“Health is a state of body. Wellness is a state of being.”
- J. Stanford

Thinking about your benefits for 2017?
Annual Enrollment starts in October

Fall is quickly approaching, which always brings crisper weather, changing colors and those fun fall sports. It also means Annual Enrollment for your benefits.

Annual Enrollment for 2017 has been set for October 17 through November 7, 2016. Remember that this is your only chance (outside of a qualifying life event) to make changes to your benefits.

Stay tuned for exciting changes to your benefits for next year!

Wellness 365: Quarter 3

Challenge: The Rio Summer Olympics challenge, presented by Blue Cross of Idaho, will challenge you to stay active like an Olympian for the chance to win prizes and get healthy!

Awareness: Check out the Wellness 365 calendar on the Wellness 365 site to see what is going on in the world of health and wellness awareness in July, August, and September.

Healthy Selfies: July is National Parks and Recreation month! Send us a selfie of you enjoying an outing this summer in a national park or of your favorite recreational activity for a chance to win a benefits goodie bag! Email pictures to benefits@uidaho.edu.

Health Coaching: Chelsea Stone, our Blue Cross of Idaho Health Coach, will be on campus offering individual health coaching sessions on September 13. *Off-site units can email Benefits to set up sessions in their locations.

Visit the Wellness 365 site for more information on getting well in Quarter 3!
**What’s New?**

**Human Resources Welcomes New Executive Director**

Human Resources is pleased to announce the appointment of Wes Matthews as our new Executive Director.

Wes most recently served as the Director of Human Resources at Minot State University within the North Dakota University System. He also spent 13 years in the U.S. Air Force, working in Personnel Management.

Since starting his new role on May 23, Wes has been busy with strategic planning involving the upcoming Fair Labor Standards Act changes and compensation practices. He states, “I believe the workplace should be a community of respect where employees are valued, appreciated and not taken for granted.” Welcome, Wes!

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**TERM TO KNOW: CO-INSURANCE**

Co-insurance is the sharing of medical expenses between the member and insurance plan. It is best understood as the percentage of medical expense you pay after the deductible has been satisfied. That percentage can differ depending on the plan you choose and whether the provider seen is in-network.

Information about co-insurance for each plan can be found on the Benefits Services website or by contacting the Benefits Center at 208-885-3697. To find out how much you or your covered dependents have met toward the deductible or co-insurance, call Blue Cross of Idaho at 866-685-2258.

*Do you have a suggestion about a term to discuss in next quarter’s newsletter? Email benefits@uidaho.edu.*

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**Healthy Eats**

**Grilled Steak with Mango Salsa**

**Ingredients**

- 1 squirt of cooking spray
- 1 dash of salt
- ¼ tsp raw ginger root
- 3 tsp lime juice
- ¼ cup cilantro
- ¼ cup peeled, chopped cucumber
- 1 whole mango, diced and peeled
- 1 lb. flank steak
- ½ tsp pepper
- 1 tsp brown sugar
- 1 tsp garam masala (indian spice blend)

**Instructions**

1. Preheat grill to medium-high heat.
2. Combine first 4 ingredients and rub evenly over both sides of steaks. Let steak stand at room temperature for 10 minutes.
3. Combine diced mango, cucumber, cilantro, lime juice, ginger and a dash of salt. Cover and chill.
4. Lightly coat both sides of steak with cooking spray. Place steak on grill rack and grill for 5 minutes on each side or until desired degree of doneness. Remove steak from the grill and let stand for 5 minutes. Cut steak diagonally across the grain into thin slices. Serve with salsa.

*Recipe taken from the Blue Cross of Idaho WellConnected portal.*
Know your Resources

Summer Travel and Your Benefits

Summer is a great time to get away from the routine and take a vacation. If you are hitting the road this summer, have peace of mind knowing that your benefits make it easy to be away from your regular routine. Stop by your pharmacy and request a vacation override through CVS Caremark before you depart. The pharmacist will request the increased quantity for you, eliminating the need to find a pharmacy while you are out of the area. Also, should you need to visit a medical, dental or vision provider while you are out of town, you can search for them using the links under each core benefit category on the Benefits website.

Safe travels!

Social Security Information

Looking for information on social security benefits for you or your family? There are several resources available online:

- [https://www.ssa.gov](https://www.ssa.gov): The main Social Security site, which includes a link to my Social Security to access your personal account at any time.
- [https://www.ssa.gov/retire/](https://www.ssa.gov/retire/): Information for planning for retirement and for those already retired.
- [https://www.ssa.gov/survivors/](https://www.ssa.gov/survivors/): Planning for, applying and information if you are already receiving benefits

Save the Date: PERSI Workshops Offered September 1

Mike Mitchell from PERSI will be presenting 2 retirement workshops on campus on September 1. Information on registration, times and location will be advertised at a later date on the Benefits website and in the Daily Register.

The Blue Cross of Idaho WellConnected Portal

Do you need help managing your health and wellness? Blue Cross of Idaho can help!

Benefit-eligible employees can access a wealth of health information on the Blue Cross of Idaho WellConnected portal.

Whether you need help beginning a healthy routine or tracking your progress, the WellConnected portal is available at your fingertips!

Some features of the portal include:

- Personalized health trackers and assessments.
- An extensive health library, including a symptom checker.
- Meal plans, logs, and recipes to help you achieve better nutrition.
- Exercise planners and logs, including steps, cardio, and strength training.
- A health coaching portal where you can communicate with Blue Cross of Idaho Health Coaches and set up coaching schedules.

To access the WellConnected portal, visit [members.beidaho.com](http://members.beidaho.com).

You will need to create a Blue Cross of Idaho login to access the site.