



LiVe Well *the* RetireeConnection

A NEWSLETTER FOR INTERMOUNTAIN HEALTHCARE RETIREES

WINTER 2017



What's inside this **Winter 2017** issue:

- Meet Dr. Marc Harrison
- Fun activities with the kids
- Recipe: Roasted brussel sprouts
- Live Healthy: Target behaviors
- Tips and tricks to cruising

Intermountain
LiVe Well
Retirement Program

Two options to view your pension online

Visit intermountainhealthcare.org/retiree today!

Tired of trying to keep track of all your Intermountain Pension paperwork? Now you don't have to. You can now view and update your personal information for your pension benefit online with two easy-to-use websites.

1 View your pension: **Bank of New York Mellon (BNYM)**

Beginning March 1, 2017, you can keep track of all your monthly pension statements and tax documents in one place at the Bank of New York Mellon.

BNYM features:

- View pension payment history (including status of payments issued)
- View direct deposit/check statements
- View tax withholding elections
- View tax forms and check images

You can access BNYM by visiting intermountainhealthcare.org/retiree and clicking on the BNYM link. Please have your Social Security Number and 15-character pension account number ready and follow the prompts.

2 Manage your pension: **Pension Path**

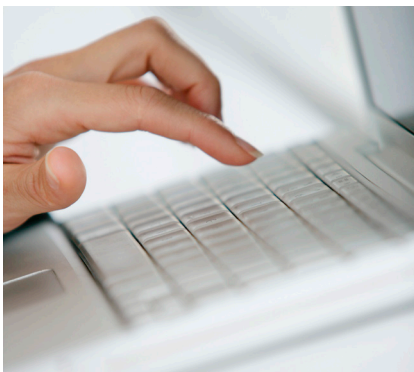
Available today, you can manage your current Intermountain pension benefit online via PensionPath.

PensionPath features:

- Update your address
- Update your current pension tax withholding information
- Update bank information

You can access PensionPath by visiting intermountainhealthcare.org/retiree and clicking on the PensionPath link. In order to sign in to Pension Path, you will need to create a username and password. Once you are signed in, follow the prompts.

Aside from accessing your pension benefit online, you can still call the Intermountain Retirement Program at 1.800.528.7845, Monday through Friday, 8 a.m. to 5 p.m. If you have any questions or concerns about the information above, feel free to give us a call.



Spend some time with your family

Four fun-filled activities with the kids and grandkids

Play chef. Cooking with your grandkids is always a fun activity. To give it a fun twist, demonstrate to them basic culinary techniques. Let them measure the ingredients and do some mixing here and there. Perhaps you could also teach them a family recipe and pass it on to them.

Favorite things. Starting a collection with the kids is something exciting and worthwhile. Find out what you think that you and your grandkids would most likely want to collect—stamps, coins, figurines, rocks, stickers, etc. Make sure it's something all of you can enjoy.

Time capsule. Gather your kids and grandkids to store three generations of memories. Include items such as written predictions of the future, sentimental objects, photos and objects reflective of today such as coins, stamps, etc.

Make a video. Use your smartphone or video camera and capture activities such as dancing together, cooking or enjoying a barbeque together. Recording moments with your grandkids is the best way to re-live your moments together at a later time.

Source: guideforseniors.com



Did you know? Retirees spend more than half of their leisure time watching TV, averaging about four hours per day, according to a 2012 American Time Use Survey. So, try turning off the TV and spend more time with your family instead.



Meet Intermountain's new CEO: Dr. A. Marc Harrison

Dr. A. Marc Harrison became the President and CEO of Intermountain Healthcare after Dr. Charles W. Sorenson retired on October 15, 2016.

Intermountain's Board of Trustees unanimously selected Dr. Harrison to become president and CEO of Intermountain Healthcare after conducting a national search among talented leaders within Intermountain and around the country.

"Dr. Harrison has impressive experience and a proven track record of leading health organizations and is immensely qualified to build on our legacy and oversee Intermountain as we continue the work of transforming healthcare to meet the challenges ahead," Dr. Sorenson says. "I have tremendous confidence in

his abilities. Dr. Harrison will be an excellent fit for Intermountain. He embodies our Values, and is enthusiastic about our Mission to help people live the healthiest lives possible and our Vision to be a model healthcare system."

Dr. Harrison's leadership experience. Dr. Harrison has had a distinguished career in pediatric critical care, and most recently held positions as Chief of International Business Development for Cleveland Clinic, headquartered in Ohio, and CEO of Cleveland Clinic Abu Dhabi, which is a multi-specialty hospital and part of Mubadala Healthcare's

network of world-class healthcare facilities. At Cleveland Clinic Abu Dhabi he assembled a 3,500-member multi-national workforce and oversaw all aspects of clinical and business operations for the new medical campus, which cared for patients from 31 countries in its first 10 months of operations.

Earlier roles included serving as Chief Medical Operations Officer for Cleveland Clinic, where he was responsible for a broad range of clinical operations worldwide, and as Chairman of Pediatric Critical Care.



Dr. Marc Harrison, Intermountain's new president and CEO

WE NEED SSNs FOR ALL COVERED DEPENDENTS



Under the Affordable Care Act, Intermountain is required to report to the federal government which retirees and dependents have health coverage through Intermountain.

As a result, we need Social Security Numbers for your dependents if you are currently enrolled in a health insurance plan covered by the Intermountain Retirement Program. If this applies to you, we will be sending you more information via mail in the coming weeks.

If you have any questions, please contact the Intermountain Retirement Program at 1.800.528.7845.

2016 TAXES: WATCH YOUR MAILBOX

Tax season is upon us once again. You will be receiving a year-end 1099R tax form for your pension benefit from Bank of New York Mellon (BNYM). All forms should have been mailed by January 31, 2017. If you have any questions, call BNYM at 1.800.634.7936.

A LOOK AHEAD: SOCIAL SECURITY IN 2017

The program's 60 million beneficiaries will get 0.3 percent more in monthly benefits next year. Retired workers will see a \$5 bump on average.

The most a worker retiring at full retirement age in 2017 will receive is \$2,687 per month, up \$48 from 2016. The Full Retirement Age will increase to 66 years and 2 months for people born in 1955. For more changes to Social Security in 2017, visit www.aarp.org.



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

Intermountain experts have identified the key behaviors for each LiVe Well dimension that result in well-being. These evidence-based targets provide clear direction for your journey to well-being. Listed below are eleven target behaviors that will help you focus on living healthy.

Live Healthy Target Behaviors:

- Get appropriate and timely preventive screenings.
- Get appropriate and timely immunizations.
- Do 150 minutes of moderate/vigorous aerobic exercise per week.
- Do strength training at least two times per week.
- Sit less. Stand up and move two to three minutes every 20 – 30 minutes.
- Eat more fruits and vegetables (seven to nine servings per day).
- Limit daily added sugar (nine teaspoons for men, six teaspoons for women).
- Get seven to nine hours of sleep per night.
- Don't use tobacco or e-cigarettes.
- Put on seatbelts and use car seats, helmets, and sunscreen.
- Limit alcohol and do not misuse prescription drugs.

Watch for more target behaviors

Live Healthy is just one of five dimensions of the Intermountain LiVeWell Program. Keep an eye out for more target behaviors in upcoming issues of the Retiree Connection.



Recipe: Roasted Brussel Sprouts

Ingredients: 1½lbs brussel sprouts, 3T olive oil, 1tsp salt, ½tsp pepper

Instructions: Preheat oven to 400 degrees. Place brussel sprouts, olive oil, salt and pepper in a large, resealable plastic bag. Seal and shake to coat. Pour onto a baking sheet and place in oven. Roast for 30-45 minutes, shaking pan every 5 to 7 minutes. Serve immediately.

Prep time: 15 minutes
Cook time: 45 minutes

Source: allrecipes.com

Tips and tricks to cruising

Seven ways to improve your cruise

Whether you are a first-time cruiser or a veteran, these tips and tricks will help you get the most out of your cruising experience.

Get there the night before. Sounds simple, but hundreds of cruisers literally miss the boat each year because of delayed flights, traffic, bad weather and other unforeseen troubles. Fly or drive into your port city the night before and you simultaneously bypass pre-departure jitters and add a day to your vacation.

Say 'Bon Voyage' in style.

Most lines offer gift packages that will be waiting for you in your cabin when you check-in. Holland America, for example, offers everything from a champagne-and-balloon package (under \$25) to a dozen long-stemmed roses (about \$45) to give your cabin a little floral panache.

Stay away from the pool. Mega-ships only have a fraction of the chairs necessary to accommodate everyone at the pools. Most new vessels have adults-only areas, some with pools, and almost always less crowded.

Eat on your terms. Many major cruise lines continue to encourage group dining at a prescribed time. But a myriad of options abound to break up the routine: If the ship is in port late, slip off and have dinner, preferably something native. Order room-service breakfast (it's included in most cases) and have a picnic on your balcony. Make reservations at an extra-fee specialty restaurant.



Stay on the ship. The ugly little truth about port calls? You barely get to see the place you're visiting, and you're paying a high price for the (lack of) privilege if you book an excursion. So stay on the ship. Most facilities are still open, and you'll have them to yourself.

Get a spa pass. For \$25 to \$30 a day (and \$100-plus for a cruise-length pass), most lines let you use the facilities, which can include steam rooms, thalassotherapy pools, heated tiled loungers ... and solitude. On port days, you may be alone.

Go to the disco. Shake it up a little. Meet some interesting characters and super-charge your holiday in the ship's disco. Chances are, you'll return the next night—or look at your pictures the next morning and hide the rest of the day.

Source: travelchannel.com

2016: A look back



- **Gasoline.** The national average for regular dropped below \$2 a gallon at the start of 2016, and stayed below \$2.50 all year long.
- **Home loans.** The average interest rate for the benchmark 30-year fixed-rate mortgage in 2016 was 3.79 percent.
- **Airfares.** The average price of a domestic round-trip flight was \$222 in November 2016, that's 14 percent below where it was in 2014.
- **Home prices.** The total value of every home in the U.S. was expected to hit a record high of more than \$29.6 trillion in 2016.

Source: nbcnews.com

2017: Looking ahead

- **Solar Eclipse.** Next summer, a solar eclipse will darken southern cities like Charleston and Nashville for a few minutes.
- **The moon.** Google is rewarding three privately-funded teams who reach Earth's moon by 2017.
- **Head transplant.** Italian neurosurgeon Sergio Canavero plans to conduct the first human head transplant.

Source: ksl.com