



TANG CENTER

BEAR TALK

NEWS AND INFORMATION FROM UNIVERSITY HEALTH SERVICES

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Best advice for summer? Get active!

If you want to make a positive change in your life, something that brings both immediate gratification and many long-term benefits, campus exercise physiologist Sue Johannessen has some expert advice: Get yourself physically active.

Make it your summer project, says Johannessen, who teaches in the Department of Physical Education and serves as a consultant to University Health Services' Health Matters well-

ness program. You'll be ready to greet the school year with new personal strengths.

The rewards

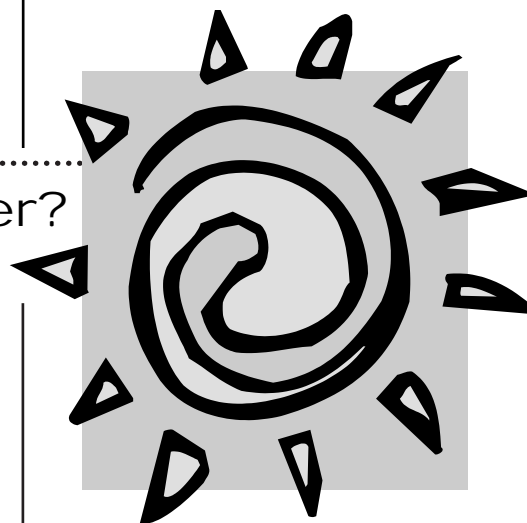
"I almost don't know where to start," says Johannessen about the list of

See "Get Active!," pg. 2

Ready for summer?

There are a few healthcare-related items to think about (and do!) before school's out.

- ◆ **Schedule** needed medical or GYN appointments well in advance.
- ◆ **Refill** your prescriptions before eligibility ends.
- ◆ **Arrange** for travel immunizations/consultations in advance. The Hepatitis A vaccine, for instance, is most effective when you have it four weeks in advance.
- ◆ **Check** your medical insurance options if you are graduating. Your SHIP coverage ends Aug. 14 at midnight.
- ◆ **Understand** your eligibility to use University Health Services during the summer, **May 24-Aug. 20:**
 - ◆ If you are graduating, eligibility to use UHS ends Aug. 14, 5 pm.



- ◆ If you are a continuing student and have SHIP, eligibility to use UHS continues on the same fee schedule as during school year.
- ◆ If you are a continuing student without SHIP, services at UHS are on a fee-for-service basis.
- ◆ If you are a continuing student without SHIP but attending summer school, eligibility to use UHS continues on the same fee schedule as during school year.

If you have questions, please consult a clinic receptionist or email uhsadminofc@uhs.berkeley.edu.

Get Active! (from front page)

benefits from physical activity. She names energy as one immediate effect -- more energy for schoolwork, more energy for all the things you enjoy.

She says stress relief is another immediate effect. "In this hotbed of competition, with such high expectations of students every single day, regular exercise is an excellent mitigator."

Exercise builds muscle tone -- "so not only will you feel better," she points out, "you will look better. The psychological rewards are huge."

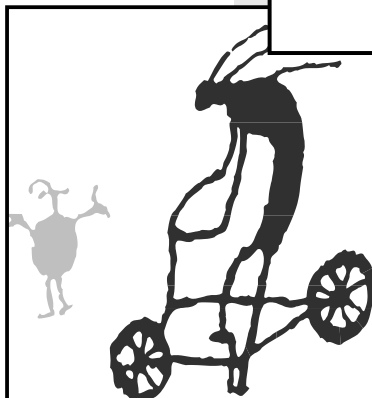
Obesity is quickly becoming the No. 1 health hazard in America, Johannessen points out.

"Exercise in itself gives you a psychological boost. The result of looking and feeling better compounds the effect.

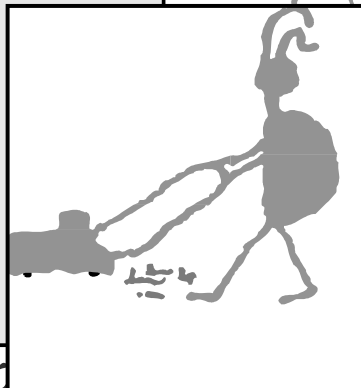
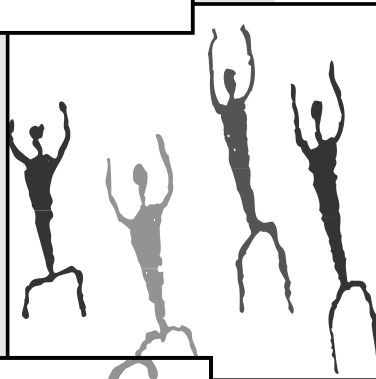
"We haven't even begun to talk about the long-term health benefits," Johannessen continues. "Consistent exercise builds your cardiovascular system and 'strengthens your core,' as we say. It helps prevent osteoporosis and -- so important -- helps prevent obesity."

Obesity is quickly becoming the No. 1 health hazard in America, she points out. It traditionally has been smoking, but obesity is moving into first place now.

When you exercise, you build the ratio of lean muscle tissue to fat. "Muscle tissue is metabolically active. It requires feeding, meaning, in essence, you can eat more to maintain your ideal weight."



An encouraging sign is the popularity of the campus physical education program.



How much exercise will provide these benefits?

"The boring answer?" she quips.

"At least 20 minutes of moderately intense activity three times a week."

The better answer, she says -- the answer that will build fitness and maintain weight control -- is an hour a day of activity.

By that she doesn't mean working out an hour a day. About 20 minutes of it could be some deliberate physical activity you work into your schedule, bicycling, dancing, working out -- whatever you enjoy.

But the other part of the equation can be anything that replaces more sedate activity. Take the stairs instead

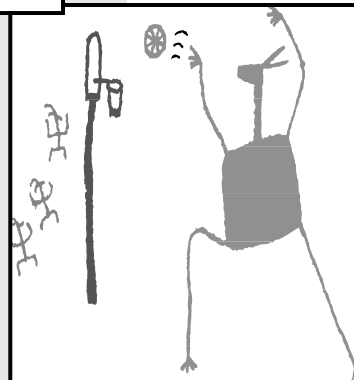
of the elevator, walk to school, run with the dog.

"The key," she says -- "and I say this to all of my students -- is to find something you enjoy." Some people like more social activities -- team sports, dancing, etc. Others prefer solitary pursuits or things they can do in their own home. "As long as you enjoy it, you'll keep it up."

Campus Physical Education Program

An encouraging sign, says Johannessen, is the popularity of the physical education program on campus. "There are about 100 sections, with everything from yoga and martial arts to tennis, swimming, circuit training and many other offerings. It's

a chance for students to try out an activity, meet new friends, and find something they enjoy doing while they increase their physical activity."



SHIP Rate, Benefit Changes for Fall 2004

The sharply higher costs in the local hospital system are driving up SHIP premiums to \$387 per semester for undergraduates and \$458 for graduate students for the 2004-05 plan year. The higher fees mirror what is happening across the industry -- the rising costs in the East Bay health care market have significantly affected health insurance rates across the board.

SHIP administrators at University Health Services are working to ensure that the more than 25,000 students enrolled in SHIP will continue to have an excellent health plan, still at about half the cost of an employee plan. SHIP coverage remains comprehensive with full medical, mental health

and dental benefits.

Several efforts are in place to contain SHIP costs. Beginning August 15, 2004, all medical and mental health visits outside of UHS will be covered at 80 percent of network rates for Blue Cross Prudent Buyer providers, or 60 percent of non-network rates for providers not participating in the Blue Cross network, after the \$200 annual deductible has been paid.

Psychotherapy visits are not subject to the deductible, but are limited to 25 visits per plan year. Services at UHS that have fees will continue to be covered at 80 percent of charges, with no deductible.

Also starting August 15th, prescrip-

tions filled at the UHS Pharmacy will have a co-pay of \$10 for generic and \$20 for brand name medications (30-day supply). Hormonal contraceptives will have a co-pay of \$20 for 3 cycles. Prescriptions filled outside of UHS will be reimbursed at 50 percent of billed charges. Prescription medications are not subject to the deductible. The pharmacy benefit has an annual maximum of \$2,000 coverage per plan year.

For more details, please visit the insurance pages on our website: www.uhs.berkeley.edu/students/insurance. SHIP staff members also are available to answer your questions. Call 642-5700 or visit the office on the third floor of the Tang Center.

Tang Information Center: Not Just for Information Anymore

For years the Information Desk in the first floor lobby of the Tang Center was a friendly place to stop on the way to your appointment.

Staffed by volunteers, many of whom had served UHS for decades, the Information Desk was a place to find out what to do, where to go and how to get there.

This school year, the Information Desk became the "Tang Information Center," a full-time coordinator was hired, and while all of the above is still true, the services have expanded to help students get certain things done without having to run all over the building.

There is a sign posted at the Center -- similar to what you see to the right -- listing all the services available.

The transition has been smooth, says coordinator Diane Drew, since students are directed by Tang Center staff to pick up their



The Tang Information Center logged 10,298 visits January-March 2004.

paperwork (or do other tasks) at the new location right inside the main doors.

"I think students have been pleasantly surprised at how quickly we can make things happen," says Drew, using gold card replacements as an example.

"They make their request, come back a few minutes later, and we have it ready."

Now Available Here:

- Information on Tang Center services
- Questions about your appointment
- Insurance information
- Gold Card replacements
- Prescription orders, lab requests, and other service request forms provided by clinicians
- Medical record requests/pick-up
- Paperwork drop-off
- Reimbursements
- Parking meter change
- Bike lock, dog leash
- Lost & Found

**Welcome to
the Tang Information Center**



Grad Students Help Shape Mental Health Services

A campus focus on graduate student wellness has instigated a task force on graduate student mental health. This task force currently is completing a large-scale survey to better understand grad students' experiences with the counseling services at Tang and other mental health resources.

Graduate student members of the task force have written a letter to the chancellor to ask for increased resources for counseling. In addition, a proposal was made for an academic senate subcommittee to address graduate student wellness.

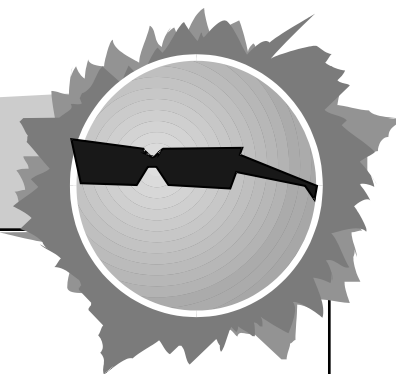
At University Health Services, this energy has resulted in an advisory committee to help Counseling & Psychological Services (CPS) better meet the needs of graduate students. The committee is made up of Susan Bell, CPS coordinator of outreach; graduate students Temina Madon, Telford Moore, Daniel Handwerker and Nicole Starkwether; and several UHS and campus administrators.

The advisory committee already has made significant progress.

They have:

- Recommended novel ways of advertising existing services and reaching isolated graduate students.
- Recommended that UHS participate in the National Screening for Mental Health, a computerized program designed to educate and screen students for depression, anxiety, eating disorders and alcohol problems.
- Presented at the March campuswide Advisors' Conference to educate staff on the needs of graduate students and how to help those who might be depressed, anxious, or dealing with other emotional problems.

Work is underway for the 2004-2005 academic year to inform the new chancellor on these issues and to develop a lecture series that would enhance Depression Screening Day.



Sun Safety Review

Protect Your Skin!

Review these truths about sun safety:

- Everyone, regardless of skin color, is at risk for skin cancer.
- Overexposure to ultraviolet (UV) rays outdoors or in a tanning salon can cause skin cancer.
- UV rays are greatest in the summer.
- A tan is a sign of skin injury (after UV rays enter the skin, the skin protects itself by producing more pigment or melanin).
- It's important to use sunscreen year round, since UV rays can penetrate clouds, mist and fog.
- Damaging UV rays reflect off water, sand, concrete and snow.
- When your shadow is shorter than you are, the sun's rays are at their strongest.
- If a person's skin normally burns in 10 minutes, then a sunscreen with a Sun Protection Factor (SPF) of 15 would protect him/her for 150 minutes (SPF15 x 10 minutes = 150)
- Experts recommend choosing a sunscreen with an SPF of 15 or higher.
- Apply sunscreen about 20 minutes before going outdoors, and reapply every couple of hours.
- Dark colored clothes offer more sun protection than light colored ones.
- Some medications make your skin more sensitive to the sun—check with your clinician or pharmacist.