

# CARES Connection

A Publication for CARES Members

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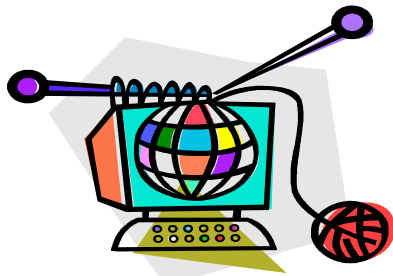
## CARES FOCUSES ON COMMUNICATION WITH MEMBERS

We are working together with CIGNA HealthCare to bring you information on relevant health topics. Part of the CIGNA HealthCare support system is the *Workplace Partners for Wellness & Good Health Program* which includes regular newsletters—*Your Health & Well Being*. These newsletters and other news releases from CIGNA HealthCare are designed to help you obtain the information about your health care program. For example, this issue of **CARES Connection** references items about mental health and heart health which have been featured in *Your Health and Well Being*. You will find it useful and informative to follow up by going to the websites of CIGNA HealthCare and CARES.

### Register for [myCIGNA.com](http://www.myCIGNA.com)

You have a readily available resource to help you obtain comprehensive information and support for your CIGNA HealthCare health insurance. If you have not yet done so, you will want to register at [www.myCIGNA.com](http://www.myCIGNA.com) in order to take full advantage of your CARES benefit program.

Visit CARES Website at  
[www.caresbenefits.org](http://www.caresbenefits.org)



The information in *CARES Connection* is intended to complement the advice of your health care providers and **not** to replace it. Before making any changes in your medication, diet or exercise, consult with your health care professional.

## SPOTLIGHT ON YOUR BENEFITS

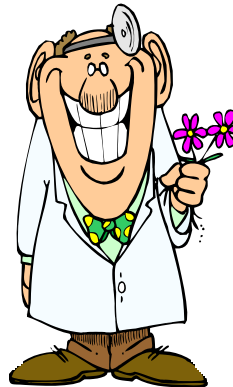
According to *Mental Health America*, a majority of people view their mental health and well-being as excellent or very good. Yet, they still feel besieged by financial (48%), health (38%) and employment issues (32%) in their daily lives. *Your Health & Well Being* newsletter from CIGNA HealthCare cites both beneficial and harmful ways in which Americans cope. The issue also contains important information about symptoms that occur and how stress can become a serious health hazard.

Such symptoms or warning signs may include:

- Headaches or backaches
- Trouble sleeping
- Neck or shoulder stiffness
- Irritability
- Relationship problems
- Changes in appetite.

Especially useful are the tips about ways in which one may begin to cope with, manage, and reduce stress.

Another timely item for this season is the article entitled "Shining the Light on Seasonal Affective Disorder (SAD)." If you, or a family member, find that your mood grows darker during the shorter days of fall and winter, you may benefit from reading this item.



**Learn About Managing Stress and Other Programs Available Through CIGNA Healthy Rewards Program by Visiting [myCIGNA.com](http://www.myCIGNA.com) today.**

**CARES' Mission**  
As the unique choice for qualifying private educational institutions, CARES collaboratively focuses on innovative, quality benefit choices, actively managing costs, and sustained, superior service.

## Know About Your Pharmacy Benefit

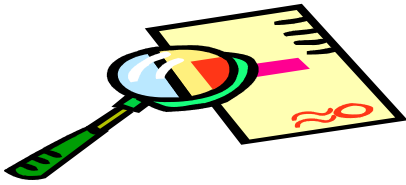
According to the Food and Drug Administration (FDA), 8,730 of 11,487 drugs have generic equivalents.

In 2004, the average price of a generic prescription drug was \$28.71 compared to the average cost of a brand prescription which was \$94.54. You may be able to benefit from significant cost savings by becoming more aware of your prescription benefit. To learn more go to [myCIGNA.com](http://www.myCIGNA.com) or call CIGNA Tel-Drug at 1-800-835-3784.

**In This Issue and Coming In February:**

February is American Heart Month

February 16th is National Women's Heart Health Day



## Benefits Dictionary: Glossary of Health Care Terms

### Behavioral Care Services

Assessment and therapeutic services used in treatment of mental health and substance abuse problems.

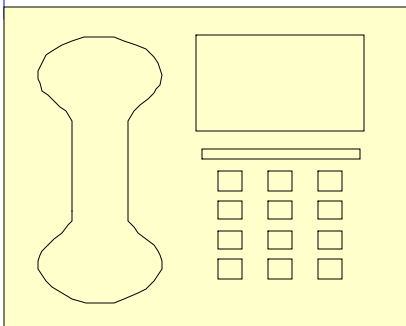
### CIGNA Behavioral Health, Inc.

Part of the CIGNA HealthCare division which offers Employee Assistance Programs (EAP), as well as mental health and substance abuse benefit management. CIGNA Behavioral Health, Inc. delivers services through a national contracted provider network, as well as its own professional practice sites across the country.

Source:

[www.cigna.com/health/consumer/  
Glossary of Health Terms](http://www.cigna.com/health/consumer/GlossaryofHealthTerms)

Your Customer Service  
Line for  
CIGNA HealthCare  
1-800-CIGNA24  
(1-800-244-6224)



**CARES Connection** is a publication of Collegiate Association Resource of the Southwest, Inc. Send your comments, recommendations and questions to:

[connection@caresbenefits.org](mailto:connection@caresbenefits.org)

## Important Reminder: There is Still Time to Get Your Flu Shot!

The Center for Disease Control reminds us that in most years flu season may not peak until February and often continues into May. So, although it is important to get your flu shot early, February is not too late. Now is the time to protect yourself, your family, and all those with whom you come in contact. So, take time to go to get that flu shot and avoid being laid up with the flu!



The wisest mind has something yet to learn.

*George Santayana*

## National Heart Month

Heart disease continues to be the leading cause of death in the United States. According to the Centers for Disease Control (CDC), heart disease represented 27% of all deaths in the United States. Many public health experts are concerned about the impact of lifestyle behaviors on the development of heart disease. Research studies in the *Journal of the American Medical Association* reveal that lifestyle behaviors may represent up to 90% of the causes of chronic diseases, such as heart disease. Therefore, individuals have a good chance of reducing their risk by targeting such lifestyle behaviors as **tobacco use, inactivity, and poor nutritional habits.**

CARES, in cooperation with CIGNA HealthCare, is making an effort to help members embark on their own health promotion journey to avoid serious heart ailments which can lead to such results as emergency heart bypass surgery, weeks of arduous recovery time, and possible limiting implications.

Join us in supporting the fight against heart disease by becoming aware of your lifestyle and actively participating in National Heart Month, events such as National Woman's Heart Day Health Fairs on **Friday, February 16**. If a health fair is not available in your area, you may still get started by joining in such activities as blood pressure screenings, cholesterol screenings, glucose screenings, professional medical counsel, and fitness programs.

For more information see the February issue of *Your Health and Well Being at myCigna.com*



## Spotlight on Trinity University



As one takes a casual stroll around the campus of Trinity University in San Antonio all the protections provided by the University may not be noticeable at first. Yet, it is important to recognize that the 24-hour police and security coverage by the Trinity University Police Department is provided by a staff whose permanent members are trained in First Aid, CPR, and **Automated External Defibrillators (AED)**. As part of CARES' recognition of American Heart Month in February, Trinity University should be commended for providing AED training and equipment on the University campus. For more information about the services provided on the Trinity University campus, see [www.trinity.edu](http://www.trinity.edu)

## Ask CARES

One objective of **CARES Connection** is to help give you the information that you need to make informed health care choices and decisions. We would like to hear from you. We want to know what you want to see in future issues of **CARES Connection**. Send your questions, comments and suggestions about what will be helpful to you to:

[connection@caresbenefits.org](mailto:connection@caresbenefits.org).