

Live life as an **EXPERIMENT**

LiVeWell Moment by Terri Flint



When we're wanting to change a behavior or learn a new skill, labeling our efforts as experiments is a quick way to reduce negative judgement and increase our motivation to keep trying.

For example, each year as I plan my garden, I label my efforts as "experiments". Will this seed grow in this place? Will this flower be the

color shown on the packet? Will this perennial survive the winter? Will this tomato really produce fruit in the promised 50 days? Can I be more consistent in watering and fertilizing this summer?

Viewing my garden goals as an annual experiment, I anticipate both successes and failures. Even with promised results on the producer's tags, I know that my environment is unique and will require personalized testing, learning, and adjusting. This approach creates excitement each year to try new things and continue growing my gardening knowledge.

Ralph Waldo Emerson believed this same view applies to life, "All life is an experiment. The more experiments you make the better." Wonder if we viewed life as a series of experiments, each one giving us valuable results on what does and doesn't bring us joy? Instead of labeling ourselves as weak or unable to do difficult things, we could transform our unsuccessful attempts as useful information that helps us plan our next step forward.

Try This. Sometime soon, try relabeling an effort toward a goal as an experiment. Examine the effort as if you were a scientist with the intention of curiosity and discovery. Ask yourself, "What did I just observe and learn from this action that I can apply to my next step?" This is also a great way to help children learn from failure rather than feel like a failure.

Winston Churchill offers this affirmation, "Success is the ability to go from one failure to another with no loss of enthusiasm." Labeling our efforts as experiments creates the enthusiasm to keep trying.

ABOUT TERRI

Terri Anne Flint, Ph.D., L.C.S.W. is a recently retired EAP & Employee Wellness Director at Intermountain. To read more from Terri, subscribe to her Life Experienced blog at terrianneflint.com or contact her at terria.flint@gmail.com.



Why the mindset of experiment works

- **The word "experiment" implies** that to achieve a goal or make a discovery, it takes time to test what works and what doesn't work. If the outcome just happened, there would be no need to experiment. "I'll keep trying until I find what works."
- **Experiments focus on the process**, not just the goal. This provides success whenever there is action instead of waiting to celebrate only when the goal is completed. "This will take some time for me to figure out how to do this goal. My efforts count."
- **In an experiment, failure isn't personal**, it's just part of the process. The discoveries of what doesn't work can be as exciting as what does. "Good to know that doesn't work. What should I try next?"
- **We can learn from other's experiments** and the expertise they have gained, but many times we have to discover how to apply it to our situation. "I'm glad running works for you, but I need to get physical activity a different way."
- **Remember, all experts were once beginners.** There are no quick fixes or magical wands when it comes to becoming a better person or acquiring new skills. Every expert will share their story of learning from many trials. "They went through a hard time, too, but they didn't give up."

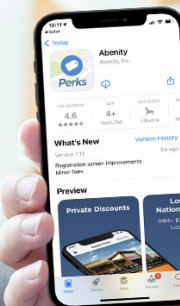


LiVe Well *the* RetireeConnection

A NEWSLETTER FOR INTERMOUNTAIN HEALTHCARE RETIREES

SUMMER 2021

Abenity



What's inside this Summer 2021 issue:

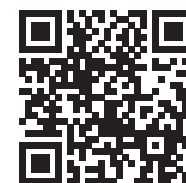
- New! Pension Connect
- Surge in COVID cases
- Benefit exclusive to retirees
- LiVeWell moment with Terri
- Recipe: Summer Corn Salad

Intermountain
LiVe Well
Retirement Program



Scan here for deals

Scan to learn more about expanded access for spouses and volunteers.



Getting sweet deals just got easier

Enjoy easier logins and expanded access through Abenity

Intermountain and Abenity have long partnered to provide exclusive deals—both local and national—to each and every retiree. Now, we're providing an easier way to access your discounts. Retirees who haven't already logged into Abenity can create their own profile with a personal email address. This change not only makes setting up a new account easier, it also expands access to retiree spouses and to our esteemed volunteers.

- **New to Abenity?** You can now self-register using the "Register" button at <https://intermountain.abenity.com>, or by downloading the mobile app through <https://intermountain.abenity.com/GO>. When you register and set up your profile, use a personal email address for convenience and ease of access.
- **Already use Abenity?** Nothing is changing in the way you access discounts and giveaways. You too can take advantage of these new features, including access for your spouse.

You also have the option of updating your primary email address, location, and other details by editing your profile under My Account. Your spouse can set up their own account and profile by registering at <https://intermountain.abenity.com/GO>.

Popular with Intermountain retirees:

- **Nearby Offers:** use mobile coupons to quickly access savings on the go.
- **eTickets On Demand:** save up to 40% with no hidden fees.
- **Showtimes:** find movies, watch trailers, and save up to 40% at a theater near you.
- **Monthly Giveaways:** win movie tickets, electronics, flower bouquets, and more with monthly contests right from the home page.



Your new pension resource

Intermountain transitions to Pension Connect

As of August 2, 2021—as an Intermountain retiree—you now have access to a new online tool called Pension Connect to manage your pension benefit. This tool will replace PensionPath. It offers the same capabilities to update your address, bank and/or tax withholding information with the added convenience of a user-friendly format, newer technology and increased security.

How do I access Pension Connect?

Go to our Intermountain Healthcare retiree website at intermountainhealthcare.org/retiree and click on the Pension Connect link on the homepage. You can log into your account using the same username and password that you used to log into PensionPath. If you've never created a username and password for PensionPath, you can simply create one directly from the Pension Connect login page.

What can I do on Pension Connect?

Aside from being able to update your address, bank and/or tax withholding information, you will also be able to connect

directly to the Bank of New York Mellon website where you can view your pension payment history, direct deposit statements, and access your annual 1099R tax form. As an added enhancement, you will also be able to view your payment history directly within Pension Connect without logging into Bank of New York Mellon. This one-stop experience will make it easier for you to manage your entire pension benefit in one place.

Can I still use PensionPath?

The PensionPath tool was deactivated as of July 28, 2021.

The Intermountain Retirement Team is committed to working with our valued retirees to ensure this transition goes as smoothly as possible. For questions, please contact AskHR at 801-442-7547.



How to access Pension Connect:

Visit intermountainhealthcare.org/retiree and click the Pension Connect link



Discounted home/auto insurance just for you

As a benefit offered exclusively to Intermountain Healthcare retirees and caregivers, Goldenwest Insurance Services can help you find the auto and/or homeowners policy that will best meet your needs.



Goldenwest is an independent agency that compares quotes from the best providers in the nation to find discounted rates for your individual situation. Partnering providers include:

- Liberty Mutual
- MetLife
- The Hartford
- Progressive
- Safeco
- Travelers
- Cincinnati
- Allstate

You can enroll in this benefit anytime during the year. You do not have to wait for annual enrollment. Cancel at any time.

RECEIVE A FREE QUOTE

For a free home and/or auto insurance quote call Goldenwest Insurance Services' dedicated Intermountain phone number at **888.853.8992** option 5 or visit gwcu.org/intermountain.



Recipe: Summer Corn Salad

Ingredients: 6 ears corn, 3 large diced tomatoes, 1 large onion diced, 1/4C chopped fresh basil, 1/4C olive oil, 2Tbs white vinegar, salt and pepper to taste

Prep time: 15 minutes
Cook time: 10 minutes
Servings: 4
Source: allrecipes.com

Instructions: Cook corn in pot of boiling water for 7-10 minutes, Cut kernels off cob. In a large bowl, toss together all ingredients.



Surges in COVID cases cause concern

Utah health leaders encourage eligible Utahns to get vaccine



Leaders from the Utah Department of Health, Intermountain, and all other major Utah health systems came forward in July to explain the state's current COVID-19 status and to encourage all eligible Utahns to get vaccinated. The number of Utah patients hospitalized with COVID-19 surpassed 250 in July, the highest since mid-February, and ICUs at Utah's referral centers have passed the state's utilization warning threshold. The healthcare leaders say nearly all the hospitalized patients are unvaccinated, many of whom are in the 25 to 65 age groups.

"For those of you who are thinking about getting the vaccine, now's the time," said Mark Briesacher, MD, Intermountain's chief physician executive. "There's no doubt about that. With the variants, with the increase in cases, now's the time to make that decision. And we're here to answer any questions you may have about that."

Questions about COVID vaccine?

What are the side effects? What is the Delta Variant? What about vaccines for children? Answer to questions such as these and other helpful updates are available online at intermountainhealthcare.org/covid.



SelectHealth to replace WageWorks

Beginning January 1, 2022, SelectHealth will replace WageWorks as the party that invoices and collects your monthly pension premium payments. If you are enrolled in Intermountain Healthcare retiree insurance and other benefit coverages, you will receive a letter from SelectHealth in the coming weeks explaining this transition.

No action is required at this time. If you have any questions, call **SelectHealth Billing** at 844-442-4106.

COVID NUMBERS

Between May 1 and June 25



There have been 15,949 total COVID-19 cases identified in Utah.

93.4%

or 14,900 of them have been unvaccinated people.



There have been 1,049 people hospitalized.

91.3%

or 958 of them were unvaccinated



There have been 77 deaths.

96%

or 74 of them were unvaccinated.

Source: coronavirus.utah.gov

