



HEALTH & WELLNESS
VANDERBILT FACULTY & STAFF

The Occupational Health Clinic Health Plus
Work/Life Connections - EAP

Connection

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

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 August, September 2020

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Go for the Gold!

Complete All 3 Steps by October 31 to Earn up to a \$240 Wellness Credit

All 3 steps of Vanderbilt's award-winning Go for the Gold program are now available! Get started now to learn important information about your health, earn up to a \$240 Health Plan incentive (for eligible faculty and staff), and harness the power of Go for the Gold!

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For information on Go for the Gold and to log in to your Health Plus Health Guide to get started, visit bit.ly/healthplusgftg. Have questions? Contact Health Plus at 615.343.8943, or email health.plus@vumc.org.

Care Gap Alerts

Gaps in Care



*Jill Lunde Jones, MD
 Assistant Professor of Medicine*

Care Gap Alerts is a column about improving health outcomes for Vanderbilt faculty and staff. Each issue highlights a different health care quality measure and identifies ways to reduce "gaps" in these measures to make sure our community receives high-quality care. In this issue we interview Dr. Jill Jones to tell us more about quality measures and how they affect our health.

What are quality measures and how do they affect my personal health?

Clinicians, their teams, and their departments regularly have their patient care evaluated and measured. Quality measures are how we examine ourselves and our work to ensure we are improving the care we deliver to each patient. While there are many other quality measures, Vanderbilt is currently focusing on and measuring cancer screening (colon, breast, and cervical), diabetes care, immunizations, and detecting and treating depression, tobacco use, and fall risk.

What are some examples of quality measures that my health care provider might discuss with me?

If you have diabetes, your health care provider will measure your diabetes control with an A1c and screening for complications of diabetes with tests for kidney damage and diabetic

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Work/Life Connections-EAP The Counselor's Corner

Janet McCutchen, LPC, CEAP
Work/Life Connections-EAP



SUICIDE AWARENESS: The Survivors

In recognition of Suicide Awareness Week (September 6 – September 12, 2020), WLC would like to highlight the people left behind; the survivors, who all too frequently, suffer in silence. Survivors of Suicide (SOS) groups around the country offer education and support for survivors. Click here or go to this website for more information: <https://tspn.org/for-survivors-of-suicide>.

Losing someone you know to suicide comes with its own kind of grief. In addition to the overwhelming sense of loss and pain, there are added reactions frequently associated with suicide:

FEELINGS OF GUILT: Survivors can experience feelings of guilt surrounding the death of their friend or loved one. Survivors often ask themselves: “What if?” or wonder “If only.”

STIGMA: For many survivors, having a loved one who commits suicide results in perceived blame, and a misguided sense of ownership.

MIXED EMOTIONS: Mixed feelings are common when anyone we love dies. Chief among them are feelings of anger, at the circumstances, or toward the deceased loved one.

Depression is treatable. There is support for those who feel hopeless and unsure of the future. Work/Life Connections-EAP is a free, confidential resource for VUMC and VU employees and spouses. Call to schedule a free assessment and speak with a licensed mental health professional. 615.936.1327

If you feel that you are at risk of suicide, please reach out. Call the Tennessee State-Wide Crisis Line 24 hours a day at 855-CRISIS-1 (855.274.7471) or go to the nearest emergency room.



I Am Vanderbilt celebrates the people of Vanderbilt and the unique talents and contributions they bring to the university each day.



I Am Vanderbilt Ashley Majewski

As a program coordinator in the Division of Administration, Ashley Majewski has worked on some of the biggest initiatives shaping Vanderbilt's campus, from FutureVU, the university's planning process for developing campus spaces and supporting the people who live, work, and learn in them, to projects involving new construction, sustainability, and transportation and mobility.

“Working on FutureVU and being a part of the division has definitely made me think about how I contribute to the university,” Majewski said. “To see the building projects come together, and all of the cool things we're doing with sustainability and transportation and mobility — it does make me feel like I'm part of this innovative, forward-thinking vision that not only will advance the university, but also Nashville and the larger community.”

One of her favorite duties of late is creating content for the Division of Administration newsletter, which recently highlighted staff from across the division who have gone above and beyond throughout the pandemic to keep the university running smoothly.

When it comes to nurturing her well-being during this unpredictable time, Majewski takes frequent walks with her energetic one-year-old goldendoodle, Regina; listens to music throughout the day; and catches up with friends from around the country during weekly Zoom calls. “We talk about what is happening with everyone and how our lives have been impacted by the pandemic,” she said. “It's so important right now to stay connected.”

– Kara Furlong

(continued from page 1)

eye disease. If you are over 50, they will discuss the best colon cancer screening test for you. If you smoke, they will ask how to help you use less or stop and advise you on tools and medications that are right for you.

How can I improve quality measures for myself?

The best way to ensure that you are up to date on needed care is to have a primary care clinician and see them regularly. Ask them: Am I on the best medications for my conditions? Have I had all the appropriate cancer screenings for my age and conditions? Have I had all the vaccines that are appropriate for me? Together, you can work to ensure that you do not have gaps in your care.



Occupational Health Clinic talk:

September is Sexual Health Month: The 411 on HPV

Mark Young, MSN, APRN, FNP-BC, Nurse Practitioner

In recognition of Sexual Health Month this September, we'll be talking about HPV, the human papillomavirus, a virus spread through sexual contact. There are multiple types of HPV, several associated with cancers and disease. More than 90% of cervical cancer is caused by certain types of HPV. HPV can also cause anal cancer as well as oropharyngeal cancers. Other types of HPV types are a significant cause of anal and genital warts.

The good news is that there is a vaccine that can protect men and women against HPV. The only HPV vaccine available in the U.S. is Gardasil and is effective against 9 high-risk types of HPV. These include the types listed above that are associated with cervical, anal-genital, and oropharyngeal cancers as well as genital warts. Though many people associate the HPV vaccine with women, it is effective for men as well, and can help prevent HPV associated cancers in men, including penile, anal, and throat cancers.

Current HPV vaccine recommendations include:

- Adolescents starting at age 11–12 (though may start at age 9) — two doses of HPV vaccine
- Adolescents or adults with first dose between age 15–26 — three doses of vaccine to “catch up” for the delay in vaccination initiation
- Adults age 27 and older — not routinely recommended, though some individuals may benefit upon consultation with their provider

The vaccine is approved in the U.S. to age 45. Vaccination decisions should be made on an individual basis with your health care provider. Primary Care Physician Dr. Rosette Chakkalalal adds, “it’s important to complete the full series of shots to get the maximum benefit of the HPV vaccine at any age.” HPV vaccine is a readily available, cost efficient, and an effective means to help prevent HPV-related cancers and disease.



Self-Care Isn't Selfish!

Taking care of your well-being is not only good for you, it allows you to effectively care for others! Give yourself the care you deserve anytime, anywhere with these virtual well-being programs and services from Health *Plus*.

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The Heat is On!

Chill Out with Cooling Foods

There are many ways to beat the end-of-summer heat. Seeking shade, enjoying the AC, and taking a swim all come to mind. Now you can add cooling foods to your list of ways to chill out! Eating hydrating fruits and vegetables (those with high water content) and adding frozen fruit-based treats to your diet will cool you down while upping your nutrition. Here are a few ideas:



Hydrating Vegetables & Fruits

Watermelon — With one of the highest water contents of any food, watermelon is refreshing and delicious. It's also packed with vitamin C and lycopene. It's easy to eat by the slice or **try out the recipe on this page**.

Tomato — Its naturally high water content will keep you hydrated, while vitamins A and C, potassium, and fiber keep you healthy. With so many colors and shapes, sliced tomatoes make a beautiful addition to salads.

Summer Squash — Summer squash includes zucchini, patty pans, and yellow crookneck. They are high in water and in nutrients your body needs. Try shredding summer squash into salads or soups for extra vitamin C, potassium, and fiber.



Frozen Fruit-Based Treats

Banana "Ice Cream" — Slice and freeze your ripe bananas for a cold, creamy, sweet treat. Mashed or blended frozen bananas make a great "ice cream." They also offer vitamins B6 and C, potassium, and fiber. **Try out the recipe on this page**.

Fruit-Based Frozen Yogurt — Frozen yogurt is sure to please on a hot summer day! Low in fat, high in protein, and — when fruit-based — offers vitamins, minerals, and antioxidants. Check the ingredients label to make sure it's made with real fruit.

Frozen Fruit Smoothies — Mangos, berries, acai, oh my! The possibilities for frozen fruit smoothies are almost endless. Just add to a blender a handful of your favorite frozen fruits, a little liquid of choice (water, juice, and milks all work), a few scoops of plain low-fat yogurt, and then blend and enjoy.



*Bridgette Butler, MS,
RDN, LDN*
Health Promotion
Coordinator, Health Plus

Watermelon, Arugula, & Feta Salad Serves 6

Ingredients:

- 3 cups seedless watermelon, cubed and chilled
- 1/3 cup reduced-fat crumbled feta
- 7 ounces arugula
- 1/4 small red onion, thinly sliced
- 2 tbsp balsamic vinegar
- 1 tbsp olive oil
- 1/4 tsp salt (optional)
- 1/4 tsp ground black pepper

Directions:

1. In a large bowl, toss together the watermelon, feta, arugula, and onion.
2. In a medium bowl, whisk together the balsamic vinegar, olive oil, salt (optional), and pepper.
3. Drizzle the dressing over the salad and toss gently to coat.

Nutrition Information per serving: Calories 70 | Total Fat 3.5g | Saturated Fat 0.9g | Cholesterol 5mg | Sodium 105mg | Carbohydrate 9g | Fiber 1g | Sugar 6g | Protein 3g

Source: American Diabetes Association

Chocolate Peanut Butter Nice Cream Serves 4

Ingredients:

- 4 frozen overripe bananas
- 1/4 cup peanut butter, or allergy-friendly substitute
- 1/3 cup cocoa powder
- Optional 1 tbsp Dutch cocoa or chocolate protein powder
- 1/4 tsp pure vanilla extract
- 1/8 tsp salt

Directions:

1. Combine all ingredients in a blender or food processor.
2. Process until completely smooth, adding a little milk of choice as needed to blend the frozen banana.
3. Serve immediately as soft serve or freeze for up to an hour before scooping out with an ice cream scoop.
4. Tastes best the day it is made, but you can freeze leftovers for up to a few weeks and thaw before serving.

Nutrition Information per serving: Calories 193 | Total Fat 9.3g | Saturated Fat 2.2g | Cholesterol 0mg | Sodium 76mg | Carbohydrate 29.2g | Fiber 5.7g | Sugar 13g | Protein 5.4g

Source: chocolatecoveredkatie.com

Fit for Fall Challenge

Make fitness a part of your fall with the Fit for Fall team challenge! The Health Plus Health Guide offers three different team challenges throughout the year to help you focus on healthy habits. Registration for the Fit for Fall team challenge opens August 17. This challenge runs August 31 through October 31, during which you will track your fitness activities such as walking, biking, yoga, and yard work. Track your activity for at least 10 days to earn this action in Step 2: Wellness Actions Log of Go for the Gold! To access the Health Plus Health Guide, visit bit.ly/healthplusgftg.

HR Corner

Getting The Most Out of Your Benefits



SAVE THE DATE

Open Enrollment is October 17–31

Open Enrollment is the annual opportunity for you to elect the benefits that best meet your needs. All benefits-eligible employees should complete Open Enrollment during October 2020 for calendar year 2021 benefits.

Enrollment begins at 8 a.m. October 17 and ends at 11:59 p.m. CST October 31. Elections are effective January 1 – December 31, 2021, unless you have a qualifying event.

You will log in to MyVU Benefits to elect, make changes to, or waive:

- health, dental, and vision insurance
- supplemental life insurance
- accidental death and dismemberment (AD&D) insurance
- health care flexible spending accounts (FSAs), which reimburse medical expenses for you and your dependents
- dependent care FSAs, which reimburse dependent care expenses

NOTE: You can *only* select the 2021 benefits described above during Open Enrollment (or within 30 days of a qualifying event, such as getting married or having a baby).

Even if you are not planning to make changes, you must log in to MyVU Benefits to:

- confirm current elections
- confirm dependent and beneficiary information
- attest to whether you and your covered family members are tobacco-free. Eligible employees can save \$20 per month on premiums.
- attest to whether your spouse is eligible for coverage elsewhere. If you carry coverage for your spouse who has access to health insurance through another employer — including Vanderbilt University Medical Center — you'll pay a spousal fee of \$100 per month.

You will need your VUnet ID and password to enroll. For more information, visit VU-IT.

More information regarding Open Enrollment for 2021 benefits will be available in the coming weeks.

upcoming events

At this time, like many departments, Health & Wellness has temporarily suspended events in recognition of social distancing. However, that doesn't mean that there aren't plenty of activities staff and faculty can take part in. See below for some inspiration!

Healthy Lifestyle



Get Active



START! Physical Activity Program — Log physical activity or sync a device and earn rewards.

Walking Routes — Maps of campus walking routes to enjoy.

Eat Healthy



TASTE — Eat delicious food, save money, and minimize your time in the kitchen with this 10-week challenge July–September.

Healthy Weight



Know Your Numbers — Track weight and body mass index.

Vanderbilt Weight Watchers at Work — Earn a \$25 credit per year.



Hold the Stuffing — Take the winter holiday challenge to maintain weight November–January and earn rewards.

Personalize Your Well-being Plan



Lifestyle Coaching — Personal lifestyle coaching to help you find the motivation and learn the tools to reach your health goals. Goals might include losing weight, being more physically active, eating better, quitting smoking, or lowering stress.

Support Identified Health Needs



Diabetes Prevention Program — The Diabetes Prevention Program is proven to prevent or delay type 2 diabetes. The focus is on developing skills to lose weight, be more physically active, and manage stress. Participants meet regularly in a group setting with a trained lifestyle coach.



Babies & You — Prenatal education program to encourage early and consistent prenatal care. Educational sessions on various topics are offered monthly.

Quit Rx — Counseling and treatment services to help you quit smoking.



Control is the Goal — Blood pressure management program.



= Virtual Participation Available!

Interested in growing the culture of wellness at Vanderbilt?
Become a Wellness Commodore!

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615.343.8943

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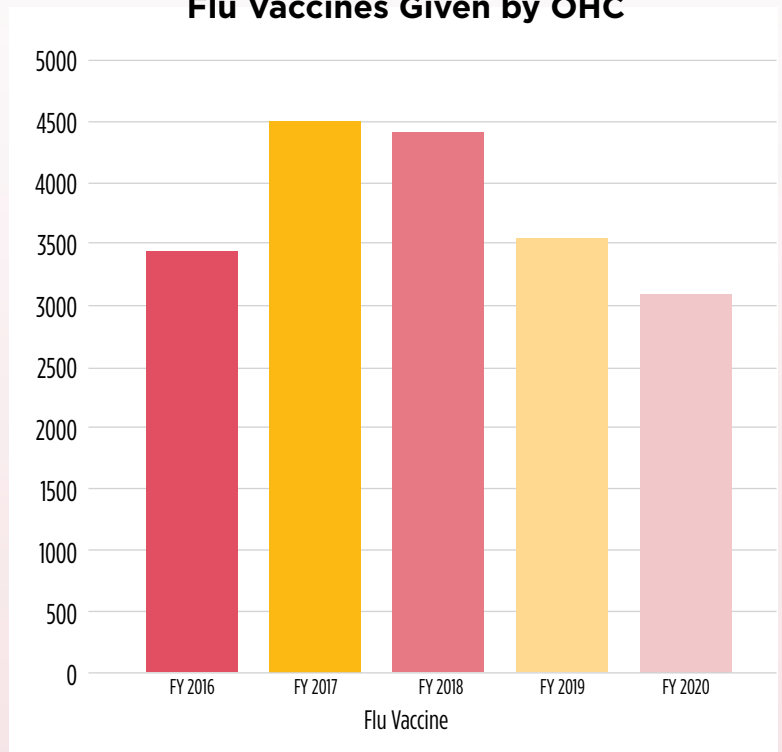
Have a topic you want to see covered? Email us at health.wellness@vumc.org.

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The Healthy Pulse

FOR FACULTY AND STAFF AT VANDERBILT

Flu Vaccines Given by OHC



Over the last three years, Occupational Health has provided elective influenza vaccinations to thousands of faculty and staff annually. Flulapalooza is celebrating its 10th anniversary this year and is part of a comprehensive effort to encourage and facilitate influenza vaccination for all of Vanderbilt's faculty and staff. The flu shot can decrease risk of illness as well as decrease illness severity for those vaccinated individuals who do develop the flu. The CDC's Advisory Council on Immunization Practices recommends that everyone six months of age and older receive the annual flu vaccine to help protect yourself and those around you.

Health & Wellness Connection

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