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Retirees: In the event of a death

Here's the steps you need to take to notify us

The passing of a loved one is always difficult. That's why we want to make it as easy as possible to ensure that any applicable updates to benefits and personal information are processed correctly. Here's what you need to know.

- **Who do I call?** In the event of a death—whether it is the retiree or spouse—contact AskHR at **1-833-442-7547** or email us at **askhr@imail.org**.
- **What information do I need to provide?** When you call, you will need to provide us with the information listed on the checklist to the right.
- **How long does it take to process?** As soon as we receive a copy of the death certificate and all the information listed to the right, we can usually update our system and transfer applicable pension payments and/or benefits within 30 business days.



Don't forget!

Please remember to update the address of the retiree and/or spouse when reporting a death so we can continue to communicate important updates in the future.



Intermountain acquires HealthCare Partners Nevada

Las Vegas-based organization committed to high-quality, value-based care

Intermountain Healthcare acquired HealthCare Partners Nevada, headquartered in Las Vegas in July and brings together two organizations focused on keeping people healthy and providing high-value care that's accessible and affordable.

HealthCare Partners Nevada is a leading physician group that has 1,800 employees — including about 340 physicians and advanced practice providers. The group owns and operates 55 clinics, 23 of which are MyGen clinics recognized for exceptional value-based care for seniors. HealthCare

Partners Nevada and its affiliate network provide patient-centered primary, specialty, and urgent care services to approximately 350,000 people.

WHY WE'RE JOINING TOGETHER.

Intermountain and HealthCare Partners Nevada have had success in using value-based care models that lead to better overall health and keeping costs lower. By combining HealthCare Partners Nevada's strengths with Intermountain's stability and long-standing, proven successes in clinical excellence and innovation, Intermountain will further our mission of helping even more people

live the healthiest lives possible.

"We're excited to join with HealthCare Partners Nevada," says Marc Harrison, MD, Intermountain CEO. "Both organizations are like-minded and share a commitment to keeping people well and providing the communities we serve with high-quality, value-based care. We'll combine unique strengths to provide extraordinary health services to patients."

HealthCare Partners Nevada will continue to lead its operations and

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Annual enrollment coming up!

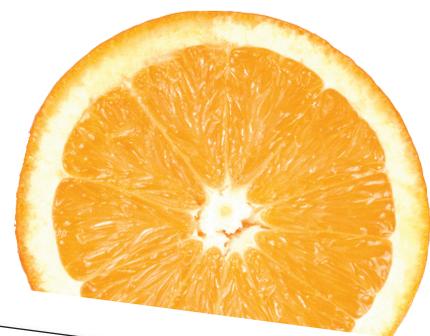
Watch your mail in the coming weeks for your 2020 Retiree Annual Enrollment packet, which includes information about changes to your retiree health and/or dental insurance for next year.

All changes will be effective January 1, 2020. If you have any questions, contact AskHR at **1.833.442.7547** or email us at askHR@imail.org.

Vitamin C anyone?

Did you know that one orange provides 130 percent of your vitamin C needs for the day? Plus, they can help lower your risk of stroke, high blood pressure, cancer, heart disease and diabetes. So, eat up!

Source: medicalnewstoday.com



Recipe: Green smoothie with maca powder

Ingredients: 2C frozen pineapple, 1C fresh spinach, 1 frozen banana, 1/2 avocado, 2Tbs almond butter, 1tsp maca powder, 3C water

Instructions: Layer pineapple, banana, spinach, avocado, almond butter, and maca powder in a blender; pour in water. Blend until smooth.

Prep time: 10 minutes
Servings: 2

Source: allrecipes.com

Summer safety tips for seniors

Stay safe in the sun with these seven helpful tips

- **Stay hydrated.** The standard suggestion is to aim to drink 6-8 cups of water a day. If you intend to spend much time out in the sun, you may want to aim even higher to avoid dehydration.
- **Don't stay out for too long.** Don't plan to spend the whole day out in the sun – stick to a couple of hours and then head inside for a break.
- **Check the forecast before you go.** You don't want to be caught unawares on a 104° day. Make sure you know what to expect of the weather before you go out so you can dress appropriately and plan your day accordingly.
- **Keep sunscreen easily accessible.** If you carry a purse, keep your sunscreen in it at all times. If you don't, stick some in your car or anywhere else you can think of where you're likely to have it when you need it.
- **Check the side effects of your prescriptions.** Some medications make people more sensitive to the sun. Make sure you know if your prescriptions mean you need to take extra precautions.



- **Use your air conditioning if you have it.** It costs money, but summer heat waves can have serious consequences for seniors. Making sure you're reasonably comfortable and safe in your own home is worth the splurge.
- **Know the early warning signs of heat-related illnesses.** Review the symptoms of dehydration, heat stroke, heat exhaustion, and heat syncope. If you suspect you're experiencing any of these, don't be shy about speaking up and insisting on water, shade, or some time inside in air conditioning. It's better than a trip to the emergency room.

Source: *SeniorAdvisor.com*

Update your 401(k) beneficiaries

Do you still have a remaining Intermountain 401(k) account balance through

T. Rowe Price? If so, go online to rps.troweprice.com and update

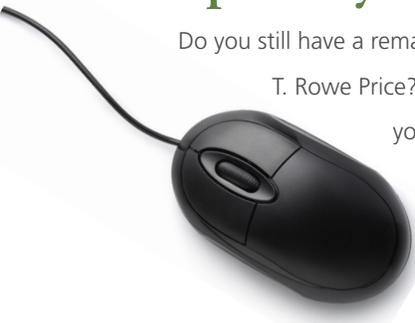
your beneficiaries. Once you are logged in, simply click

"Profile" at the top of the screen and then "Update

Beneficiaries" at the bottom of the screen and

follow the prompts. You can also update them

over the phone by calling **800.922.9945**.



Discover the six living generations in America

Although we may be different, each generation has something to learn from each other. Here's a little bit about each one.



GI GENERATION Born 1901-1926

- "Use it up, fix it up, make it do, or do without."
- Age of radio and air flight
- Saved the world then built a nation

MATURE/SILENTS Born 1927-1945

- Suburbs! Television! Rock 'n Roll! Jobs!
- Korean & Vietnam War
- Disciplined, self-sacrificing, & cautious



BABY BOOMERS Born 1946-1964

- Save-the-world revolutionaries
- One of largest generations (77 million people)
- Optimistic, driven, team-oriented

GEN X Born 1965-1980

- Latch-key kids
- Cautious, skeptical, unimpressed with authority, self-reliant
- Government and big business mean little to them.



GEN Y/MILLENNIUM Born 1981-2000

- Grew up in a digital environment
- "The 9/11 Generation" "Echo Boomers"
- Great expectations for themselves.

GEN Z/BOOMLETS Born after 2001

- Never known a world without computers and cell phones
- Most common last name is Rodriguez
- Over saturated with brands



What I learned during a month of not buying anything

My LiVe Well experiment was to not spend money on anything that wasn't necessary for an entire month. Necessary items included gas, food, bills and books. (I consider books one of the major food groups.) To succeed at this goal, I couldn't even go into stores other than the grocery store — because I can't



stop at window shopping. I asked a friend to hold me accountable and began the experiment with the goal of learning more about myself and my spending habits.

EAP Quick Tip

It was hard — much harder than I thought it would be. After every stressful day at work (and there were a lot of them), my distinct response was to go shopping. I had created a stress relieving ritual of walking through a store and thinking over the day while finding distractions in clothes, shoes, and trinkets. Thoughts of "I deserve this," "This will help calm me down," and "I'm not ready to go home," were all a natural part of the ritual. I was stunned to discover how powerful this stress relief habit has become for me.

The good news is that I succeeded in not buying anything unnecessary not just for a month, but for 45 days. When I did buy some new things, it wasn't because I was stressed. They were planned, purposeful purchases.

This has been one of the most productive, enlightening experiments I've done. There's true power in stopping a behavior for a period of time and observing what happens. Learning about ourselves increases our ability to make new choices — better choices — that lead to greater well-being in all of its dimensions.

By: Terri Anne Flint, Ph.D., L.C.S.W.

Retired Director – Intermountain Healthcare EAP & Employee Wellness

Addressing prescription drug addiction in older adults

Research shows that there's been a surge over the past decade in opioid misuse — which includes heroin as well as the powerful prescription pain narcotics like fentanyl — fueling an overdose epidemic in older adults.



Between 2002 and 2014, opioid abuse nearly doubled in those 50 and older (from about 1 to 2 percent), while declining in younger age groups. And a report from the Agency for Healthcare Research and Quality released in September 2018 found that, among people 65 and older, opioid-related emergency room visits were up 74 percent from 2010 to 2015 and opioid-related inpatient stays were up 34 percent. (That compares to a 17 percent decrease in non-opioid related hospital stays and ER visits.)

In 2015, there were 124,300 opioid-related hospital admissions of patients 65 and up in the U.S. "So it's a big problem," says Dr. Arlene Bierman, director of AHRQ's Center for Evidence and Practice Improvement, who was involved in the research and is the corresponding author on the report.

Source: health.usnews.com

HealthCare Partners Nevada

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patient care. The work of HealthCare Partners Nevada providers and employees (known as teammates) will continue largely unchanged. They'll be led by Mark Price, who currently serves as president of HealthCare Partners Nevada. Mark will report to Rajesh Shrestha, Intermountain's Community-Based Care chief operating officer, who will have overall accountability of the business.

"Intermountain and HealthCare Partners Nevada desire the same thing — to provide great access to the highest quality care at an affordable cost," says Mark. "This is great news for our teams and southern Nevada."

Intermountain's operations in our current service areas won't change. The work of providers, leaders, and caregivers in Utah, Idaho, and other areas remains the same — focusing on our patients and services in those communities.