



For *YOUR* Benefit

GRANITE SCHOOL DISTRICT'S EMPLOYEE BENEFITS NEWSLETTER



\$4 Generics—SAVE!

Discounted generic medication programs (\$4 per 30-day supply or \$10 per 90-day supply) are available at pharmacies of many retail stores, such as Wal-Mart and Target. While Granite School District's drug coverage requires patients to pay \$10 per 30-day supply for generic and \$30 for preferred brand-name drugs, anyone regardless of insurance, pays only \$4 for qualifying generic drugs through these programs. Use of \$4 programs could potentially save employees and Granite School District thousands of dollars.

Many Granite School District employees have yet to take advantage of the low prices for prescription drugs offered by many retailers. **Did you know that for the 2010 year, the second largest piece of the "insurance-dollar pie" for Granite School District was spent on prescription drug coverage?** Because Granite's medical and prescription drug benefit is entirely self-funded, that means that nearly ten million (yes, I said million) "District dollars" were spent solely on prescription drug coverage.

One of the major health care challenges we face both as individuals and as a District is the mounting cost of prescription drug coverage. Let's review some national and local cost-saving prescription drug programs that are available to keep more money in your wallet, free up "District dollars" and talk about why choosing generic medication can save a lot of money for all!

SO WHAT'S IN IT FOR YOU

(and the District as a whole) if each of us, instead of running our generic prescriptions through the District's insurance program, choose to fill our generic prescriptions through one of the \$4 generic programs available at the retail stores?

You guessed it...

BIG SAVINGS!!!

How Do I Use A "Big Box" Retail's Generic Prescription Drug Program?

1. Discuss the prescription being issued with your doctor. Ask if a generic medication is available. If a generic is available, the prescription must be written for the generic drug.
2. Take your prescription (or have your physician call it in) to one of the "big box" retailers offering a generic prescription benefit program.
3. Tell the pharmacist that you would like to fill the generic prescription through their generic prescription drug program. (In doing so, you will NOT need to show your Granite medical ID card).
4. Receive a 30-day supply of generic medical for \$4.00 (versus \$10.00 copayment you would have had to pay if you used Granite's medical insurance) or receive a 90-day supply for just \$10.00. See... BIG SAVINGS!



CONTACT US

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Do You Drink Enough Water?

Your body is about 70 percent water. If you don't regularly restore the water lost throughout the day and night, your body may not be able to work at full capacity. If you feel thirsty, it means your body is already low on water. Your thirst reaction kicks in once you are dehydrated.

Water helps increase your energy -

- Water improves your metabolism and is necessary to digest food.
- Water allows you to exercise longer and at a higher level.
- Water replaces fluids that you lose through sweat.

Water helps maintain weight -

- When you don't drink enough water, your body senses a threat and holds onto the water it has.
- When you don't drink enough water, your body eliminates extra fluid.
- Water helps to process the high fiber foods that are an important part of healthy eating.
- Water has no calories and helps you to feel full so you are less hungry.



Water helps children -

- Substituting fruit drinks for water may put children at risk for obesity because of the added sugar and calories.
- Fresh fruit and vegetables will help to keep them hydrated.

(Source: Kaiser Permanente)

Wellness Winner - Testimonial

CONGRATULATIONS to Barbara Fullmer for the greatest percent loss among the female participants and to Henry "Allen" James for the greatest percent loss among the male participants. Barbara and Allen each received an iPod Shuffle as their prize.

Barbara Fullmer – *How Did You Do It???*

Being overweight has been a way of life for me. I was a chubby baby who grew up to be an obese adult. As the candles started to multiply so did the aches and pains. In order to be a healthier me, I needed to take a look at what I was doing to sabotage any weight lose program I have ever started. After years of pills, shots, and starvation, I realized that I can't be on a diet.

I needed to eat what I liked, but learn how to eat less and healthier. I still go overboard at times but I am learning to listen to my body (i.e., your full, too much sugar, refuel alert, need more water, etc.). Since I started my quest for a healthier me, my weight loss total is 18.26%.

Thank you ***Don't Wait! Lose Weight!*** for encouraging me to develop a healthy life-style program that is right for me.



Wellness...*We're Listening*

In May, the District Wellness Committee held a meeting with Wellness Specialists from various locations throughout the District. Our goal was to brainstorm some ideas that we could implement in the near future to help improve the District's Wellness Program.

Many of the ideas that were shared were excellent and will be implemented immediately. Some of the ideas are a little more involved and will require additional resources and time to implement. However, the Wellness Committee wanted to share with you that we are listening to your ideas and are open to even more suggestions on ways we can improve "Wellness" in Granite School District.

Some of the ideas generated at the meeting included:

- **Health Club Memberships**
- **Insurance incentives (e.g., lower deductible, premium discount, etc.)**
- **Exercise equipment at school/department locations**
- **Time off for wellness**
- **District-wide 5K race**

If you are interested in being a "Wellness Specialist" at your location, please email [Chad Carpenter](mailto:Chad.Carpenter@graniteschools.org).

Tasty Time - Savers

Eating healthy doesn't have to be hard. If you've never thought much about what you eat, making changes can be challenging at first. So start by making small and simple changes—one at a time. As your eating habits evolve, notice how your body feels. You should find you have more energy and feel better overall.

Turkey Avocado Wrap -

- 1 whole wheat tortilla
- 2 oz fresh roasted turkey breast
- 3 tbsp mashed avocado
- 1 tbsp salsa
- 1 apple
- Fresh spinach



Calories: 320, Protein: 23g, Fat: 7g, Carb: 50g, Fiber: 9g, Cholesterol: 39mg, Sodium: 366mg

(Source: Kaiser Permanente)



The Granite District Wellness Committee, would love to hear from you. If you have suggestions, comments, success stories or ideas about how the Wellness Committee can do a better job of promoting wellness throughout the district, please send an email to:

benefits@graniteschools.org