

# ABenefits Xtra

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Your Health & Benefits Awareness resource published by the Human Resources Department at ABX Air, Inc.



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## Healthcare Center a GO!

### ABX Air and Whole Health Management team up

ABX Air is pleased to announce that we have signed a letter of intent with Whole Health Management to develop and operate an employee healthcare clinic on base in Wilmington. The target date to open the clinic is September/October 2004. Currently, ABX is negotiating a service agreement with Whole Health and developing the clinic design and staffing levels. Whole Health is actively recruiting medical professionals to staff the clinic.

Whole Health is an innovate leader in creating and operating integrated on-site employee healthcare clinics for some of the nation's leading employers. "We are extremely pleased to be working with Whole Health," said Benefits Manager Jeff Walling, "especially since Whole Health has a proven track record with employers such as ABX."

Whole Health has over 20 years of experience running healthcare clinics for major employers across the country and 11 years serving the aviation and transportation industries. They currently operate 42 different clinics nationwide. Some of Whole Health's current clients include Continental Airlines, American Airlines, NASA, Nissan Motors, TRW Automotive, and Longaberger among others.

Look for more information about the health center in upcoming issues of *Airwaves* and *A Benefits Xtra*.

## Free Financial Planning Workshop

*Space is limited call ext. 3085 to sign up today.*

Fidelity Investments is offering a free financial planning workshop for ABX employees and their spouses (not covered by a collective bargaining agreement).

**Planning a Sound Financial Future** is a two-hour course designed to provide you with a broad overview of the important steps in creating a financial plan, building wealth, and determining an investment strategy.

**This workshop provides straight-forward information on:**

- Creating a budget
- College planning
- Maximizing savings
- Developing an investment strategy
- Benefits of pre-tax and tax advantage savings vehicles
- Components of estate planning
- Traditional vs. Roth IRAs
- Where to go for additional help

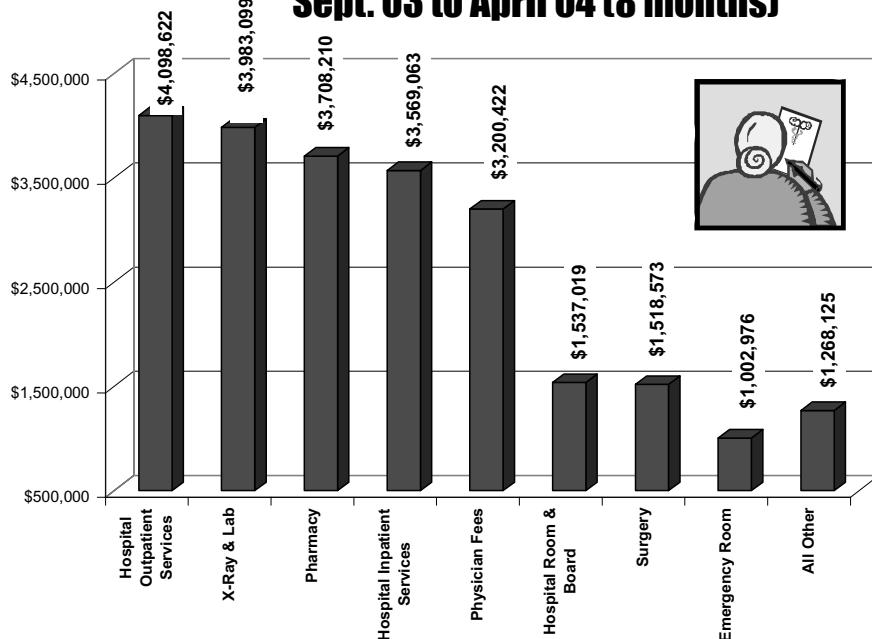
The workshop is being offered on Mon., July 19, from 6-8 p.m. The class will be held at the Community Room on the Southern State campus in Wilmington on S.R. 134. Space is limited to the first 40 participants who sign up. Participants will receive a comprehensive workbook with questionnaires and worksheets to help analyze their needs and take action.

To sign up for this free class, call ext. 3085 between the hours of 7 a.m. and 4 p.m. The class is limited to the first 40 participants.

**Note:** If there is sufficient interest, additional classes will be scheduled later in the year. For outbased employees, Fidelity offers several classes on-line each month. Click on the "Planning" tab @ [www.401k.com](http://www.401k.com) to review the e-learning catalog of classes.

## Snapshot

### Claims Paid by ABX Health Plan Sept. 03 to April 04 (8 months)



## Questions & Answers

### **Q. What type of services will be offered at the ABX Air Medical Center?**

A. The medical center will offer a variety of services including:

- Primary care for non-work-related injuries and illnesses
- Treatment for on-the-job injuries
- Emergency care for work-related injuries
- Urgent care
- Pre-employment and in-service testing and exams
- Health and wellness programs

### **Q. My child recently graduated from college. How long is he/she eligible for coverage under the ABX health plan?**

A. Health coverage ends on the last day of the month in which a dependant graduates. If the new graduate still needs health coverage, he or she is eligible to enroll in COBRA continuation coverage. Contact the Benefits Department at ext. 2567 within 30 days of the end of coverage in order to receive a COBRA enrollment package.

### **Hillsboro Urgent Care is UHC provider**

Employees living in the Hillsboro, Ohio area can take advantage of Hillsboro Urgent Care for their general illnesses or injuries. Staffed by family medicine physicians from the PESSO group in Wilmington, Hillsboro Urgent Care is open six days a week Monday-Saturday from 12-8 p.m. The facility offers full service urgent care, including x-rays for when you don't need an expensive emergency room visit. Located at 1468 N. High Street in Hillsboro, the facility accepts United HealthCare insurance. The phone number is (937) 840-9900.

## Eating schedule for weight loss

### **Question:**

I've heard that eating six small meals a day is better than eating three large meals when you're trying to lose weight. When I've attempted to do this, I face the question of variety without boredom. What foods would you recommend? Also, is it OK to eat fruit to satisfy hunger pains between meals?

### **Answer:**

Eating six small meals per day to lose weight is a strategy that was studied in the 1980s and still helps some people achieve success. Today, however, this recommendation has been put on the back burner by many dietitians in favor of an approach that includes three balanced meals and one or two small snacks per day. It turns out that many people overeat when given more opportunities to eat throughout the day. Others don't feel satisfied when eating such small meals that by nature lack variety.

So what's the answer for you? Listen to your body and examine your daily routine. Establish an eating schedule that gives you energy when you need it and that fits into your daily routine. Make sure you don't go for more than four hours without eating, however. This may leave you so worn down that the candy bars in the vending machines may be calling your name!

For most people, it's effective to eat breakfast, lunch, a midafternoon snack and dinner. Need some quick ideas for that afternoon snack? Mix a carbohydrate food with a protein food to give you lasting energy. For example:

- two handfuls of wheat crackers and a serving of string cheese
- a minibagel with reduced-fat cream cheese and jam
- a single serving of breakfast cereal topped with skim milk
- half a peanut butter and banana sandwich
- a box of raisins sprinkled in yogurt

Of course, fruit is always a great snack if you get hungry between your scheduled eating times — it's low in calories and refreshing.

**Answered by Julie Metos, R.D.** Julie is a registered dietitian with FitAdvisor Coaching Services. Julie has been a registered dietitian for 14 years and specializes in nutrition solutions for people on the run. Her areas of professional expertise include children's nutrition, sports nutrition and weight management.

### **References**

"Weight Management — Position of ADA." *Journal of the American Dietetic Association*. 2002. 102: 1145-1155. <http://www.eatright.org/adar0802.html> (Viewed 5/1/03).

Reprinted from the May 2003, Optum, United HealthCare



### **CMH After Hours Clinic**

Employees in or near Wilmington can use the CMH After Hours clinic for general healthcare needs as an alternative to an expensive emergency room visit. The family medicine physicians of PESSO also staff this clinic. The clinic is open seven days a week, 4:00-10:30 p.m. Monday -Friday and 11 a.m. to 9 p.m. on Sat. and Sun. The address is 2241 Rombach Ave. in Wilmington, and the phone number is (937) 383-1706. The After Hours Clinic also accepts United HealthCare insurance.

