



What's inside this Winter 2016 issue:

- How's your hearing?
- Careful of falls
- Recipe: Tortilla soup
- Inversion season is still here
- Dr. Sorenson is retiring



2015 TAXES: WATCH YOUR MAIL



Even if the new Form 1094 (see right) doesn't apply to your situation, you should still be receiving a year-end 1099R tax form for your pension benefit from BNY Mellon. All forms should have been mailed by January 31, 2016. If you have any questions, call BNY Mellon at 1.800.634.7936.

New tax docs to be mailed in 2016

Keep reading to see if these new docs apply to you

As part of the Affordable Care Act (ACA) requirements, Intermountain Healthcare will be sending a new tax document in the mail at the end of January called Form 1094. **It will be sent to every retiree who was enrolled in an Intermountain retiree health insurance plan at any time during the 2015 calendar year.**

You will need to file this form with your taxes for 2015. The 1095 Statement will be sent to your home address listed in the Intermountain Retirement Program's system, and you will need to file it with your taxes for 2015.

You will still need to file a 1099R for your pension benefit. This form should have been mailed to you by the Bank of New York Mellon (BNY Mellon) by January 31, 2016.

What can you do?

- Update your address with the Retirement Program
- Watch your mail. Form 1094 will be sent around the same time as your 1099-R form — so please watch your mail in late January /early February!
- Call if you have questions. Intermountain Healthcare representatives are available Monday through Friday, 8 a.m. to 5 p.m. at 1.800.528.7845.



Be aware of inversions during winter

Air you can taste and smell isn't good to breathe

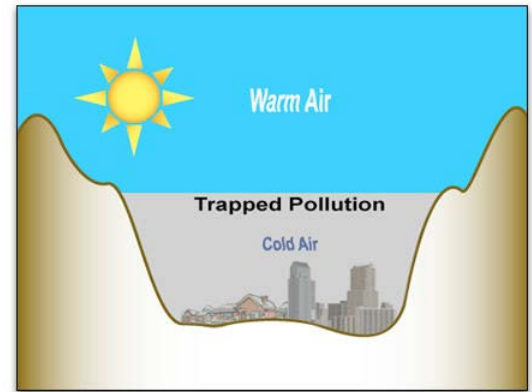
Inversions plague the Wasatch Front, Uintah Basin, and Cache Valley for days to weeks in the winter months. Inversions result when warm air traps polluted cold air in mountain valleys (see image to the right). Winter temperature inversions result in the nasty haze we see, taste, and smell when we're outdoors.

This poor air quality can put people with pre-existing conditions such as heart disease, stroke, asthma, and chronic obstructive pulmonary disease at risk. However, healthy people are at risk too.

What Intermountain is doing to help the community breathe easy. Intermountain's Air Quality and Health Development Team, a partnership between LiVe

Well and the Office of Sustainability, has been working to develop an Outdoor Air Quality and Healthcare Process Model to inform and guide clinicians, as well as a number of patient fact sheets. Each of the fact sheets includes the air quality index diagram to provide guidance to patients regarding exposure (as illustrated in the figure on page 4).

Continued on page 4



How do I get daily updates on air quality? The air quality index from the Environmental Protection Agency is reported daily on both the radio and television. You can also download the airnow.gov app for your smart phone, and receive the air quality index for an entered zip code.

Considering a financial advisor? Consider this

Someone's trying to sell you financial services — perhaps a self-described financial advisor, planner, or some other name.

Consider a few things first:

- If you have questions about your Intermountain Healthcare benefits, contact our office. We're the best source of information about your pension and retirement savings. Be skeptical of any financial planner who claims to be an expert on Intermountain's benefits.
- If you decide to use a financial advisor, do your homework first. Ask for documentation of services provided and all compensation the financial planner will receive. Ask about qualifications and credentials. Financial planners aren't regulated; anyone can claim to be one. There are many designations and certifications that indicate a financial planner has met standards.

To find a financial planner or learn more go to: www.napfa.org or www.cfp.net/find/

Source: urs.org



Ready in: 30 minutes

Source: intermountain.net

Recipe: Tortilla Soup

Ingredients: 1/2C chopped onions, 4oz. chopped green chilies, 4C chicken broth, 2C long-grain white rice cooked, 10oz tomatoes & green chilies undrained, 5oz cooked, cubed chicken, 1T lime juice, tortilla chips

Instructions: In a large saucepan, cook onions & chilies until tender. Add broth, rice, tomatoes & chicken. Mix well. Bring to a boil. Reduce heat. Cover and simmer for 20 minutes. Stir in lime juice. Top with tortilla chips.

How's your hearing? Ask your doctor

One test your doctor probably isn't doing

Think back to the last time you had a physical. Did the doctor ask you anything about your hearing? The answer is probably no. A 2011 analysis of studies on the effectiveness of hearing screening found that almost two-thirds of primary care physicians, including geriatricians, do not include a hearing screening in an annual physical.

Before you blame your doctor, you need to know that a 2012 report by the U.S. Preventive Services Task Force, a panel of federally appointed medical advisers, found insufficient evidence to recommend hearing loss screening for older adults.

This same report found that there was no risk in screening, that a simple, cost-free hearing test was effective, and that the rate of hearing aid use went up in patients who were screened by their primary care physician.

Despite this, the task force still could not recommend that older adults be regularly screened unless they complain of hearing problems.

Other studies have found that the primary care physician can play an important role in the identification and treatment of hearing loss.

Source: aarp.org



DON'T BE AFRAID TO ASK. This year, the Hearing Loss Association of America (HLAA) strongly recommended hearing screening in all adults during routine physicals.

For now, you may have to ask your doctor for a hearing screening. But patients shouldn't have to broach the subject. Many older people are unaware of the gradual encroachment of hearing loss and wouldn't think to ask for a screening.

A screening should be a standard part of any annual physical, especially for those over 65. If the screening shows a problem, the doctor should refer the patient to a hearing professional.



Tread carefully Steps to avoiding falls

Between 2000 and 2013, the number of older adults who died from falls each year more than doubled, from 10,273 to 25,464. Millions more are injured. The fast-growing toll from falling reflects the aging of boomers, and people living longer with chronic disease.

Here's some advice to help you stay on your feet

- **Balance stand.** Stand on one foot while brushing your teeth and hold your weight on one leg for 30 seconds or longer. Then switch sides.
- **Toe the line.** Walk heel-to-toe by positioning your heel in front of the toes on your opposite foot each time you take a step.
- **Sit and stand.** Get up from a chair and then sit back down. Repeat.
- **At the gym.** Ask a trainer to teach you exercises using balance balls or boards. Or join a yoga, tai chi or Pilates class.
- **Strength training.** Using weights or resistance bands can improve balance while also improving muscle tone and bone strength.

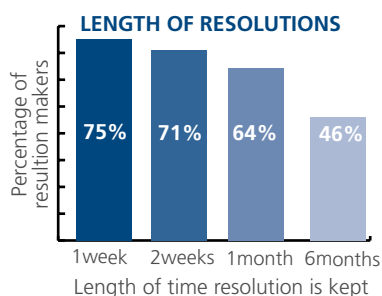
Danger Zones

- **Invisible ice.** Black ice can build up on driveways and streets near car doors and along the paths you walk.
- **Slippery when wet.** Consider having a grab bar installed on the wall to help with balance when getting in and out of the tub.
- **Home pathway perils.** Loose rugs or carpeting can cause a fall — and so can slick hardwood floors.
- **Keep a clear head.** Don't try to get out of bed too quickly. Sit up, and make sure you aren't too dizzy to rise.

HOW'S YOUR 2016 NEW YEAR'S RESOLUTION COMING ALONG?

According to statisticbrain.com, only 64% of people who make New Year's Resolutions this year will actually keep those resolutions past the first month.

So, where do you stand?



Intermountain's CEO to retire this fall

Dr. Charles Sorenson—champion of evidence-based care

Intermountain President and CEO, Dr. Charles Sorenson, announced he will retire as CEO in October of 2016.

Dr. Sorenson has been a transformative leader with Intermountain's Management Committee since 1998 — first as Executive Vice President and COO from 1998 through 2008, and then as President and CEO of Intermountain since early 2009.

Prior to that, he helped create Intermountain's Medical Group and served as the Founding Chair of the Medical Group Board from 1994 to 1998. As you know, Dr. Sorenson also practices urologic surgery, focused primarily in oncology.

Under Dr. Sorenson's leadership — and the leadership of the CEOs who came before him, Bill Nelson and Scott Parker — Intermountain has earned an outstanding local, national, and international reputation for excellence. As a physician leader, Dr. Sorenson has been a tireless advocate for evidence-based medicine and shared accountability. He was an early champion of moving from the fee-for-service payment model that rewarded "doing more things" to a fee-for-value model that rewards the best outcomes for our patients. Dr. Sorenson will continue to serve Intermountain Healthcare. Charles has

been the driving force behind the development of a physician and senior leadership course at Intermountain that will provide specialized leadership training programs for physicians and other clinical and operational leaders who have, or are capable of assuming, broader administrative responsibilities.



The position of President and CEO of Intermountain Healthcare is a role with the potential to help shape the future of healthcare globally, and in accordance with industry best practices, the Board will engage a firm to conduct a national search for Dr. Sorenson's replacement. Both internal and external candidates will be considered. In addition to extensive leadership experience in healthcare, we will be looking for a candidate who strongly aligns with our Mission, Vision, and Values.

Source: intermountain.net

Air quality

Here are some tips to help you maintain an active lifestyle when our air quality is poor. And note: It is important to remember that a scarf or mask doesn't protect you from the poor air quality.

- Exercise earlier in the day. Both inversions and ground level ozone tend to accumulate throughout the day
- If possible, exercise "above the inversion" at a higher altitude — that way you'll get some altitude training too.
- Consider indoor exercise, if the first two options aren't practical
- Finally, think about what you can do as an individual to reduce your contribution to Utah's poor air quality by using public transportation when possible, combining driving trips, eliminating the time your car idles, avoiding wood-burning, and replacing or installing ultra-low nitrogen oxide water heaters.

Source: *Intermountain Stories*

Continued from page 2

