Do You Have Metabolic Syndrome?
Metabolic syndrome can place you at high risk for developing a host of debilitating illnesses – heart disease, stroke, diabetes, just to name a few. Metabolic syndrome can increase your medical costs an estimated $259 a month.

What is Metabolic Syndrome? Metabolic syndrome is a cluster of conditions that may be abnormally elevated:
- Waist circumference;
- Triglycerides;
- Glucose;
- Blood pressure;
- Reduced HDL or “good” cholesterol.

If you have three or more of these conditions, you are at high risk of developing chronic diseases.

What is the Cure? Metabolic syndrome indicates a need for intensive lifestyle modification. BlueCross BlueShield has a multi-faceted approach to fight against metabolic syndrome. In the near future, OSU-Stillwater will offer online workshops consisting of a 10-week series of classes held by health coaches. These workshops will encourage permanent behavior change by:
- Teaching participants how to eat the foods they like in appropriate amounts.
- Focusing on weight loss through understanding eating and hunger cues; accessing online diet trackers to help log behavior.
- Identifying ways to incorporate regular exercise into personal lifestyles.
- Providing pre- and post-workshop biometric screenings for Body Mass Index (BMI), waist circumference, blood pressure, blood glucose and cholesterol.
- Providing personalized two-way email support from health coaches.

Does the Program Work? BlueCross BlueShield of Oklahoma conducted the program for 200 employees and showed employee participation resulted in meaningful outcomes:
- 37.6 percent reversed their metabolic syndrome in 10 weeks.
- 29.9 percent reported a reduction in medication usage.
- 91.9 percent lost weight with an average loss of 12.9 pounds.

More information will be available in the near future. If you suffer from three or more of the five symptoms of metabolic syndrome and are interested in better health and lower medical costs, this may be the program for you.

TIAA-CREF Retirement Seminars
Representatives from TIAA-CREF will be on the Stillwater campus to present seminars on the following dates. Registration is not required.

Thursday, April 7, 2011
9:00 a.m. - 10:00 a.m., 101 Ag Hall
What’s Your Vision of Retirement?
Enjoying a comfortable and potentially rewarding retirement will depend upon having enough income to live on in addition to good health and relationships with family and friends. A sound retirement strategy can help make all the difference. Topics will include:
- Getting to where you need to be.
- Potential hazards in planning for an enjoyable, comfortable retirement.
- Determining if you have enough for your retirement income needs.
- Determining how you will pay yourself in retirement.

Thursday, April 7, 2011
10:30 a.m. - 11:30 a.m., 101 Ag Hall
or
Tuesday, April 26, 2011
9:00 a.m. - 10:00 a.m., 214A Engineering South
Your TIAA-CREF Retirement Income Options
Developing a sound financial strategy for retirement can make a big difference. If you are considering retirement in the next several years, we can help you review your options and determine what to do next. Now is the time to get answers to some important questions and begin planning. Topics will include:
- When can I retire?
- Where will it come from? Is there a shortfall?
- How will I pay myself in retirement to help meet my needs?
- What income options best fit my situation?

Tuesday, April 26, 2011
10:30 a.m. - 11:30 a.m., 214 Engineering South

Women’s Seminar
Each phase of a woman’s life brings unique financial challenges. With smart planning, you can make the most of your money, whether you’re just starting out, single, married with a family, starting over, or in your golden years. Topics will include key financial challenges that women face along with:
- Saving and investing basics.
- Evaluating your financial health.
- Making your money work for you.
- Selecting the best products to help meet your financial goals.

Adult Immunizations Now Available at University Health Services
University Health Services is now providing immunizations at 100% coverage to all covered OSU employees as recommended under the Affordable Care Act. Employees must call University Health Services at (405) 744-7665 to make an appointment for immunizations.

University Health Services will bill BlueCross BlueShield for applicable charges so remember to take your BlueCross BlueShield ID Card with you to your appointment.
Save Money at the Pharmacy!  
Check Your Prescriptions!

If your trip to the pharmacy has you thinking you might be an alternative for you. Check the prescription

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Campus Threats and Violence Policy and Procedure Letter Revised

The recently revised Policy and Procedure Letter 3-0523, Campus Threats and Violence, has been updated on the web, http://hr.okstate.edu/policy_proced.php.

Training Opportunities

Please pre-register for training opportunities.

April
5 Respect for Diversity
5 Socially Orange: An Introduction into the World of Social Media
6 At Your Service!
6 Word 2007 Level 2 (Day 1)
6 PowerPoint 2007 Level 2 (Day 1)
7 New Employee Orientation
7 Purchasing Policies and Procedures
8 Word 2007 Level 2 (Day 2)
8 PowerPoint 2007 Level 2 (Day 2)
12 Change Management
12 Communication Skills
12 Publisher 2007 (Day 1)
13 Bridging from Office 2003 to 2007
13 Disability: Issues and Paradigms
13 Sustainable Leadership
14 What is Affirmative Action? NEW!
14 Publisher 2007 (Day 2)
14 Word 2007 Mail Merge
14 Introduction to Computing at OSU
18 FOCUS Computer Language (Day 1)
19 FOCUS Computer Language (Day 2)
20 Excel 2007 Level 2 (Day 1)
20 Stop Lying to Employees on Performance Reviews NEW!
20 Assignment Checks
20 Sustainability in the Workplace
21 Purchasing Card Training
21 Information Security Awareness
21 Sexual Harassment Policy Training
22 Excel 2007 Level 2 (Day 2)
22 Online Travel Vouchers
27 The Business Professional NEW!
27 The Power of Management Skills—Even if You Are Not the Boss! NEW!
28 Payroll Accounting
28 Bad Debt Assessment
28 Bursar Processes
28 Creating a Service Quality Culture NEW!
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30 Creating a Service Quality Culture

Free Skin Cancer Screenings in April

According to the American Cancer Society, skin cancer is by far the most common type of cancer. Over 2 million new cases of skin cancer are diagnosed each year. Early detection and prevention is key! During the month of April, free skin cancer screenings will be offered at the Employee Health Clinic at the Soretean Wellness Center. Screenings are available to OSU employees by appointment only. Call (405) 744-7596 to schedule yours.

Just another way OSU is striving to be America’s HEALTHIEST Campus!

Save the Date!  
Staff Appreciation Picnic May 19

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