

HSC Offers Outdoor Slim-down During Summer Months

As the temperature continues to rise, it's the perfect time to begin a new workout routine – such as walking around the neighborhood – or to change up your current regimen by replacing an indoor gym class with outdoor swimming.

Experts in the Texas Tech Physicians Department of Family and Community Medicine recommend taking these measures to prevent sports injuries and dehydration:

Stretch. Give yourself a good two to three minutes to flex, stretch and stabilize each muscle group before increased intensity.

Warm up. Gently increasing your activity level will give your body the required time to adjust to the cardio or anaerobic training. A decent warm up can increase the effectiveness of your work out.

Lift appropriate weight. Repetition and speed in weight lifting accelerates or helps the body to correctly develop.

One to two seconds for each lifting movement and three to four seconds in the relaxing phase is best.

Don't exercise too intensely. Keep your heart rate between 60 and 80 percent of your maximum heart rate.

Moderately intense workouts are the most effective and can prevent backsliding and fatigue.

Calculate your ideal heart rate:

1. Subtract your age from 220
2. Subtract your resting heart rate
3. Divide by 2
4. Add your resting heart rate

Drink enough water. Water is essential for the regulation of body temperature and blood circulation. It also aids in carrying oxygen to our organs, movement of joints, metabolism and weight loss and maintaining proper muscle tone.

Despite Concerns on Capitol Hill, Assurant Still Committed to Healthcare Needs

The debate in Washington continues on the future of our healthcare system. In February when President Obama submitted his fiscal year 2010 budget to Congress, it included a \$634 billion reserve to pay for health reform. As we continue to listen to all of the rhetoric on nationalized healthcare it's important that we don't lose sight of the importance of the benefits that employees have today in their health plans.

One of the many extremely valuable benefits in the Assurant health plans is for Preventive Medical Services. In fact, with our co-pay plans the benefit for preventive care services is unlimited. No matter what plan you choose, it will include the following benefits and covered services:

- * All plans include a first-dollar benefit
- * Routine physical exams are paid at 100 percent up to selected benefit amount then are subject to specific plan benefits
- * Routine Lab Work
- * Well Child Exams up to age 7,
- * Immunizations
- * Mammograms & Pap Tests
- * Colonoscopies, Sigmoidoscopies & Prostate Exams
- * Occult Blood Tests

No matter what the future holds for healthcare reform, we can all agree that a focus on preventive care will continue to be vitally important. It is another area that Assurant health plans are market leaders and are committed to providing benefits that give our clients the tools they need to maximize their well-being. For more information, please contact me at john.tanner@assurant.com.

**Ask your agent about an Assurant / TeamChoice option
or call TeamChoice at 806-795-5959 for a list of participating agents.**



Southwest Cancer Center Welcomes New Addition to Team

By Megan Robare

UMC's Southwest Cancer Treatment and Research Center is proud to announce Dr. Lewis G. Smith, III, who has recently joined our multidisciplinary team. As a native of Jacksonville, TX., Dr. Smith has traveled the United States and landed himself back in the Lubbock community to offer his expertise for the care and treatment of University Medical Center's many patients.

Dr. Smith graduated from the College of Physicians and Surgeons at Columbia University in New York, NY and has since expanded his knowledge, as well as his professionalism. Smith spent his postgraduate training in esteemed establishments such as M.D. Anderson Cancer Center in Houston, the Center for Radiological Research at the College of Physicians and Surgeons at Columbia University and Tulane University Medical Center in New Orleans. Smith received his Board Certification at the American Board of Radiology Radiation Oncology.

Smith was previously the prostate brachytherapy program director at M.D. Anderson and also worked at Grado-Radge Clinics – Centers for Excellence in Prostate Cancer in Seattle. His most current association is radiation oncologist and medical director at St. David's Cancer Centers in Austin and Georgetown.

He shares our mission of providing care and compassion while treating patients and working with them throughout all facets of coping with the emotional and physical struggles of cancer.

For more information, please call the Southwest Cancer Center at (806) 775-8600.

\$6.7 Million Telemedicine Research Grant Awarded to TTUHSC

Texas Tech University Health Sciences Center President John C. Baldwin, M.D., announced a major health access and research funding program for the F. Marie Hall Institute for Rural and Community Health. The project, funded by the Texas Health and Human Services Commission, provides \$6.77 million over 26 months to establish 30 patient sites to expand and study access to pediatric primary and specialty care for Medicaid enrolled children in rural communities throughout West Texas.

"This project seeks to demonstrate the technological advantages of telemedicine and promises to be a very positive program for communities lacking adequate connection to specialized pediatric care," Baldwin said. "It also provides an outstanding platform from which to conduct complementary population-based research activities that further enhance quality of life in our region."

Baldwin added that the F. Marie Hall Institute's Department of Telemedicine is an outstanding leader in telemedicine services and advancements. "The Institute has been working hard on advancing telemedicine in West Texas, especially for rural areas. This funding achievement is yet another indication of their leadership and dedication," Baldwin said.

Billy Philips, Ph.D., M.P.H., vice president for the F. Marie Hall Institute said this project will be called Project CHART for Children's Healthcare Access for Rural Texas. "We are extremely energized by the many potential opportunities it will bring to the

region. This is in keeping with the vision of Ms. Marie Hall when she endowed the Institute that it be a place of innovation and service that improves the lives of the people of West Texas," Philips said.

David Lefforge, chief operating officer for the institute and the Department of Telemedicine, said members from the four Texas Tech University Health Sciences Center Schools of Medicine campuses are assessing the needs of communities in the region to determine the most effective locations to establish the 30 sites.

"Resources such as equipment will be limited and we want to ensure that they will be placed in communities that indicate a need," Lefforge said.

Many rural and underserved West Texas communities face significant challenges when seeking pediatric health care services. A severe shortage of general pediatricians and pediatric specialists exists in our rural and underserved communities. Lefforge said more than half the counties in Texas don't have a general pediatrician and in many cases, gaining access to pediatric care involves lengthy travel to locations where health care specialists are available. Sometimes, that travel can be expensive in money and lost work/school time – expenses that many families simply can't afford.

"Programs are available today that can significantly reduce the need for travel in many cases," Lefforge added. "Telemedicine is such a program, and Project CHART may be the means by which communities can increase access to medical specialty care while reducing the demands on individuals and families."