



CARES Connection

A Publication for CARES Members

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Getting More from Your Employee Assistance Program - CARES Behavioral Health EAP

Would you like to do more to get balance in your busy life? You have a **free, confidential resource available 24/7**. To discuss whatever is on your mind call 1.888.371.1125 or go to www.cignabehavioral.com.

After you log on with your employer ID (cares) and PIN (employee), you can choose from the links below which give you access to articles, tips, interactive modules, FAQs, and other resources:

- Browse Behavioral Articles
- Go to Online Coaching and Health Management

Among the topics you can explore in detail are:

- parenting and infant and child care
- time management
- women's health
- family life
- financial and legal
- problem solving
- stress
- fitness - nutrition
- child and elder caregiving

You may also want to look at the on-line overview of CIGNA Behavioral Health core Employee Assistance Program (EAP) benefits. You will receive a focused, but comprehensive, Employee Orientation to Benefits. Go to:

<http://www.cignabehavioral.com/employeeorientation> You will find this interactive orientation will give you information about face-to-face counseling, telephonic consultation, special features of your EAP, and all the topics listed above.



Remember to Save Your Vision!

There is no better way than to use some tasty recipes using carrots -- a rich source of vitamin A, which is a key contributor to health vision. You may view many ChefMD recipes at www.chefMD.com or Health Corner TV recipes at www.healthcorner.walgreens.com

Spotlight on Wellness at TCU and Austin College



Wellness programs are off to a strong start again this spring at both **Texas Christian University** and **Austin College**. Members of the **TCU** faculty and staff are well on their way for the **Frog Legs: TCU 2007 Pedometer Challenge**. At **TCU**, the 2nd annual pedometer challenge started on February 12 and continues through April 11. Across the campus 58 teams and almost 1000 participants are getting fit. Both individual and team recognition and prizes will be awarded. At least one of the **Frog Legs** teams from **TCU** will participate in the fight against breast cancer by running in the annual **Susan G. Komen Race for the Cure** in downtown Fort Worth on Saturday, **April 7**.

Teams at **Austin College** have kicked off the **2007 Walk Across Texas** fitness effort.

Benefits of **Walk Across Texas** are:

- fitness and cardiovascular health
- weight control
- prevention of disease
- stress reduction
- and quality time spent with family and friends!

The **17th Annual North Texas Race for the Cure** for the Sherman area will take place on Saturday, **June 2**. Watch for dates in other Texas cities in future issues of **CARES Connection**.



Why not Join in the "Walk across Texas" or the "Race for the Cure"? You can join in the fun and benefit from improved fitness by joining your colleagues this spring. For more information go to: <http://walkacrosstexsa.tamu.edu> or <http://cms.komen.org>.



Men - Are You Taking Care of Your Health?

A recent article in the *Washington Post*, entitled "Have You Looked Under Your Hood?" described how men would rather talk about what's going on with their car's fuel injection system than about their own cardiovascular health. Men often fail to have regular checkups with their primary-care physicians and, as a result, suffer from higher rates of heart disease, cancer, stroke, chronic lung disease and accidents. The article concludes, "When it comes to health, men put their heads under the hoods of their cars and deny their symptoms for as long as possible." "Look at it this way: You can buy a new car as soon as the sheen goes from the paint job, but your own body has to last you a lifetime."

Source:

www.washingtonpost.com/wp-dyn/content/article/2007/03/09

Did You Know?

You can listen to tapes on hundreds of health-related topics such as surgery, managing stress, aging, women's health and nutrition by calling:

**CIGNA HealthCare
24-Hour Health
Information Line**

1-800-CIGNA24

The information in CARES *Connections* 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.

