

The Resource

Scottsdale Healthcare Adds Bicycle Lockers for Commuters

Imagine not wasting a second stuck in traffic. Suppose you could spend no time or money filling your car's gas tank every week. What if you can have excellent cardiovascular fitness without spending endless, boring hours on a Stairmaster or treadmill? All of this is a reality for bicycle commuters.

In case you need an additional incentive to ride your bike to work, Scottsdale Healthcare has recently installed modern bicycle lockers in the parking garages on the Osborn and Shea campuses. These steel-reinforced lockers are grouped in an octagonal shape and provide security and protection from the weather for your valuable transportation.



David Smith (Shea-Nursing Admin) commutes 24 miles a day on his bicycle, often in early morning darkness. "I know that my expensive light rack won't be stolen and that my bicycle is out of the sun and rain," said Smith, who is coordinating Scottsdale Healthcare's participation in the Tour de Cure event for diabetes.

Each locker allows the bike to be stored in a semi-upright position. Handy hooks provide storage for a helmet, backpack and accessories. Using your own lock, you will have a secure place for your possessions, safe from the weather and curious eyes.

The new lockers are located in the Ironwood Drive parking garage on the Shea campus and in three locations on the Osborn campus: the 3501 Parking Garage, the ambulance bay (Osborn and Drinkwater) and the basement of the Patient/Visitor Parking Garage. Site maps showing bike locker locations are posted on the Trip Reduction page of the intranet.



*David Smith (Shea-Nursing Admin)
demonstrates the ease and convenience of the new bicycle lockers.*

New Advice for a Healthy Heart

An important government-sponsored panel of heart disease experts has announced aggressive new recommendations for treating high blood cholesterol. Under the new guidelines, many more Americans are now considered to be at higher risk for a heart attack than they were before. Consequently, they are candidates for cholesterol-lowering lifestyle changes and possibly drug therapy.

Now, more than ever, you will need to work with your doctor to evaluate your risk level. If you have had your blood cholesterol measured and have discussed your heart health with your doctor in the past, the new guidelines may mean that you'll need re-evaluation. Here are some of the main changes in testing and treatment that may affect you:

- First, everyone age 20 or older should have a complete blood cholesterol test. Unlike the simpler screening test, it requires a 12-hour fast. It measures total cholesterol, as well as LDL (“bad”) and HDL (“good”) cholesterol and triglycerides (fats in the blood). You also need to know your blood pressure.
- Although the guidelines for total cholesterol haven't changed (below 200 is desirable, 240 and above is high), those for LDL and HDL have. Desirable LDL levels are still less than 130, unless you're at high risk for a heart attack, in which case the new goal is a very low 100. The minimum for HDL has been raised to 40, up from 35. HDL below 40 is considered a coronary risk factor.
- The risk factors for heart disease are mostly the same: age, smoking, high total or LDL cholesterol, low HDL, high blood pressure, family history, and obesity. Diabetes is now singled out as so potent a risk factor for heart disease that by itself it puts you in the high-risk category, along with people who already have heart disease. So everyone age 45 and over should be tested for diabetes. People with diabetes are recommended to maintain their LDL below 100.
- One new risk factor is metabolic syndrome, which is largely related to obesity and inactivity. You qualify if you have three or more of the following: abdominal obesity (a waist more than 40 inches for a man, 35 for a woman); low HDL (below 40 for a man, 50 for a woman); fasting triglycerides of 150 or more; elevated blood pressure; and fasting glucose of 110 or more.

Always assess your risk with your doctor. Test results and other risk factors will help your doctor determine how much you need to lower your LDL. The guidelines stress the importance of lifestyle changes, even for those taking medication. These steps include exercising, losing weight, stopping smoking and especially adopting a cholesterol-lowering diet. Even if you are already on medication, keep in mind that lifestyle changes will help keep you healthy in many ways besides lowering your cholesterol. Such steps will also help prevent diabetes and metabolic syndrome, two of the big risk factors for heart disease, the number one killer in this country.

(Reprinted from the UC Berkeley Wellness Letter, September 2007)

BENEFITS

Going Back to the Gym?

If your New Year's resolutions include getting back in shape, remember there are many advantages to using the Cardiac Rehab and the Essential Touch fitness centers. Both offer extended hours and low monthly fees that are reimbursable under your wellness benefit. However, if you're looking for a gym close to home, check out the

list of fitness facilities offering membership discounts to Scottsdale Healthcare staff members at the ESM network and Employee Network. You can find links to these sites on the Discounts page of the Scottsdale Healthcare intranet.

Changes to Payroll Deduction for Dell Purchases

Starting in January, the Dell Purchase program will change its eligibility rules for payroll deduction. You will still be able to purchase any Dell electronics at discount and special pricing through the Dell website. However, the payroll deduction option will be available on the purchase of computers and computer peripheral products only. To qualify for payroll deduction, staff members (excludes on-call staff) must have completed two years of service and be regularly scheduled to work 32 or more hours per pay period.

Purchase Theme Park Tickets Online

There's good news for staff members who have to drive to the Employee Benefits office to purchase tickets to Disneyland, Universal Studios, Legoland and Sea World. Now you can order the same discounted tickets online from Employee Network.

Online ordering is available any time of day from the comfort of your home or even from a Scottsdale Healthcare computer. You will need to print an order form, so if your Scottsdale Healthcare computer is not connected to a printer, you may use a computer in the Health Sciences libraries.

To get started, visit the Employee Network (employeenetwork.com) and click on the "Treasure Chest" link. Here you can review the discounted prices for a wide variety of theme parks. Follow the instructions on the page for ordering tickets.

The option to purchase amusement park tickets through the Employee Benefits department will no longer be available. We still have a limited number of tickets for Sea World and the water parks, and these may be purchased while the supply lasts. You may continue to purchase Harkins tickets and bowling passes through the Employee Benefits department.

Safely Dispose of Old Computers

If you just got a new computer from Santa, you're probably loving it. But now you're faced with the task of getting rid of your old one. Unfortunately, many computers are thrown in the trash, which can be an ecological disaster. Computers and monitors contain over a dozen toxic materials, including lead, which can contaminate our water supply if they are dumped in a landfill.

Before tossing your old computer, be sure to protect yourself by removing personal information from the hard drive. You never know where your files will eventually end up, and regular deleting or hard drive reformatting aren't enough. You'll find free software such as Eraser and File Shredder at C-Net's website, download.com, to help you erase the hard drive and protect your identity.

Someone is bound to want your computer. Many charities accept and redistribute computers that are less than five or six years old. You can start with UsedComputer.com, a website that lists charities that need old computers. Among them are such well-known organizations as the Salvation Army and Goodwill. Another source for used computers is Students Recycling Used Technology (azstrut.org), a local organization that uses donated computers to teach students valuable technology skills and provides refurbished computers to schools and non-profits around the state.

If your computer is just too old, it may not find a home. Even so, don't throw it out. A recycling company can salvage usable parts and recycle the toxic materials. Most Arizona cities have recycling collection sites. Check your city's website for drop-off locations that collect household hazardous waste.

Many computer manufacturers also handle recycling. Apple, Dell and Hewlett-Packard offer such programs. You can recycle old printers, too. For example, Lexmark and Epson will recycle their printers. Check the manufacturer's website for their recycling policy.

IMPORTANT CONTACT INFORMATION

| If You Have A Question For... | Contact... |
|-------------------------------|---|
| Employee Benefits | Phone: 480-323-4540 E-mail: employeebenefits@shc.org |
| Employee Assistance Program | Phone: 480-882-4599 E-mail: eap@shc.org |
| Disability Management | Phone: 480-323-4547 Email: benefitsinfo@shc.org |
| Recruiting | Phone: 480-323-4500 E-mail: employment@shc.org |
| Training and Development | Phone: 480-323-4570 E-mail: training-development@shc.org |

NOTE: *The Resource* highlights certain benefits of Scottsdale Healthcare Plans. The official Plan Documents contain the rules of the Plan. If there is a discrepancy between the information in this newsletter and the Plan Documents, the Plan Documents will govern.

Check your Paycheck

Even if you made no changes to your benefits during Open Enrollment, it's always a good idea to review your paycheck stub for accuracy. Compare your January 11 paycheck with any of your December pay stubs and note any differences. Remember, the Co-Pay Advantage medical plan premiums will increase 6 percent, and the vision plan premiums will decrease 12 percent. Make sure your new Flex Spending amounts are accurate. For questions about your benefit deductions, contact Employee Benefits at 480-323-4540.

WE WANT TO HEAR FROM YOU

We want *The Resource* to be a valuable resource for you. If you have suggestions about topics to include in future issues, please share your ideas by sending an e-mail to employeebenefits@shc.org.

Let us know:

- What articles you liked
- Any ideas for future issues

Thanks for everything you do!



Recognition for Scottsdale Healthcare's Commitment to Excellence

- Magnet "Health System" Designation, from the American Nurses Credentialing Center. Scottsdale Healthcare Thompson Peak will be included in our next Magnet survey.
- Best Places to Work Award Winner

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- LIVING GREEN**
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