



SMU Health & Wellness Plans
Healthy Outcomes: A Voluntary Pilot
Programs & Resources

During the Achievement Period, November 2013 - May 2014, SMU encourages you to work with your physician to determine what steps you can take to maintain good health and improve any Metabolic Syndrome risk factors you might have that are outside of “normal” range.

In addition to working with your physician, SMU offers a variety of resources and programs to help you maintain good health or improve health. These programs are available to you at a reduced cost, or sometimes at no cost at all.

Name	Brief Summary	How to Begin?
<p>Catapult Health Preventive Health Checkup</p>	<p>Benefit-eligible staff and faculty may obtain a preventive health checkup through Catapult Health. Please allow 45 minutes for your appointment, and remember to fast (be sure to drink plenty of water and take your medications as prescribed) for 8 hours before your scheduled appointment.</p> <p>No individual health information obtained through the checkup is ever shared with anyone at SMU. More information can be found here.</p>	<p>To make an appointment please go online to: www.timeconfirm.com/smu</p> <p>Or, call 214-269-1513 and follow the automated instructions.</p> <p>If you have or will have a primary care appointment between September 15th and November 25th please review this information to ensure your visit satisfies the Baseline checkup requirement of the Healthy Outcomes Voluntary Pilot.</p>
<p>24/7 Nurseline</p>	<p>With the 24/7 Nurseline, caring, experienced nurses who understand your health concerns are available to you twenty-four hours a day, seven days a week — even on holidays. This convenient information and support resource is available at no out-of-pocket expense to you.</p>	<p>To speak to a BCBSTX nurse, please call 800-581-0368.</p>
<p>Naturally Slim Healthy Lifestyles</p>	<p>Through our continued offering of the program Naturally Slim® you have the opportunity to lose weight, feel better, and decrease your risk factors for metabolic syndrome.</p> <p>Naturally Slim focuses on the issue of metabolic syndrome and offers methods to help you create changes in your behavior.</p>	<p>Complete a preventive health check up and complete your online application before November 22nd at: www.naturallyslim.com/smu</p> <p>Be sure to have your biometric screening results on hand, provide complete information, and agree to the program requirements.</p> <p>The spring Naturally Slim class will begin the first week of February. The class will be conducted online with the exception of a live kick-off class.</p> <p>Seats are limited and applicants will be invited to participant based on risk factors for metabolic syndrome.</p>



SMU Health & Wellness Plans
Healthy Outcomes: A Voluntary Pilot
Programs & Resources

<p>Mobile Mammogram</p>	<p>Mobile mammography offers a convenient opportunity for eligible employees to obtain a mammogram on the SMU campus.</p> <p>You do not have to be a participant in the SMU Health and Wellness Plan to schedule your mammogram with the mobile unit. However, when you call to schedule your appointment, you should inform the scheduler of this and inquire about other billing arrangements.</p>	<p>To make your appointment, please call 214-947-0026</p> <p>Date: November 12, 2013 Time: 9:30am – 4:00pm Location: Main Campus, in front of the Health Center</p> <p>For more information on what information you'll need when making your appointment, please visit the SMU Mobile Mammography page.</p>
<p>Flu Shots</p>	<p>SMU offers free flu shots for all SMU benefit eligible faculty, staff, retirees and retiree spouses.</p> <p>To shorten your wait at the SMU Health Center, please see the instructions at smu.edu/flu.</p>	<p>Flu shots are available at most local pharmacies; or from the SMU Health Center –while supplies last—from 1:30 to 3:30pm on Tuesdays and from 9 to 11am on Wednesdays.</p>
<p>Compass Health Services</p>	<p>To help your benefit dollars go further and to find network doctors & facilities SMU provides the Compass concierge service.</p> <p>Compass services are available to faculty and staff enrolled in one of the SMU medical plans. The cost of Compass services is paid by SMU. Your health information will not be shared with BCBSTX, your doctor, or anyone else – without your personal consent. Your health information will never be shared with SMU.</p>	<p>You can contact Jeremy Garrett, SMU's Compass Health Pro, by phone 800-513-1667 x726 or email at: jeremyg@compassphs.com.</p>
<p>BCBS Condition Management</p>	<p>BCBS provides voluntary condition management programs (at no cost to you) designed specifically for those who have been diagnosed with asthma, diabetes, congestive heart failure, coronary artery disease, metabolic syndrome (high blood pressure, high cholesterol), lower back pain or end stage renal disease.</p>	<p>Call 800-462-3275 to enroll or to find out more about how condition management programs can help you.</p>



**SMU Health & Wellness Plans
Healthy Outcomes: A Voluntary Pilot
Programs & Resources**

<p>BCBS Tobacco Cessation Program</p>	<p>BCBS wants to help you quit smoking—and although quitting smoking is not easy, it can be done.</p> <p>BCBS has a Tobacco Cessation program available to help you quit smoking. The program provides personal coaching, online tools, and more.</p>	<p>Call 866-412-8795 for more information.</p>
<p>BCBS Maternity Management – Special Beginnings</p>	<p>Expecting a baby? We understand how important having a healthy baby is to you, so Blue Cross and Blue Shield offers a confidential maternity program.</p> <p>Special Beginnings is designed to help you better understand and manage your pregnancy. You will receive the support you need through every stage of pregnancy.</p>	<p>Call 888-421-7781, 8:00 a.m. — 6:30 p.m., to enroll. The first step to having a healthy baby is getting prenatal care, so be sure to enroll in Special Beginnings as soon as you find out you are pregnant.</p>
<p>Wellpower</p>	<p>Wellpower is the SMU wellness program for part-time and full-time, benefit-eligible, staff and faculty. The website, wellpower.smu.edu is web-based and may be accessed via any internet-connected computer. The current Wellpower program will run September 1, 2013 - June 30, 2014.</p>	<p>For more information, please go to wellpower.smu.edu.</p>
<p>Dedman Center for Lifetime Sports</p>	<p>Dedman Center for Lifetime Sports provides several free group exercise classes for faculty and staff. In addition, they offer personal training packages for individuals and small groups.</p> <p>Participants will need a Dedman Center membership to attend these classes. Membership for staff and faculty costs just \$10 per month and you may apply for membership at the main desk of Dedman Center.</p>	<p>For hours and information, please go to http://smu.edu/recsports/</p>



**SMU Health & Wellness Plans
Healthy Outcomes: A Voluntary Pilot
Programs & Resources**

<p>Onsite Health Coach</p>	<p>Paige Shouse, our Baylor Health Coach, will provide on-campus health coaching services most Wednesdays until June 25th, 2014.</p> <p>Paige will be primarily located in the HR suite, room 200 of Expressway Tower, but will often make appointments to meet on main campus or consult over the phone as well.</p>	<p>To set up an appointment with Paige or to discuss a personal challenge, email wellpower@smu.edu and ask to be put in contact with her. Paige will reach out to you via email to arrange for consultation.</p>
<p>Employee Assistance Program</p>	<p>The Employee Assistance Program (EAP) is designed to provide confidential counseling and referral services for all full-time and part-time faculty/staff and their eligible dependents. This program is administered by Magellan Health Services and is at no cost to you.</p> <p>The EAP offers counseling and referrals for help with situations including work stress, family issues, legal issues, financial problems, alcohol or drug dependency/abuse, and mental health issues. All faculty and staff, as well as their dependents, are eligible for up to three (3) face-to-face counseling visits per year through the EAP at no cost. If further counseling is needed, an outside resource will be recommended by Magellan based on the issues involved and the individual's ability to pay. The cost of additional visits are covered under your medical plan.</p>	<p>To access the EAP program, please call 877 704-5696 or go to their website at: https://www.magellanassist.com/default.asp</p>