 small servings.**  
**Nutrition information:**

**1 large serving:**  
313 calories, 2 g fat, 59 g carbohydrate,  
11 g protein, 8g fiber, 107 mg sodium.

Recipe by E. A. Stewart, MBA, RD as published on  
*Food & Nutrition Magazine*,  
[www.foodandnutrition.org](http://www.foodandnutrition.org).



# upcoming events

## Events: October

- OCT 1** **Know Your Numbers & OHC Comes To You**  
1:30 p.m. to 4:00 p.m.  
MCJCHV, Room 2104
- OCT 2** **Know Your Numbers & OHC Comes To You**  
*Late Night Cart*  
6:00 p.m. to 10:00 p.m.  
VUH (4N, 4MCE, 3S)
- OCT 9** **Elder Care Fair**  
11:30 a.m. to 2:00 p.m.  
Light Hall, North Lobby
- OCT 14** **Vandy Cooks**  
*Nutrition: Cooking on the Wild Side*  
Presented by: Melinda Mahoney, RD, Health Plus.  
Calling all hunters, anglers, adventurers, and foodies  
for some wild game cooking  
5:00 p.m. to 6:00 p.m.  
Vanderbilt recreation and Wellness Center,  
Demo Kitchen
- OCT 15** **\*Babies & You**  
*Nutrition: Eating for Two*  
Melinda Mahoney, RD, Health Plus  
Noon to 1:00 p.m.  
Light Hall, 419
- OCT 20** **Know Your Numbers & OHC Flu Crew**  
*Benefits Fair at One Hundred Oaks*  
2:00 p.m. to 6:00 p.m.  
One Hundred Oaks, Warehouse
- OCT 21** **Know Your Numbers & OHC Comes To You**  
*Benefits Fair at the Student Life Center*  
7:30 a.m. to 2:00 p.m.  
Student Life Center, Ballroom
- OCT 21** **Boomers, Elders, and More**  
*Basics of Medicare*  
Noon to 1:00 p.m.  
Light Hall, 433
- OCT 26** **Know Your Numbers & OHC Flu Crew**  
11:00 a.m. to 1:00 p.m.  
Blair School of Music

\*Babies & You is a prenatal health program offered by Health Plus for full-time VU employees, spouses, and dependents. The classes are provided monthly with a \$50 incentive for those who register in their first trimester, attend at least three monthly classes, and go to all prenatal provider appointments. For more information, class location, or to register online, visit [healthplus.vanderbilt.edu](http://healthplus.vanderbilt.edu).

## Events: November

- NOV 5** **Know Your Numbers & OHC Comes To You**  
1:30 p.m. to 4:00 p.m.  
MCJCHV, Room 2104
- NOV 6** **Know Your Numbers & OHC Comes To You**  
*Late Night Cart*  
6:00 p.m. to 10:00 p.m.  
MCJCHV (5 A-B-C, 6 A-B-C)
- NOV 13** **Vandy Cooks**  
*Nutrition: The Joy in Sharing Meals*  
Presented by: Dean Emilie Townes  
Noon to 1:00 p.m.  
Vanderbilt Recreation and Wellness Center,  
Demo Kitchen
- NOV 18** **Know Your Numbers & OHC Comes To You**  
*Late Night Cart*  
6:00 p.m. to 10:00 p.m.  
VUH (MCN 3, 5, 6, 7)
- NOV 19** **\*Babies & You**  
*Choosing a Pediatrician*  
Rachel Mace, MD, University Pediatrics  
Noon to 1:00 p.m.  
Light Hall, 419
- NOV 20** **Know Your Numbers & OHC Comes To You**  
Williamson County  
9:00 a.m. to 10:00 a.m.  
VMG Williamson County, 2105 Edward Curd Ln.,  
3rd Floor Conference Room
- NOV 20** **Know Your Numbers & OHC Comes To You**  
Williamson County  
10:30 a.m. to 11:30 a.m.  
VMG Oncology Clinic, 324 Cool Springs Blvd.

### Vanderbilt Farmers' Market

Every Thursday from 3:00 p.m. to 6:00 p.m. through October 29 at a new temporary location near the corner of Blakemore and 21st. Stop by the Health Plus table for recipes, prize drawings, and more.

### Go for the Gold Deadline October 31, 2015

### Flulapalooza

October 7, 2015  
6:00 a.m. – 6:00 p.m.  
Tent between Light Hall & VA

**Vanderbilt Health & Wellness**  
**Vanderbilt University**  
 1211 21st Ave. S.  
 Medical Arts Building, Suite 640  
 Nashville, TN 37212



**In this Issue:**

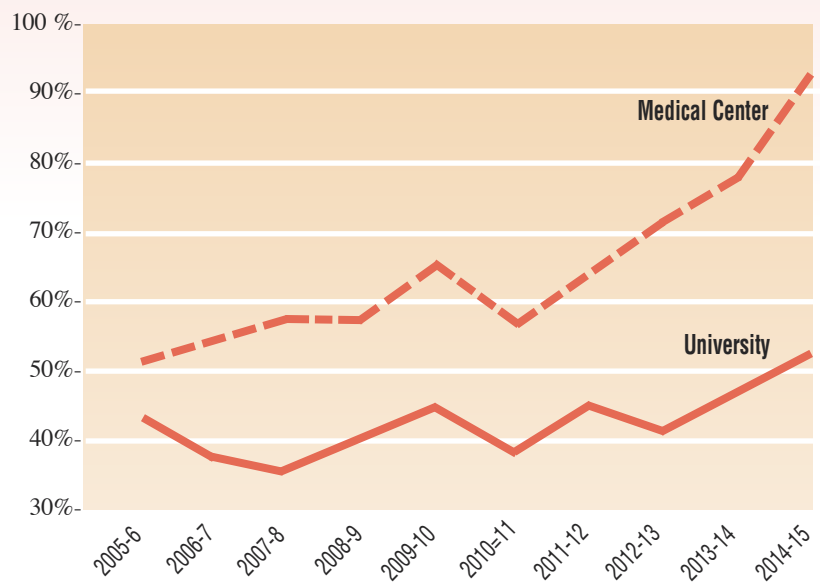
- Leading By Example with Melinda J. Buntin, PhD
- The ABCs of Hepatitis
- Hold the Stuffing Returns
- Complete Go for the Gold by October 31
- Recipe: Fresh Apple Pie Smoothie
- Have a topic you want to see covered? Email us at [health.wellness@vanderbilt.edu](mailto:health.wellness@vanderbilt.edu).



# The Healthy Pulse

ON FACULTY AND STAFF AT VANDERBILT

## Influenza Vaccination Rates



**Both Vanderbilt University and VUMC have steadily increased their vaccination rates for influenza. Last year the Medical Center's vaccine rate was over 91%.**

Nationally, approximately 75% of healthcare workers and 40% of adults in the general population receive an influenza vaccination each year.

Getting your flu shot is easy with Occupational Health's annual flu event, Flulapalooza®! Stop by the tent located between Light Hall and the VA on October 7th and be a part of the fun! If you can't make Flulapalooza®, OHC offers many other convenient ways to get your flu shot. Check out their website at [occupationalhealth.vanderbilt.edu](http://occupationalhealth.vanderbilt.edu) for other opportunities.

**Health and Wellness Connection**

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