Summer Travel Plans? What to Do Before You Leave

Vacations often require a lot of preparation. Getting your car serviced, planning your itinerary, and making reservations are all important to ensure that you and your family enjoy your time away; equally important are the steps you can take to ensure access to health care while you’re away from home.

Whatever the purpose of your trip – whether you’ll be exploring somewhere new, visiting family, or simply relaxing – there are a number of steps you can take to protect your health and well-being (and the health and well-being of your family members, too) … especially if your plans include international travel. For example:

✔ Confirm your health insurance coverage “travels” with you. If enrolled in a Northwestern medical plan, you and your covered family members can use your coverage to obtain health care services while traveling (see BlueCard Programs: Health Care Protection While “On the Road”). If you’re not enrolled in a Northwestern medical plan, contact your insurance company to confirm coverage while traveling.

✔ Pack a sufficient amount of your current prescription medications (and maybe some extra in case of delays). Leave your medications in their original labeled containers and, if flying, bring them in your carry-on bag. Bring copies of your prescriptions in case you need to refill them while traveling.

✔ Verify whether any vaccines or special medications are required. If traveling abroad, visit the websites of both the Centers for Disease Control (CDC) and World Health Organization (WHO) for country-specific recommendations regarding vaccinations and medications. Schedule an appointment with your doctor well in advance of your trip to get any needed vaccines and medications.

✔ Check travel advisories for the countries you’ll be visiting. The websites of both the Centers for Disease Control (CDC) and World Health Organization (WHO) issue country-specific health and weather notices and warnings. These notices are updated regularly, so it’s a good idea to check them twice – first when you’re planning your trip and again shortly before you leave.

BlueCard Worldwide Mobile App: Access Health Care Around the World

If your travels will take you outside the U.S., Puerto Rico, and the U.S. Virgin Islands, be sure to download the BlueCard Worldwide mobile app before you leave. This app provides a convenient, easy way to find doctors, hospitals and other health care resources around the world. With this app, you can:

• Search providers for medical, dental, or mental health care and map their location
• Find a medication’s availability, generic name, and local brand name
• Access local embassy contact information and map the embassy’s location, and
• Translate medical terms and phrases for many symptoms and situations (and use the app’s audio feature to play the translations).

The BlueCard Worldwide mobile app is available for Apple and Android devices. Visit your app store to download the latest version for your device:

If you have questions, call the BlueCard Worldwide Service Center at 1-800-810-2583 (BLUE) or collect at 1-804-673-1177.

BlueCard Programs: Health Care Protection While “On the Road”

If you’re a Blue Cross Blue Shield of Illinois member, you can obtain health care services while traveling in another BCBS plan’s service area through the BlueCard® Program (while traveling in the U.S., Puerto Rico and the U.S. Virgin Islands) and the BlueCard Worldwide® Program (while traveling in more than 200 countries and territories worldwide).

Important: You may be required to pay the full cost of services you receive from a BlueCross Blue Shield member ID card with you when you travel. For more information, click on the highlighted links above or call Blue Cross Blue Shield Customer Service at 1-800-327-8497.

What About the Zika Virus?

There are reports of the Zika virus in a number of South American, Central American and Caribbean locations. Infection of a pregnant woman by the Zika virus – which is transmitted by mosquito bites – can cause serious birth defects. If you are traveling to these areas – especially if your plans include the 2016 Summer Olympics in Brazil – you should read the CDC’s special recommendations before you go.  

Ready to Ride? Divvy Bike Sharing Is Now Available in Evanston … see page 2

Introducing Wellness Wednesdays – Starting in September! … see page 2

Are You Up-to-Date? Immunizations & Screenings Checklist … see page 3

Taking Care of Your Family: Work/Life & Family Resources You Can Use … see page 3

Kids In College? These Plans Can Reduce Tuition Costs … see page 4

Bullying Hurts Us All … see page 4

in this issue…
YourLife Wellness Calendar
for July, August & September

Wellness-related events and activities within the Northwestern community and beyond.

**JULY**
- College Admissions and Employee Fair (Virtual)
- Northwestern Multisport Games for Northwestern faculty and staff with high school age children who are thinking about college.
- **Chicago Campus**
  - Lurie Center, Gray Seminar Room
  - Thursday, July 14, 2016 - 12 p.m.
  - TO RSVP, CLICK HERE.
  - Evanston Campus
  - Norris Center, Wildcat Room (101B)
  - Tuesday, July 19, 2016 - 12 p.m.
  - TO RSVP, CLICK HERE.
- **Juvenile Arthritis Awareness Month**
- **National Sickle Cell Disease Awareness Month**
- **National Cholesterol Education Awareness Month**
- **Baby Safety Awareness Month**
- **National Immunization Awareness Month**

**AUGUST**
- **Children’s Eye Health & Safety Month**
- **National Breastfeeding Month**
- **National Cigarette Renounce Month**
- **National Immunization Awareness Month**

**SEPTEMBER**
- **Baby Safety Awareness Month**
- **National Childhood Obesity Awareness Month**
- **National Cholesterol Education Awareness Month**
- **National Cigarette Renounce Month**
- **National Diabetes Awareness Month**
- **“Wellness Wednesday”**

Ready to Ride?
Divvy Bike Sharing Is Now Available in Evanston

10 Divvy Bike Sharing Stations Opened in Late June 2016.

A bike-sharing program like Divvy is a healthy, cost-effective transportation alternative. At the end of June, Divvy set up 10 bike-sharing stations in Evanston, including several on or near campus, with a total of 80 bikes accessible 24/7, 365 days a year. Each station has a touchscreen kiosk, station map, and a docking system that releases bicycles using a member key or ride code.

Annual membership is $9.95 per month (or just $99 if you pay upfront). To become a member, click here. As a member, you’ll receive your unique member key in the mail.

Once you activate your key online or by phone, you can go to any Divvy station, insert your member key into the kiosk, take a bike, and go. It’s that simple.

Want to give Divvy a “test drive”? You can purchase a 24-Hour Pass for $9.95 at any Divvy station kiosk using a credit or debit card. You’ll receive a ride code to unlock a bicycle and begin your trip.

Either type of Divvy membership – annual or 24-hour – will entitle you to unlimited trips of 30 minutes or less; overtime fees will apply to trips lasting longer than 30 minutes.

New Protected Bike Lane Set to Open:
The City of Evanston is constructing a protected bike lane on Dodge Avenue between Howard Street (on the south) and Lake Street (on the north). Creating this bike lane will improve bicycle safety and traffic flow, establishing a connection between Evanston Township High School and the Church Street and Davis Street bike lanes. The new bike lane is expected to be completed by mid-July 2016.

Make Summer More Fun!
Check Out Northwestern Recreation

If you want an active and fun summer, there’s plenty to do at Northwestern Recreation, including the Henry Crown Sports Pavilion (HCSP), Norris Aquatics Center, Combe Tennis Center, and the Sailing Center on the Evanston Campus lakeshore.

Divvy Bikes:
Divvy features a fleet of heavy-duty and durable bicycles designed for city riding and ease-of-use. Each bike features three speeds, a bell, a front rack, and front- and rear-flashing LED lights powered by your pedaling. With Divvy, you won’t need a bike lock; when you arrive at your destination, simply re-dock your bike in a nearby Divvy station, wait for the green light, and walk away!

Headspace: A personal trainer for your mind.

Headspace is an app you can download on your phone or computer to help you learn the basics of meditation in just 10 minutes a day. The app and introductory Take 10 program are free. With a paid subscription, you’ll have access to hundreds of hours of original Headspace content, including guided and unguided exercises from 2 minutes to an hour. For more information, click HERE.

Introducing Wellness Wednesdays – Starting in September!

Wellness Wednesdays – a collaborative offering from the YourLife wellness program and Northwestern Recreation – will kick off on September 28, 2016. These on-site group exercise classes support Northwestern’s ongoing objective of promoting faculty and staff health and well-being.

Wellness Wednesdays – featuring formats such as Yoga, Pilates, Zumba, WERQ, H.I.I.T. (High Intensity Interval Training), and Core Conditioning – will be available on both the Evanston and Chicago campuses for eight weeks during the fall quarter (running through November 16). These sessions will be provided FREE; advance registration will be required.

Watch for details ... coming in September.
Are You Up-to-Date? Immunizations & Screenings Checklist

One of the most important steps you can take to remain healthy is to get your recommended age- and gender-based immunizations and screenings. You may use the following adult wellness guidelines – collected from a variety of sources, including the U.S. Preventive Services Task Force – as a quick guide for you, your spouse, and your adult children, but your doctor is your best resource.

### IMMUNIZATIONS

<table>
<thead>
<tr>
<th>Immunization</th>
<th>Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hepatitis B</td>
<td>If not previously immunized, 1 immunization at current (next) visit, 2nd dose 1 month later and 3rd dose at least 4 months after 1st dose and 2 months after 2nd</td>
</tr>
<tr>
<td>Herpes Zoster – Shingles</td>
<td>1 dose given at age 60 or older</td>
</tr>
<tr>
<td>Human Papillomavirus (HPV)</td>
<td>3 doses for women ages 18-26 if not already given; 3 doses for men ages 18-21 if not already given*</td>
</tr>
<tr>
<td>Influenza – Flu</td>
<td>Yearly</td>
</tr>
<tr>
<td>Measles, Mumps, Rubella (MMR)</td>
<td>1 or 2 doses for adults born in 1957 or later who have no evidence of immunity</td>
</tr>
<tr>
<td>Pneumococcal – Pneumonia</td>
<td>At age 65 or older, 1 dose to anyone whose immune system has not been compromised*</td>
</tr>
<tr>
<td>Tetanus Diphtheria Pertussis – Td/Tdap</td>
<td>1 Tdap vaccination, then a Td booster every 10 years</td>
</tr>
<tr>
<td>Varicella – Chicken Pox</td>
<td>2 doses if no evidence of immunity</td>
</tr>
</tbody>
</table>

### For females

- Rubella Serology or Vaccination History: Recommended during child-bearing years

### SCREENINGS & EXAMS

<table>
<thead>
<tr>
<th>Screening</th>
<th>Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood Pressure (BP)</td>
<td>At least every 2 years*</td>
</tr>
<tr>
<td>Blood Screening – total blood cholesterol</td>
<td>Periodically for males starting at age 35 and for females starting at age 45</td>
</tr>
<tr>
<td>Body Mass Index (BMI)/ Weight</td>
<td>Every 1-3 years</td>
</tr>
<tr>
<td>Colon Cancer Screening</td>
<td>Between ages 50-75, colonoscopy every 10 years OR flexible sigmoidoscopy every 5 years OR fecal occult blood test annually*</td>
</tr>
<tr>
<td>Diabetes Screening</td>
<td>Those who are overweight, have high blood pressure, or have additional risk factors should consider screening every 3 years*</td>
</tr>
<tr>
<td>EKG</td>
<td>Baseline at age 30, then every 3-4 years</td>
</tr>
<tr>
<td>Hearing Assessment</td>
<td>Periodically</td>
</tr>
<tr>
<td>Hepatitis C (HIV) Screening</td>
<td>Once for adults born between 1945 and 1965</td>
</tr>
<tr>
<td>HIV Screening</td>
<td>One-time screening for adults ages 15-65, then annually for high-risk individuals or every 3 to 5 years for increased risk individuals; women should undergo re-screening with every pregnancy*</td>
</tr>
<tr>
<td>STD Screenings – for sexually transmitted diseases</td>
<td>Discuss with doctor</td>
</tr>
<tr>
<td>TB Skin Test</td>
<td>Every 5 years</td>
</tr>
<tr>
<td>Urinalysis</td>
<td>Every years starting at age 20; annually starting at age 50</td>
</tr>
<tr>
<td>Vision Screening</td>
<td>Annually starting at age 65</td>
</tr>
</tbody>
</table>

### For males

- Breast Cancer Screening:  
  - Self Exam: Monthly
  - Clinical Breast Exam: Every 1-3 years for women ages 20-39; annually for women age 40 and older
  - Mammogram: Every 1-2 years beginning at age 40; if high risk, starting at younger age; based on doctor recommendation for ages 65 and older
- Cervical Cancer Screening:  
  - Pap test every 3 years for women ages 21-65; HPV test every 5 years for women ages 30-65; women who have had a hysterectomy or are over age 65 may not need a Pap test.
- Chlamydia Screening: Routine screenings recommended if sexually active
- Osteoporosis Screening: Beginning at age 65 (age 60 if risk factors are present)

### For females

- Prostate Specific Antigen (PSA) and Digital Rectal Exam – for prostate cancer: Annually starting at age 50; if high-risk, starting at age 40
- Testicular Cancer Screening: Self-screening – monthly starting at age 18

* Recommendations may vary; discuss the start and frequency of screenings with your doctor, especially if you are at increased or high risk.

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**Immunizations and Screenings for Children**

August, National Immunization Awareness Month, is a good time of year to ensure that your child(ren) are up-to-date on recommended immunizations and screenings.

These immunizations and screenings can provide important protection against potentially serious illnesses in infants, toddlers, and older children, including influenza, measles, mumps, rubella, and polio, and can help detect conditions which may require treatment, including phenylketonuria and tuberculosis. Certain immunizations may be required under Illinois state law and some may be required before your child(ren) return to school in the fall.

Your child(ren)’s doctor can ensure that all required immunizations are up-to-date (and discuss with you the appropriateness and safety of the recommended immunizations).

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**Taking Care of Your Family: Work/Life & Family Resources You Can Use**

**Childcare Benefits**

If you’re new to parenthood (or new to the University) and need help finding quality, affordable childcare, contact Action for Children, a childcare resource and referral service dedicated to meeting your childcare needs.

Action for Children can provide information and insight regarding state-licensed childcare options, childcare provider referrals based on search criteria set by the parent(s), printed resource materials to help guide parents through their childcare search (including tips for interviewing and selecting a quality provider), and information about available financial assistance programs.

For details about other childcare benefits – including information on local childcare centers that offer priority enrollment and discounts for Northwestern faculty and staff, in-home care resources, and local pre-schools – call 773-363-8135 or click here.

Action for Children is one of many childcare benefits offered through the University. To learn more about this and other family resources – or to schedule a 1:1 consultation – call the office of Work/Life & Family Resources at 847-467-1460.

**Eldercare Program**

If you are responsible for the care of an older adult relative, there’s a resource available to help you manage your eldercare needs.

**Northeastern Senior Care Connections** – a program managed by an external firm specializing in eldercare – offers valuable support, resources, and referrals, including the opportunity to talk with expert senior care advisors. Additional eldercare resources provide information and/or referrals on aging, local eldercare resources, home health care, Medicare and Medicaid certified nursing homes, and Medicare benefits, as well as assistance and services designed to support the needs of caregivers.

For more information, call 1-855-781-1303 x3 or click here.

**On-Campus Lactation Rooms**

To promote a family-friendly environment for faculty and staff and to support the needs of nursing mothers, Northwestern provides paid breaks and on-campus lactation rooms so that, while at work, nursing mothers have a convenient, private space in which to express breast milk for their nursing children. For the location of on-campus lactation rooms – and how to access these rooms – click here.

To learn more about Northwestern’s Work/Life & Family Resources click here.

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**Northeastern Wellness YourLife**

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Kids in College? These Plans Can Reduce Tuition Costs

Northwestern offers two educational assistance benefits for eligible dependents of full-time, benefits-eligible employees with at least five years of service.

Dependent Reduced Tuition Plan – For eligible child(ren) enrolled at Northwestern, this plan can provide financial assistance equal to 50% of each child’s undergraduate tuition (90% of each child’s tuition if you began work at Northwestern as a full-time, benefits-eligible employee before January 1, 2000).

Dependent Portable Tuition Plan – For eligible child(ren) enrolled at a qualified school other than Northwestern, this plan can provide financial assistance equal to 50% of each child’s undergraduate tuition and eligible fees. For each eligible child, there is a maximum tuition benefit of eight semesters or 12 quarters combined.

For additional information – including more detailed instructions for submitting an online application for educational assistance benefits – click here.

Assumptions:
- Eligible earnings in year 1 = $50,000; eligible earnings increase 2% per year in each of the next 30 years.
- Savings in year 1 = 1%; savings increase 1% per year in each of the next 14 years and remain at 16% per year for the next 15 years.
- Annual investment return = 7%.

Note: Review the IRS retirement savings annual contribution limits.

Every 1% Counts: Save More Today, Have More Tomorrow

Annual pay increases for Northwestern faculty and staff take effect the first pay period in September, making this a good time to increase your retirement savings. Note: An increase in savings will take effect the first of the month following the month in which the change is submitted.

Increasing your savings through the Northwestern Voluntary Savings Plan by 1% each year can make a big difference in the financial resources you’ll have available when you retire. Take a look …

Is Your Child Being Bullied? Watch for These Warning Signs

- Depressed, lonely, or anxious
- Low self-esteem
- Physical injuries
- Loss or destruction of personal property
- Headaches or stomachaches
- Poor sleeping or eating habits
- Not wanting to go to school (or doing poorly in school)
- Helplessness
- Avoiding social situations
- Wanting to hurt themselves

Bullying Hurts Us All

Did you know …
- One out of every four students in the U.S. (22%) report being bullied during the school year. (National Center for Educational Statistics, 2015)
- Students who experience bullying are at an increased risk for poor school adjustment, sleep difficulties, anxiety, and depression. (Center for Disease Control, 2015) and twice as likely as non-bullied peers to experience negative health effects, such as headaches and stomachaches. (Gini, G. and Pozzoli, T. Bullied Children and Psychosomatic Problems: A Meta Analysis, Pediatrics, 2013)
- 19.6% of high school students in the U.S. reported being bullied at school in the past year, and 14.8% reported being bullied online. (Center for Disease Control, 2014)

Almost everyone has been bullied at one time or another. If you have school-age children, it’s possible they will be the target of bullying today, this week, this month … and if not a target themselves, they may have a friend or classmate who will be.

While bullying can occur at any age, among children it’s especially traumatic. Children do not have the life skills to protect themselves, and they often mask their pain with silence. That’s why, as a parent, it’s important to be observant and watch for signs that your child may be experiencing bullying.

If you suspect a child is being bullied, try talking with the child. Listen carefully to what the child is saying, and don’t overreact. Professional advice and counsel is available through the Northwestern Faculty & Staff Assistance Plan (FSAP): call 1-855-547-1851 or visit www.eapwl.com (username “northwestern”, password “eap”). These professionally trained counselors can provide unlimited 24/7 confidential support by phone, and up to 10 free counseling sessions.

YourLife Mission Statement

As the Northwestern wellness program, YourLife will create and sustain a culture that educates, motivates and empowers faculty, staff, and retirees, and their eligible family members, to adopt and maintain healthy lifestyles. Taking responsibility for one’s health and well-being is vital to getting the most out of your life and making valuable contributions to the mission of the University.