Greetings from Your Employee Assistance Plan!

Another holiday season is upon us. . .

There are some things you can do to help make your holidays more enjoyable and help you have a financially healthier holiday season. Click on the link below to review some tips.

http://www.hr.eku.edu/doc/EAP_Holiday_Reminder.pdf

Spotlight on HealthyYou! at EKU

Use the Anthem 24/7 Nurseline for Holiday Emergencies!

“Give light and people will find the way.”

Ella Baker

Don’t Let Pipes Freeze!
A message from Liberty Mutual

When temperatures dip, keep these preventative steps in mind to help prevent possible water damage to your home:

- Keep garage doors closed if there are water supply lines in the garage.
- Open kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household chemicals up out of the reach of children.
- When the weather is very cold outside, let the cold water drip from the faucet served by exposed pipes. Running water through the pipe—even at a trickle—helps prevent pipes from freezing because the temperature of the water running through it is above freezing.
- Keep the thermostat set to the same temperature both during the day and at night. By temporarily suspending the use of lower nighttime temperatures, you may incur a higher heating bill, but you can prevent a much more costly repair job if pipes freeze and burst.

If you will be going away during cold weather, leave the heat on in your home, set to a temperature no lower than 55°F.

http://www.libertymutual.com/gspeku
Healthy Eating for the Holidays
How do you maintain your healthy eating habits during a family feast? How can you make sure that the turkey is the only one stuffed during the holiday season? These guidelines can help you make healthy food choices and limit tempting, high calorie foods during the holidays and other special occasions.

Think About People, Not Food!
- Concentrate on socializing, making new acquaintances, and having fun.
- Spend time conversing with relatives or reminiscing with old friends.
- Think about what you are celebrating, not just about how great the food is!

Plan Before You Eat
- When you arrive at celebrations, check out all the food options and develop a plan which will enable you to sample foods you enjoy without abandoning the good habits you've formed.
  Remember, it is OK to have some holiday treats, just spend your calories wisely and then enjoy the foods you choose!

Holiday Food Choices

Choose More Often:
- Turkey breast
- Tossed salad
- Chicken breast
- Steamed vegetables
- Mineral water
- Fresh fruit
- Plain potatoes
- Plain rice

Choose Less Often:
- Beef prime rib
- Gravy
- Pie
- Bread pudding
- Cake
- Candy
- Stuffing
- Eggnog
- Sugar-sweetened beverages
- High-calorie alcoholic beverages

Use the Anthem’s 24/7 Nurseline for Holiday emergencies!
During this busy Holiday season don’t forget that you can reach a registered nurse anytime using Anthem’s 24/7 Nurseline. This can be especially important if you are away from home or your physician’s office is closed.

The Nurseline staff has been carefully trained to help you determine the level of care you need. Should you head to the nearest emergency room or can treatment wait until you can be seen by your regular health care provider? Getting the right treatment can have a big impact on your health and your wallet.

Anthem 24/7 Nurseline
1-888-279-5378

Know Your M.Y. Benefits Staff

Find us in Jones 104
Erin Bailey, Benefits Specialist Ph: 622-1324
Tarena Tyree, Benefits Specialist Ph: 622-1325
Jamie Carmichael, Benefits Specialist Ph: 622-8637

Find us in Coates 2
Patty Sallee, Retirement Specialist Ph: 622-1326
Leanna Bowles, Wellness Analyst Ph: 622-7218
Wally Skiba, Associate Director, Benefits and Compensation Ph: 622-5893

Get your Blood Pressure Screened and Earn Healthy You! At EKU credits!
Screenings will be from 10 – 11am
12/7
Jones Lobby