



# LiVe Well *the* RetireeConnection

A NEWSLETTER FOR INTERMOUNTAIN HEALTHCARE RETIREES

SUMMER 2018



## What's inside this Summer 2018 issue:

- 401(k) distributions now online
- Hand washing 101
- You can change anything
- 21 Target Behaviors
- 5 tips for a better morning

  
**Intermountain**  
 LiVe Well  
 Retirement Program



### Annual enrollment coming up!

Watch your mail for your 2019 Retiree Annual Enrollment packet which includes information about changes to your retiree health and/or dental insurance for next year.

## Keep your T. Rowe Price account safe

### Enroll in Two-Factor Authentication today!

*Safeguarding your account security and privacy is one of T. Rowe Price's top priorities, however your account is even safer with your help. Take these proactive steps listed below, to avoid fraudulent or unauthorized activity:*

#### WHAT IS TWO-FACTOR AUTHENTICATION?

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.

#### WHY TWO-FACTOR AUTHENTICATION?

It is an extra layer of protection that makes it even harder for cyber criminals to breach your account. It's your money, so keep it safe.

#### HOW DO I SIGN UP FOR TWO-FACTOR AUTHENTICATION?

Simply login to your account at [rps.troweprice.com](https://rps.troweprice.com) and click "Profile" at the top of the screen and scroll down to "Login Information". You can

elect to receive an access code on your phone each time you login or turn that feature off so that you only receive an access code when you login in from a new or unrecognized device.

#### OTHER HELPFUL TIPS

- Set up a username and password if you haven't already so that a cyber criminal doesn't do it for you.
- Maintain a strong password.
- Don't share account access information.
- Establish or update your security questions.

For more information, call T. Rowe Price at **1.800.922.9945**.



### IN THE EVENT OF A LOSS ...

Contact T. Rowe Price immediately at 1.800.922.9945 if you suspect unauthorized activity or become a victim of identity theft.

Then, follow T. Rowe Price's security best practices going forward.

**T.RowePrice** 

# You can change anything

## Register for this fun, interactive workshop

Whether you want to increase physical activity, save more money, or manage stress better, the *You Can Change Anything* workshop teaches you how to be successful. This model, based on best practice principles, will increase your confidence and ability to make any healthy lifestyle change.

### IN THIS FUN, INTERACTIVE WORKSHOP YOU WILL LEARN HOW TO:

- Create and use your *why* for well-being
- Use a growth mindset so that you don't quit when it gets hard
- Measure what matters most so you can see progress
- Use LiVe Well experiments to discover what works for you
- Celebrate along the way so that change is fun and energizing

We encourage you to bring a family member so that you can learn together and can give each other support after the workshop. LiVe Well coaching is also available after the workshop.



Intermountain<sup>®</sup>  
LiVe Well

### WORKSHOP DATES

- **Friday, August 10**  
Logan Regional Hospital
- **Thursday, September 6**  
Employee Services Center
- **Friday, November 16**  
Employee Services Center

All workshops are held from 8 a.m. – 2 p.m. There is no cost to attend, and lunch will be provided. Space is limited to 40 participants per workshop.

**To register:** Email [Patti.Taylor@imail.org](mailto:Patti.Taylor@imail.org) or call 1.801.442.2304

## Living on the moon

For the first time in five decades, the U.S.—along with private-industry and international partners—has committed itself to not only returning to the moon but establishing a long-term presence.

In December 2017, President Trump signed the first of three Space Policy Directives, putting manned lunar exploration back at the top of the NASA agenda. To read more, visit [www.time.com](http://www.time.com).



## TIPS FOR A *better* MORNING

- **Slowly rise out of bed**  
Avoid injury, get blood flowing
- **Leave your cell phone alone**  
Allow some time without distraction
- **Open blinds, let in the sun**  
Reset your body's circadian rhythm
- **Grab a glass of water**  
Hydrate to aid digestion and metabolism
- **Eat a healthy breakfast**  
Give your body what it needs



Source: aarp.org

## 401(k) distributions now available online

Exciting news! Effective immediately, you can now request a distribution from your Intermountain Savings Plus 401(k) Plan online by logging on to [rps.troweprice.com](http://rps.troweprice.com).

### GOODBYE PAPERWORK.

With this new option, you do not need to complete any 401(k) distribution paperwork or make any phone calls. Everything can be done online.



### HOW DO I GET STARTED?

Follow these simple steps:

- **Log on to [rps.troweprice.com](http://rps.troweprice.com).**
- **Click “Transactions”** at the top of the screen. Then click “Take a withdrawal” under the Manage Distributions section.
- **Follow the prompts.**

Aside from the user-friendly process, the distributions section allows you to track or cancel existing withdrawals and find answers to your most frequently asked questions.

### CAN I STILL REQUEST DISTRIBUTIONS OVER THE PHONE?

Yes. T. Rowe Price representatives are available at **1.800.922.9945**, Monday through Friday.

### HOW LONG DOES IT TAKE TO RECEIVE MY DISTRIBUTION?

You have the option to receive a check in the mail (via FedEx or 1st class mail) or have the money directly deposited into your checking account within 5-7 business days after you make your request online.

**T.RowePrice** 



## Hand washing 101

### New study shows you may not be washing correctly

#### Cooking and hand washing

People fail to properly wash their hands while cooking 97% of the time, potentially opening them up to food-borne illnesses such as salmonella, norovirus and E. coli, according to a study from the U.S. Department of Agriculture’s Food Safety and Inspection Service (FSIS).

#### Two focus groups

FSIS, in partnership with researchers from RTI International and North Carolina State University, sorted 383 people into one of two groups. About half the sample watched a three-minute video about safe food preparation and using food thermometers, while the other did not get any guidance. All of the individuals were then sent into test kitchens outfitted with cameras and told to prepare turkey burgers and salads.

The researchers observed that people who had watched the video

were significantly more likely than the control group to use a meat thermometer properly while making their turkey burgers. But across both groups, the researchers found that almost nobody — just 2% of the video group, and less than 1% of the control group — followed all recommended hand-washing practices. (The video did not specifically describe good hand-washing techniques.)

#### The hand-washing culprit

The most common issue, they found, was failing to rub hands with soap for the recommended 20 seconds, followed by not wetting hands with water. The researchers also observed that individuals only washed their hands after a possible cause of cross-contamination — such as handling raw meat — in about a third of instances.

Source: *time.com*

*Did you know?*

National Senior Citizens Day is on August 21, which is held to honor our elderly population and show appreciation for their contribution to home, family and society. So, thanks!

# Get to know Intermountain's 21 Target Behaviors

Following these simple suggestions to increase your well-being



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

1. Get preventive screenings.
2. Get immunizations.
3. Do 150 minutes of moderate vigorous aerobic exercise per week.
4. Do strength training at least two times per week.
5. Sit less. Get up and move.
6. Eat more fruits and vegetables.
7. Limit daily added sugar.
8. Get seven to nine hours of sleep per night.
9. Don't use tobacco or e-cigarettes.
10. Put on seat belts and use car seats, helmets, and sunscreen.
11. Limit alcohol and do not misuse prescription drugs.



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

12. Use effective stress management strategies
13. Use healthy thinking to promote a growth mindset with optimism, gratitude, and forgiveness.



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

14. Spend less than you earn.
15. Save and invest.
16. Be prepared for emergencies.



## LIVE ENGAGED: BE HIGHLY ENGAGED AT WORK. LOVE WHAT YOU DO EACH DAY.

17. Know and focus regularly on the meaning and purpose of your life.
18. Spend your resources on activities that are consistent with the meaning and purpose of your life.
19. Learn and grow in ways that support your strengths, and purpose in life.



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

20. Create and maintain supportive relationships with others.
21. Do things that benefit others.

