



What's inside this Winter 2019 issue:

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Abenity: our new discount program

Update your email to access thousands of discounts

Intermountain Healthcare has teamed up with Abenity to provide access to more than 302,000 discounts on all kinds of products and services. Enjoy discounts on everything from pizza to movie tickets, car rentals, hotels and much more.

Where do I find these discounts? Visit intermountain.abenity.com. Then sign in using your email address that the retirement department has on file. Your initial password will be "Intermountain" and you will need to change it once you log in.

What if I don't have an email address on file with Intermountain? You can update or add your email address one of two ways, depending on your which pension payment you chose:

- **Monthly payment retirees:** Follow the steps to the right.
- **Lump Sum payment retirees:** Email us at ask_HR@imail.org

Once added, please allow two to three weeks for the email address to update in the system.

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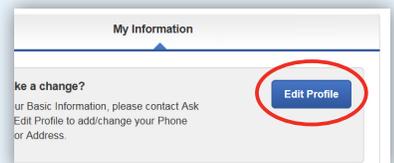
How to update your email on PensionPath

Go to intermountainhealthcare.org/retiree and click Pension Path. Once you've logged into Pension Path, follow these steps below:

- 1 Click "Edit" next to your name



- 2 Click "Edit Profile"



- 3 Enter your email address (towards the bottom of the screen) and click "Save".



Celebrating our LiVe Well heroes

Check out these true stories from caregivers

The stories below are from just a few of our 2018 Intermountain Live Well Heroes who demonstrate their commitment to living well through healthy choices and actions. They move us closer to creating a culture of wellness at Intermountain as well as in our families and communities. Take a look at these stories that will hopefully inspire you to live a healthier lifestyle.



Kathy Elliott

PHARMACY TECH, SORENSEN BUILDING

Kathy experienced stress and insomnia for about 11 years after her daughter passed away. She decided to try and make small step changes to improve her sleep. Little by little, she was sleeping longer than before. She has since reached her goal and is sleeping an average of 7.5 hours each night. Kathy is a great example of LiVe Well and she shares her success story to help inspire others. *(Brandon Cressall and Lysie Parry)*



Elizabeth Davies

CARE COORDINATOR, PRIMARY CHILDREN'S HOSPITAL

This year, Liz was experiencing extreme pain due to hip complications. She decided to undergo surgery and was off work for six months. After returning, she planned a trip with her staff to hike Ensign Peak. This hike celebrated her

determination, motivation, and joy for life. Liz has taught us that despite obstacles, you never give up. Liz is a great example of LiVe Well. *(Susan Earl)*



Karen Gatzemeier

RN, RIVERTON HOSPITAL

Karen set a goal to lose 100 pounds in 2018. She found her why when her son, Parker, asked her to lose the weight, so they could go on all the rides at Disneyland and Universal Studios. Whenever she felt tempted to cheat on her diet, she would tell herself "I love Parker too much to eat that." Karen and Parker went to Disneyland in October and will go to Universal Studios in January. She was able to enjoy the rides she couldn't before. She has just 11 pounds left to lose to meet her goal. *(Blanche Britton)*



Dr. Brad Goates

FAMILY PRACTICE PHYSICIAN, LOGAN CLINIC

Dr. Goates reached a point

where he didn't feel healthy and wanted to make some changes. He was consistent in his resolve. He changed his eating habits and increased his exercise and strength training. He knew he couldn't ask his patients to do something he wasn't doing himself. His efforts paid off in his weight loss and the way he felt physically and mentally. *(Julie Henderson)*



Julia Wasescha

SERVICE COORDINATOR, SELECTHEALTH

Julia's focus for 2018 was stress relief and she built her own little meditation area in her backyard. She started a group that meets each month to talk about making themselves better, being more focused, and releasing negative energy. She also started a text group in which she sends an uplifting thought to empower others to be good, do good, and share good. Julia has made visible differences in her life. She is a wonderful example of LiVe Well. *(Tasha Reed and Cindy Wilson)*

TOP 5 TAX DEDUCTIONS FOR SENIORS

Don't leave money on the table. Here's the top five tax deductions that you may be eligible for:

- **MEDICAL & DENTAL** You must itemize these expenses on Form 1040's Schedule A. And you can only deduct expenses that are more than 7.5% of your adjusted gross income (AGI) from your 1040.
- **LONG-TERM CARE.** If you, your spouse or a dependent are in a nursing home, assisted living facility or the like, you may be able to deduct some of the expense.
- **TAX CREDIT FOR ELDERLY OR DISABLED.** This credit is based on age, income and filing status. Use Schedule R (Form 1040A or 1040) to complete.
- **SELLING YOUR HOME.** If you sold your home, you can exclude from income any gain up to \$250,000 (\$500,000 on a joint return in most cases) on the sale of your main home.
- **STANDARD DEDUCTION.** If you're not itemizing the above deductions (and others not listed) or the total of your itemized deductions is less than the standard deduction, take the standard deduction.

Stipulations apply to all of the above deductions. Please consult with your tax professional to see if you qualify.

Source: Seniorliving.org



LiVe Secure:
Be financially secure today and in the future.



LiVe Engaged:
Be highly engaged at work. Love what you do each day.



LiVe Healthy:
Care for your body with sleep, activity, and healthy food.



LiVe Happy:
Be your best self, especially during times of change and stress.



LiVe Connected:
Create and sustain healthy, positive relationships at work, home and in the community.

Your retirement is in good hands. So keep it that way.

Sign up for two-factor authorization through T. Rowe Price today!

Safeguarding your retirement account(s) such as your Savings Plus 401(k) Plan, is a priority of the Retirement Program. There are proactive steps you can take to help us keep your account secure and private, and to avoid fraudulent or unauthorized activity.

- 1 LOGIN:** If you have yet to create a log in, do so now at rps.troweprice.com.
- 2 REGISTER:** Register for two-factor authentication from your profile page.
- 3 UPDATE:** Add or update your security questions and email address.
- 4 ACCESS:** Check your account regularly and change your password frequently.

WHAT IS TWO-FACTOR AUTHORIZATION? It is a two-step verification process that requires not only a password and username but also something that only the user has on them such as a cell phone. This ensures that the user's identity is legitimate.



IF YOU HAVE QUESTIONS, visit rps.troweprice.com or call them at 1.800.922.9945. If you would like to sign up for two-factor authorization, simply login to your account at rps.troweprice.com and click "Profile" at the top of the screen and scroll down to "Login Information."

T.RowePrice 

Cybersecurity: Beef up your passwords; stay safe online



FOR MORE INFORMATION, about cybersecurity and identity theft, visit stopthinkconnect.org or consumer.ftc.gov/topics/identity-theft

The average person has 19 passwords to remember, according to a recent cybersecurity blog. That's a lot of remembering, and it's probably why people struggle with creating secure passwords, changing them frequently, or re-using passwords on multiple sites and systems.

If your password is easy to remember for you, it's likely it's easy for someone else to remember it too. Having a secure password protects your online accounts. Here's some tips that can prevent that from happening.

Strong passwords are:

- **Long** (at least 12 characters) and complex.
- **Comprised of numerals, special characters (&*%="+/), and both upper and lowercase letters.**
- **Memorable.** Consider using a

mnemonic—a pattern of letters and symbols—to help you remember.

Tips and tricks to password safety:

- Never write down your passwords or usernames.
- Never share your password with anyone.
- Never use your work credentials on other sites.

Some other ways to stay cyber safe is by watching out for suspicious emails. When in doubt, throw it out and don't click on any links you don't trust. Also, don't access highly personal information when using public wireless networks. They are not secure. Fortify your online accounts by enabling the strongest authentication possible such as security keys or a one-time code.

Source: intermountain.net



Intermountain 2018 Year in Review

Provider of the Year and much, much more

The year 2018 proved to be a success. Intermountain Healthcare was named the 2018 Provider of the Year by Healthcare Dive, a nationwide healthcare industry news organization. Here are a few specific ways we've improved the care we provide and helped people live healthier lives this year.



Increased clinic visits

We've increased the number of Medical Group clinic visits provided

outside of traditional business hours by nearly 90,000 from last year — for a total of close to 415,000 clinic visits YTD offered outside of Monday to Friday, 8 a.m. to 5 p.m.



Improved HCAHPS scores

We've substantially improved our

HCAHPS scores on the questions related to nurse and physician communication. These improvements are a result of hours of training, mentoring, and coaching efforts, as well as increased physician involvement in unit huddles.



Decreased opioid pill prescriptions

We've cut the number of opioid pills prescribed by close to 30 percent and increased the number of patients receiving treatment for opioid addiction by 10 percent. We've removed one of every three opioid tablets prescribed in Utah.

Discount program

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Are there local discounts? Abenity offers discounts from vendors in Utah and across the nation.

Who is eligible for the discounts? The discount program benefit is available to Intermountain Healthcare caregivers and retirees.

Can I access Abenity on my phone? For easy mobile access, you can download the Abenity app—available for both Apple and Android phones and tablets.

Can I get discounts while I'm traveling? Whether you're traveling for business, planning a day trip, or going on vacation, simply update your location within Abenity to find savings near your destination. Once you discover the savings you're looking for, you can claim or purchase those deals.

Is Abenity replacing the old discount program? Yes. This new program is an improvement on our old program. It offers thousands of discounts across the country.

Questions? Visit the [Abenity Member Services Support site](#) or contact Abenity Customer Support by calling 1-855-ABENITY (223-6489).



Prep time: 5 minutes
Cook time: 25 minutes

Source: [allrecipes.com](#)

Recipe: Blueberry Lemon Breakfast Quinoa

Ingredients: 1C quinoa, 2C nonfat milk, 1 pinch salt, 3Tbs maple syrup, ½ lemon zested, 1C blueberries, 2tsp flax seed

Instructions: Rinse quinoa. Heat milk in a saucepan over medium heat until warm. Stir quinoa and salt into milk, simmer 20 minutes. Remove from heat. Stir maple syrup and lemon zest into the quinoa mixture. Gently fold blueberries into the mixture. Top with flax seed.