Erin Martinez, a cancer communications coordinator in marketing communications at Saint Francis Cancer Treatment Center in Grand Island, Neb., understands the importance of including more healthy foods in her diet. “Fruits and vegetables are great sources of nutrients,” she explains. “I don’t like most fruits, so I make a conscious effort to load up on extra vegetables.”
Fourteen Iowans who landed at a Kathmandu airport in early April had already completed more than one significant journey. Before they flew more than 7,600 miles from Iowa to Nepal, they had made the journey from cancer diagnosis to survivorship. Now, they were ready to trek 65 miles up to base camp on Mt. Everest, reaching an elevation of 18,200 feet. “I don’t think any of the survivors would describe themselves as an athlete, but their cancer experiences gave them confidence and a commitment to live their lives more fully,” said Richard Deming, MD, an experienced climber who led the “Above and Beyond: Cancer Survivors Trek to Everest” group. Deming, medical director of Mercy Cancer Center in Des Moines, conceived of the trek as a time of personal growth and fulfillment for cancer survivors, who often metaphorically describe their cancer journeys as “climbing a mountain.” The group of five women and nine men, aged 24 to 65, had survived breast cancer, lymphoma, leukemia, prostate cancer, tonsil cancer, sarcoma and a brain tumor. After living their personal cancer journeys, the survivors didn’t let little things like an artificial knee, an artificial hip or a missing colon stop them from trekking up Everest. The upward climb took 10 days. After reaching base camp on a snowy, frigid evening, the group slept in their tents and awoke to a breathtakingly bright day near the top of the world. “It was beautiful and exhausting,” said Deming. “The survivors were mentally strong and dug deep into their physical resources. What I believe they received in return was an intense mind-body-spirit experience. I know that all of us – the survivors, the loved ones who came along, our medical personnel and our Sherpa guides – felt incredibly blessed to be there, to have made yet another difficult but rewarding journey.”
Plan Out Healthy Meals at the Beginning of Each Week

By making a grocery list for the items you wish to cook, you will be less likely to buy things you may not eat. And, you’ll have complete control over the ingredients and portion size, unlike at a restaurant where you have no idea how much sugar, salt, etc., is in your food. Consider this: portions at restaurants are often at least twice the size you should eat.

Better Health Is on Next Week’s Menu

Try planning a weekly dinner menu and incorporate fruits and vegetables into each meal for a balanced diet. Make a list of the ingredients you will need for each meal so that you can shop ahead of time.

“When I plan meals, I try to include a salad or side of vegetables like green beans,” says Erin Martinez, cancer communications coordinator at Saint Francis Cancer Treatment Center in Grand Island, Neb. “In addition to being good for me, I’ve found that adding vegetables into meals really helps to fill me up.”

Consider putting vegetables or fruits into your main dish. Gabriel Mooney, registered dietician at LakeWood Health Center in Baudette, Minn., suggests, “Be creative by adding vegetables to soup, chili, casserole, meatloaf and egg recipes. And, use fruits as toppings for breakfast items like oatmeal, cereal and pancakes or waffles.”

Price Check: Eating at Home Versus Eating Out

Where you eat makes a difference in terms of how much you pay. Consider the difference in cost for a family of four who prepares a spaghetti dinner with salad at home instead of eating out:

<table>
<thead>
<tr>
<th></th>
<th>TOTAL COST</th>
<th>VS.</th>
</tr>
</thead>
<tbody>
<tr>
<td>At Home</td>
<td>$8.88</td>
<td></td>
</tr>
<tr>
<td>Eating Out</td>
<td>$43.96 + tax and tip</td>
<td></td>
</tr>
</tbody>
</table>
NEW SAVINGS PATTERNS ARE ROLLING IN AT CHI

With the transition to Fidelity as our plan administrator and the implementation of auto-enrollment, a major retirement savings front is moving across CHI. See how CHI employees’ saving habits are changing – and what that means for their financial security.

A Wave of Saving Is Sweeping Across CHI

With auto-enrollment, we were all getting a little encouragement to save for our future. For some, this was good news from the start. “I was really excited when I heard about auto-enrollment,” says Erin Hansen, dietary cook at Good Samaritan Hospital in Kearney, Neb. “I’m a single mom, and I don’t have a lot of time to fill out paperwork. So, I really appreciate the fact that auto-enrollment makes saving for retirement easy.”

Not everyone was as excited as Erin. In fact, some were very skeptical. According to Angie Henry, a nutrition worker at Good Samaritan Hospital in Kearney, Neb., “I initially thought that it was going to hurt to have the money taken out of each paycheck. But, after thinking about it more, I decided it was worth it because it makes me feel more secure knowing that I am saving for retirement now. Plus, it helps to know that the money is coming out pre-tax.”

Angie brings up an important point. Since contributions are deducted from your pay before taxes are calculated, you pay less income tax on each paycheck. Because of this, saving for retirement through the plan (rather than saving on an after-tax basis) may have little or no effect on your take-home pay. See the table below for an example of how contributing 3 percent to the Employee Savings Plan could increase your take-home pay.

**Example of Effect Saving Can Have on Take-Home Pay**

<table>
<thead>
<tr>
<th></th>
<th>WITHOUT EMPLOYEE SAVINGS PLAN</th>
<th>WITH EMPLOYEE SAVINGS PLAN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Combined annual income</td>
<td>$30,000</td>
<td>$30,000</td>
</tr>
<tr>
<td>Pre-tax contribution to 401(k)</td>
<td>$0</td>
<td>-$900</td>
</tr>
<tr>
<td>Taxable income</td>
<td>$30,000</td>
<td>$29,100</td>
</tr>
<tr>
<td>Federal income and Social Security tax</td>
<td>-$2,795</td>
<td>$2,705</td>
</tr>
<tr>
<td>Take-home pay</td>
<td>$27,205</td>
<td>$26,395</td>
</tr>
<tr>
<td>After-tax contribution to savings</td>
<td>-$900</td>
<td>-$0</td>
</tr>
<tr>
<td>Final take-home pay</td>
<td>$26,305</td>
<td>$26,395</td>
</tr>
<tr>
<td>Increase in take-home pay</td>
<td>$90</td>
<td></td>
</tr>
</tbody>
</table>

This example is for illustrative purposes only. Your take-home pay will vary based on your annual income and how much you contribute to the plan.

Darcy Preston, accounting specialist at Franciscan Villa in South Milwaukee, Wis., had a similar experience. She explains, “I was upset at first because I felt like no one had the right to redirect money out of my paycheck. But after hearing the details, I realized that it makes a lot of sense and now I’m actually thinking of contributing even more to the Employee Savings Plan.”

When she first heard about auto-enrollment, Penny Myers, housekeeper at Saint Joseph Medical Center in Reading, Pa., had a lot of questions about how it worked. She notes that “Now that I understand the process and have been auto-enrolled, I think it’ll be a good thing in the long run because it’ll help me to save for retirement.”

Kara Urkoski, patient access manager at Saint Francis Medical Center in Grand Island, Neb., is also glad that she was auto-enrolled. Kara states, “My previous employer offered auto-enrollment so I was familiar with the process and am glad that CHI offers it now. It’s an easy way to save and I really like that there are online features available through Fidelity.”
Record High Temperatures for Retirement Saving at CHI

Retirement savings participation rates are increasing since the implementation of auto-enrollment. Prior to auto-enrollment, only about 30 percent of CHI employees who were eligible for the Employee Savings Plan were participating. Of the employees* who were automatically enrolled in the plan, 84 percent currently continue to participate. Congratulations to everyone who made the decision to begin saving for retirement.

*While PRN and temporary employees are eligible to participate in the plan, they were not automatically enrolled.

Don’t Forget to Pack an Umbrella!

Under your savings umbrella, you need to have different sources of retirement income, including the following:

- Catholic Health Initiatives Employee Savings Plan (funded by you)
- Catholic Health Initiatives Retirement Plan* (funded by CHI)
- Social Security benefits (a government program funded by you and CHI)
- Other retirement income (for example, retirement/savings from previous employers or Individual Retirement Accounts (IRAs) or other personal savings)

* Employees of Mountain Management in Chattanooga, Tenn., participate in the Catholic Health Initiatives 401(k) Plan, instead of the Catholic Health Initiatives Retirement Plan.

Find Out if You Are on Track to Save Enough for Retirement

Fidelity provides a handy tool called “Retirement Quick Check” that helps you to estimate how your retirement savings portfolio may grow over time, and create a plan to address the key risks you may face before and during retirement. To access this tool, go to the Fidelity website:

- If you have access to HR/Payroll Connection online: go to the “My Benefits” tab and click the “CHI Employee Savings Plan” link.
- If you do not have access to HR/Payroll Connection online: go to www.fidelity.com/atwork.

Note: To log in for the first time, you will need to create a Customer ID and PIN. Click on “New User Registration,” enter the required verification information (last four digits of your Social Security number, first and last name, and birth date) and follow the prompts.

MORE RESOURCES AVAILABLE SOON

In 2012, CHI will introduce a new website designed to be your single resource for your benefits, retirement, wellness and compensation needs. On the site, you will find:

- Information personalized for you, such as the total value of the pay and benefits you receive at CHI; current and projected estimates of your Employee Savings Plan balance, Retirement Plan and Social Security benefits; and the status of your participation in events that make you eligible for a reduction in your medical plan contributions
- Information and updates about your pay, benefits, retirement and wellness
- More information and tools to help you make the best use of your benefits
- Interactive polls, tools and quizzes
- Access to HR/Payroll Connection, Fidelity’s Net Benefits website, and Carewise Health’s website

Watch for more information in the coming months.
At CHI, we recognize that saving for retirement can be challenging, especially if you are living paycheck to paycheck. But, your future financial security depends on the steps you take today. If you’ve never created a budget or have trouble sticking to one, check out the steps on the next page for some pointers.

**Budgeting Basics**

A budget provides a list of all your expenses (for example, food, transportation, etc.) along with a dollar amount for each expense category that you are “allowed” to spend within a given timeframe. The timeframe can be whatever you want (for example, annually, monthly, weekly, etc.), but monthly is usually a good place to start.

Creating a monthly budget can be eye-opening. It helps you to see where your money is going. You may be surprised by what you find when you get everything “on paper.” You might find that the expense category you spend the most in isn’t the one you thought. Likewise, you might pick up on spending habits you didn’t realize you had (for example, something as simple as buying soda or candy from the vending machine can really add up over time).

**Lowering Your Monthly Expenses**

It can be hard to lower your monthly expenses, but it will help you in the long run. Consider this: cutting back by just $100 each month and putting that money towards savings can add up to a savings of more than $15,000 in 10 years.* Not sure how to lower your expenses? Check out the last page of this newsletter for some ideas from your fellow co-workers.

*This example is for illustrative purposes only. It assumes a 5 percent rate of return and doesn’t address potential income tax implications of accumulating assets.

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**BUDGETING IN TODAY’S ECONOMY**

When creating your budget, it’s important to consider the current economy. According to a national phone survey conducted for the American Institute of Certified Public Accountants by Harris Interactive, six in 10 Americans have already changed their behavior as a result of rising gas prices. Likewise, almost half of Americans (48 percent) have made changes because of higher food costs. What are they changing that you should consider for your budget? See the chart to the right for some tips.

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<table>
<thead>
<tr>
<th>SAVE AT THE GAS PUMP</th>
<th>SAVE ON FOOD COSTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Try to drive less. Saving just one gallon of gas a day may mean an extra $25.50 per week.*</td>
<td>• Don’t forget the coupons. Clipping coupons may seem like a hassle, but they can save you a lot of money over time.</td>
</tr>
<tr>
<td>• Combine errands. If you know you are going to have multiple errands throughout the week, try to combine your car trips as much as possible.</td>
<td>• Switch to generic foods. Brand names can be tempting, but often, generics are just as tasty — and usually cost less.</td>
</tr>
<tr>
<td>• Carpool. Whether you’re going to work, a social event or shopping, consider carpooling with others.</td>
<td>• Develop a green thumb. Try growing your own vegetables.</td>
</tr>
<tr>
<td>• Eat in. Eating at home more often can help keep your food budget under control.</td>
<td></td>
</tr>
</tbody>
</table>

*This estimate is provided by the National CPA Financial Literacy Commission and is based on current average rates.
Creating Your Budget

Not sure where to start? Follow our lead. In just five steps, you’ll have all the budgeting moves you need.

**STEP 1**
Get off on the right foot. A budget is realistic only if you know how much money you have available to spend. Add up your paychecks and any other sources of regular income you receive (if you are married, don’t forget to include your spouse’s amounts) for one month.

**STEP 2**
Learn your spending moves. Consider how much you currently spend each month. Not sure? Keep a notebook with you and record all of your expenses for a month, or try the “shoebox” audit: simply keep all of your receipts and bills for one month and store them in a shoebox. At the end of the month, sort through them, organizing them into categories such as home expenses, utilities, transportation, etc.

**STEP 3**
Step back and calculate. Now, it’s time to do the math. Subtract your monthly expenses from your monthly income.
• If you end up with a negative number, it’s time to take a hard look at your expenses to see what can be eliminated or reduced.
• If you end up with money left over, you should consider putting that money toward savings. And, you should still take a look at your expenses because you might find other savings opportunities.

**STEP 4**
Break it down. Evaluate your spending patterns to determine which expenses are necessary and which are not. It may be helpful to break expenses into two categories: “fixed” and “variable.”
• Fixed expenses stay pretty much the same each month (for example, your mortgage or rent, car payments, utilities, etc.).
• Variable expenses are ones you have more control over (for example, entertainment expenses, gas, groceries, etc.). Work to reduce your variable expenses until you get to a point where your total monthly expenses (including savings contributions) are less than or equal to your total income – this is your budget.

**STEP 5**
Practice, practice, practice. Once you have determined what your budget is, do your best to stay on track. Before making a purchase, ask yourself, “Is this in my budget?” If the answer is no, try to avoid buying on impulse and take a day to think about whether you really need to buy it. A little time may change your mind.

Once you get to the end of the month, retrace your steps and compare your actual expenses with your budget to see if you are on track. A budget snapshot tool is available on Fidelity’s website. To access the Fidelity site:
• If you have access to HR/Payroll Connection online, go to the “My Benefits” tab and click the “CHI Employee Savings Plan (Fidelity)” link.
• If you do not have access to HR/Payroll Connection online, go to www.fidelity.com/atwork.
Once on the site, under “Tools and Learning” toward the bottom of the page, select “get the guidance, information and tools” link. Then scroll down to the “Managing Your Total Finances” heading and click on the “build your budget” link.
Scheduled Maintenance

Are You Due for a Health Tune Up?

Not using your preventive health care benefits is like not taking your car for its regularly scheduled maintenance. Something as simple as skipping recommended oil changes can mean costly repairs in the future; worse yet, it can reduce the lifespan of your car. When it’s your health, the stakes are even higher and the cost for health care “repairs” can be much more expensive.

Beware of Health Hazards

Health issues can sneak up on you without warning. But, if you get recommended preventive care, your doctor will be more likely to spot any issues early, making it easier to reduce your health risks down the road. It’s like having a mechanic look under the hood of your car – issues that you’d never notice otherwise may come to the surface.

CHI is committed to providing comprehensive benefits to all of our employees at a reasonable cost, so we cover preventive care services at no cost to you through the Catholic Health Initiatives Medical Plan. This means that there is no coinsurance or copayment for annual check-ups, mammograms, prostate screenings, immunizations and many other preventive care services.

Recommended Maintenance

Just as car maintenance depends upon the make and model of your car, preventive health care depends upon your gender and age. See the maintenance reminders to the right for a few of the most important types of preventive health care.

<table>
<thead>
<tr>
<th>WHAT?</th>
<th>WHO?</th>
<th>WHEN?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete Physical Exam</td>
<td>MEN ✓</td>
<td>• During your 20s: schedule two checkups</td>
</tr>
<tr>
<td></td>
<td>WOMEN ✓</td>
<td>• During your 30s: schedule three checkups</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• During your 40s: schedule four checkups</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Age 50 and up: schedule one checkup each year</td>
</tr>
<tr>
<td>Prostate Exam (screening test may include a Prostate Specific Antigen (PSA) blood test along with the digital rectal examination)</td>
<td>MEN ✓</td>
<td>• Age 50 and up: schedule one every year</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Exception: African-American men and those with a family history of prostate cancer should start scheduling prostate exams at age 45.</td>
</tr>
<tr>
<td>Colorectal Cancer Screening (e.g., colonoscopy)</td>
<td>MEN ✓</td>
<td>• Start scheduling at age 50 if you are at average risk</td>
</tr>
<tr>
<td></td>
<td>WOMEN ✓</td>
<td></td>
</tr>
<tr>
<td>Mammogram (screening mammogram)</td>
<td>MEN ✓</td>
<td>• Age 40 and up: schedule one every two years if you are at average risk</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol Screening</td>
<td>MEN ✓</td>
<td>• Age 20 and up: schedule one every five years</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Important: Frequency of additional screenings should be determined by your test results.</td>
</tr>
<tr>
<td>High Blood Pressure Screening and Counseling</td>
<td>MEN ✓</td>
<td>• Schedule at least one every two years</td>
</tr>
</tbody>
</table>

2011 recommendations are developed from the American Academy of Family Physicians’ Summary of Policy Recommendations, the Centers for Disease Control Advisory Committee on Immunization Practices, the U.S. Preventive Services Task Force, the American Cancer Society and the CHI Clinical Services Group.

For a comprehensive list of preventive care guidelines (including recommendations for children), visit Inside CHI, About CHI, CHI Healthy Spirit and then Preventive Services.
**Fill Up on Knowledge**

In addition to getting your recommended preventive care, be sure to take advantage of opportunities to learn more about your health status and risks. CHI offers you two great resources for doing this:

- **Biometric screenings**: Confidential, on-site screenings provide you with important information about your health, including your blood pressure, blood glucose and various cholesterol levels. The dates for these screenings vary by location. If there’s still time to participate at your location, be sure to do so.

- **Personal health assessment**: This assessment will tell you how healthy you are and provide you with tailored recommendations for making positive changes in your lifestyle. If you participated in the biometric screenings, your results will be automatically included in your personal health assessment profile when you complete it later this fall.

**Get Your Scheduled Preventive Care**

Review the guidelines on page 8 and talk with your doctor about what other preventive care services may be appropriate given your family health history and age.

**Complete Two Activities, Save $200**

*Keep in mind that you can save $200 on your 2012 payroll contributions to the Catholic Health Initiatives Medical Plan if you choose to complete two of the following three activities:*

- Complete biometric screening* 
- Complete a personal health assessment in the Fall
- If your spouse is enrolled in CHI’s Medical Plan, have him/her complete a personal health assessment in the Fall

* If you missed the biometric screening at your location, a home kit may be available to you – to find out, call Carewise Health at 1-877-878-5445. **Note:** Home test kits must be ordered from Carewise Health by August 5, 2011, and must be postmarked for return by August 12, 2011, to be eligible.

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**DON’T FORGET ABOUT THE HEALTH CARE ASSISTANCE PROGRAM**

CHI is committed to ensuring that employees have access to health care at a reasonable cost. As a part of this commitment to social justice in health care, we provide a Health Care Assistance Program to help eligible employees offset out-of-pocket medical costs. Program eligibility is based on total household income (i.e., your and your spouse’s income combined). Since CHI has no way of knowing the total household incomes of our employees, we will contact all employees who may potentially be eligible, based on their individual income, in late July. The application process begins in August.

**Note:** Before you apply for the Health Care Assistance Program, we encourage you to investigate and possibly enroll in a state program if you and your family are eligible for one. Talk with your human resources representative for more information or if you are unsure whether you qualify.
Sarah Schaiper, director of HR initiatives and analytics at Catholic Health Initiatives, reports that the HR Operations team is promoting fitness and weight loss. She explains, “Our group wanted to do something to help everyone become healthier. A team member suggested using pedometers to encourage everyone to be active. We created a map to track the mileage it would take for us to walk to each organization within CHI. Now our team records the number of miles we walk each week to match the mileage to the organizations across our system – we’ve been calling it our virtual walkathon. We’ve already walked to 13 organizations – a total of 3,345 miles. The pedometers get everyone up to talk to one another, rather than emailing, and walking the stairs more.”

Rachel Alfaro, an HR specialist at Catholic Health Initiatives, adds that the HR Operations team participated in the “Pound for Pound Challenge,” which is often advertised on the TV show The Biggest Loser. The challenge donates 11 cents to a local food bank for each pound participants lose. Rachel states, “We created a team called ‘CHI Virtual Walkers.’ Everyone has done a great job making small changes to improve their health.”

“We also come up with health-related goals each month,” says Kiley Wilson, HR specialist. Kiley explains that when team members reach their goals, they post on a special bulletin board so others can see their accomplishments and celebrate their success. There are no requirements on the type of goal an employee can set – some recent successes on the bulletin board include one employee who stopped drinking soda and another who exceeded her goal to walk 100,000 steps in one month.

“The best part about these fitness efforts is that they were developed by the team,” states Mike Andrus, vice president of HR Operations at Catholic Health Initiatives. “It’s great to see the group coming up with ideas for being healthier and motivating one another to achieve success.”

Ashlee Miller, RN, BSN, at Nebraska City Medical Clinic in Nebraska City, Neb., volunteered to help employees focus more on healthy living. She implemented a weight management challenge for the clinical staff from mid-November through March. Twenty-one people participated and together they lost a total of 71 pounds.

Ashlee leads health support groups/classes for the clinical staff every other month. She brings in dieticians, personal trainers and registered nurses to speak about health topics and answer questions. Ashlee also introduced some fun health activities for participants in between the group meetings:

- In “favorite snack makeover,” she had participants bring in their favorite holiday snack along with the recipe. Then, she suggested ways of making the snack healthier by substituting low-fat ingredients.
- For “build a breakfast activity,” Ashlee demonstrated how to build a healthy breakfast while staying on a budget.

“I enjoy being a pioneer for healthy living and appreciate that my efforts are supported by the clinic providers, clinic management and Quality programs,” states Ashlee. “My hope is to continue to promote health not only within our clinic but our community as well.”

If you don’t have someone to help you with healthy living at your location, telephonic health coaching programs are available by calling Carewise Health at 1-877-878-5445.
Struggling With Weight Loss

There May Be an Option You Haven’t Considered

Everyone knows it’s difficult to lose weight, but this struggle is harder for some. At CHI, we are committed to helping all employees improve their physical health. And, we understand that for some employees, changing exercise and diet alone may not be enough to achieve the ideal weight. That’s why we provide a weight loss surgery option for those enrolled in the Catholic Health Initiatives Medical Plan.

Understanding CHI’s Weight Loss Surgery Program

It’s important to realize that this program is not for everyone. Weight loss surgery (also referred to as bariatric surgery) is intended for people who are “obese.” Here’s how it works: the weight loss surgery offered through CHI’s medical plan is available to individuals who have a Body Mass Index (BMI) of more than 40 or have a BMI of 35-40 and also have one or more co-morbid conditions (for example, diabetes, hypertension or sleep apnea).

Because weight loss surgery is not a substitute for day-to-day weight management, CHI requires the successful completion of a six-month Pre-Weight Loss Surgery Program through Carewise Health prior to the surgery. As part of this program, participants work with a registered dietician to develop strategies for improving their nutrition and overall health to give them the tools to keep the weight off after their surgery. Together, the employee and the dietician set both short- and long-term health goals that focus on all aspects of weight loss (physical, mental and emotional).

“I liked having a dietician there to walk me through the process and be my advocate,” explains a CHI employee who recently had the weight loss surgery. “I am thankful I had the six-month period to prepare. It went by fast and I felt like I had my own team cheering me on. I know I would not have been as successful post-surgery without the tools and support I received.”

Resources at CHI

While the Pre-Weight Loss Surgery Program is supported by Carewise Health, there are resources within CHI who can help you if you have questions about the surgery, how to get started with the program or any issues with Carewise Health. CHI’s Bariatric Centers of Excellence have a bariatric program coordinator to serve as an advocate for employees.

Shelly Holman, RN, Certified Bariatric Nurse (CBN), is the bariatric program coordinator at Saint Elizabeth’s Regional Medical Center in Lincoln, Neb. She helped five employees in the last year get started with the program and reports that they found it to be very helpful both before and after surgery. “The care after the surgery is really a medical plan for life – establishing new behaviors and better food choices, maintaining physical activity and practicing self-care are a daily prescription,” Shelly explains. “The Carewise Health staff has been awesome at getting employees to stay engaged in their accountability towards improved health on a daily basis. Carewise Health staff is even available to help down the road if a weight loss surgery patient needs coaching or reinforcement teaching related to dietary needs.”

Do Some Research

If you think you might be a candidate for weight loss surgery and are enrolled in the Catholic Health Initiatives Medical Plan, talk with a bariatric program coordinator or call Carewise Health at 1-877-878-5445 to learn more.

CHI Facilities That Offer Bariatric Services

- Alegent Health Immanuel Medical Center (Omaha, Neb.)*
- Flaget Memorial Hospital (Bardstown, Ky.)*
- Good Samaritan Hospital (Cincinnati, Ohio)*
- Memorial Health Care System (Chattanooga, Tenn.)*
- Mercy Medical Center-West Lakes (Des Moines, Iowa)*
- Penrose-St. Francis Health Services (Colorado Springs, Colo.)*
- St. Anthony Central Hospital (Denver, Colo.)
- Saint Clare’s Hospital (Denville, N.J.)
- Saint Elizabeth Regional Medical Center (Lincoln, Neb.)*
- St. Francis Hospital (Federal Way, Wash.)*
- Saint Francis Medical Center (Grand Island, Neb.)
- Saint Joseph East (Lexington, Ky.)*
- Saint Joseph Hospital (Lexington, Ky.)*
- St. Joseph Medical Center (Reading, Pa.)
- St. Joseph Medical Center (Towson, Md.)
- St. Joseph’s Area Health Services (Park Rapids, Minn.)*
- St. Vincent Infirmary Medical Center (Little Rock, Ark.)*

* This location is considered to be a Bariatric Center of Excellence.
Your Summer issue of Spirit Magazine is here!

Looking for ways to save?

Check out these tips from your fellow co-workers for ideas for how to budget and save more for retirement.

“I’ve found that planning outdoor recreation activities like going to the beach or the park are a great way to lower our expenses and still have family fun. We often pack a lunch and make a day of it. The kids love it.” – Rhonda Zuick, PSR, Franciscan Women’s Health, Gig Harbor, Wash.

“My husband and I have a big vegetable garden, and we buy our meat in bulk from a wholesale club, so we save money that way. When we seal the food in bags with a vacuum-sealing machine, it keeps for two to three years in the freezer without freezer burn. The savings are well worth it, and we always have fresh meat and vegetables!” – Lisa Dickens, R.N. in Labor and Delivery, St. Vincent Health System, Little Rock, Ark.

“I’m always on the lookout for free festivals and events in our local community that my kids would enjoy. Most museums offer free nights so we try to go to those too. And, I usually buy us an annual membership to the zoo – it pays for itself in just two visits and then we have a place to go and have fun without spending money.” – Stephanie Campbell, surgery scheduler and office coordinator, Franciscan Urology Associates, Gig Harbor, Wash.

Show Us Your Spirit

We appreciate your thoughtful feedback on Spirit. Please keep writing. Send your comments, questions and letters to news@catholichealth.net and include “My Spirit” in the subject line.

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