



The Torch

The official newsletter for Indiana state employees

Revenue outsteps Personnel in head-to-head challenge

In February, the Indiana State Personnel Department (INSPD) challenged the Indiana Department of Revenue (DOR) to a 12-day steps challenge within the Go365 wellness portal. It all started with a little trash talk between department leaders, INSPD Director **Britni Saunders** and DOR Commissioner **Adam Krupp**.

“I always love a good challenge, especially one that promotes health and friendly competition between state agencies,” Krupp said. “I wanted this one badly mainly because Director Saunders threw down the gauntlet with some serious trash talk. I’m joking, mostly.”

After more than 27.2 million steps were taken by 266 employees across the agencies, DOR emerged victorious when the challenge ended at midnight Feb. 23. Commissioner Krupp led by example logging more than 258,000 steps, helping DOR fend off INSPD.

“I set a personal goal of hitting 35,000-40,000 steps each of the last two days,” Krupp said. “So, late at night, I was on the treadmill Thursday

and Friday until the gym turned the lights off.”

The challenge winner was determined by average steps and teams were at a near draw with two days left. In the end, DOR bested INSPD by 40 steps on average. Krupp wasn’t the only employee logging late nights exercising. In fact, some of his employees made it an all-day operation. DOR was led in steps by three employees from the Muncie District Office.

Jean Laytart led the way with a whopping 394,301 steps to pace the department. How did she do it? Well, there was no running involved.

“I get up at 3 a.m. every morning and after my first cup of coffee, I start my stretching then (do the) elliptical for 45 minutes,” Laytart explained. “Then 30 minutes on the (exercise) bike, in front of the TV of course.”

Laytart then puts in a full day as a tax analyst in the DOR’s Motor Carrier

Find out who DOR is challenging next
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The Torch is published monthly by the Indiana State Personnel Department and is available online at in.gov/spd/2540.htm.

Got a story?

Submit your story ideas to: spdcommunications@spd.in.gov

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FSSA launches 'Know the O Facts' website

The Indiana Family & Social Services Administration has launched Know the O Facts to help build awareness and understanding about opioid use disorder.

The [Know the O Facts website](#) went live in January and presents information for Hoosiers to help better understand opioid use disorder and learn key messages and to take the pledge to help reduce stigma.

Opioid use has been a problem, not only in the U.S., but in Indiana, and some of our goals of Know the O Facts would be to raise awareness of opioid use disorder and treatment, change the way Hoosiers think, promote effectiveness of medication assisted treatment and recovery and to know the physical signs of opioid use disorder.

Addressing the opioid epidemic is not only a top priority for public health, it will also help build stronger communities and allow those with substance use disorders to lead healthier,



more productive lives. We will accomplish these goals through education, awareness and grass roots outreach. As each community understands more, we hope to decrease the stigma associated with opioid use disorder.

1. Opioid use disorder is a disease.
 2. There is treatment for a person with opioid use disorder.
 3. Recovery is possible.
- The campaign will focus heavily on the communities where there are new opioid treatment

programs being established.

- It will also provide training and partner with community based partners/organizations and engage them in outreach to their local communities.
- The intent is to disseminate the key messages to communities statewide through local channels. By collaborating with local leaders, each community will begin to understanding and help to increase the use of stigma reducing terminology.

EXPLORE BEHIND THE SCENES AT THE MUSEUM

SPRING BREAK ADVENTURE CAMP

MARCH 26 - 30
AND APRIL 2 - 6, 2018

Ages 8-12

Make it a full week, or pick
the days/topics you prefer.

Click for camp details and to register.

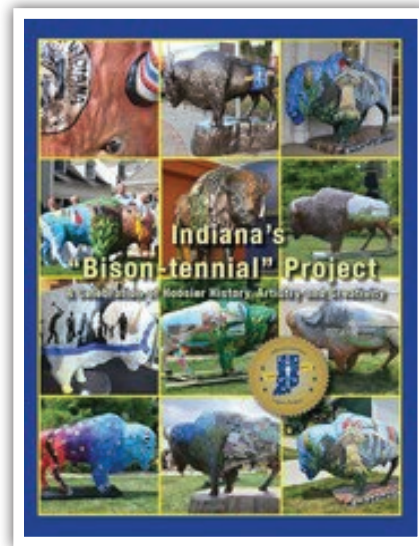


indianamuseum.org

INDIANA STATE
MUSEUM
AND HISTORIC SITES

'Indiana's "Bison-tenial" Project,' book now available for pre-order

The final Indiana Bicentennial book, "Indiana's 'Bison-tenial' Project," is now available for pre-order. This is the companion book to "Indiana at 200" and highlights the Bicentennial bison projects throughout the state, including Cookie the Bison at the Indiana State Library. The book has been mailed out to public libraries and will be arriving soon, if it hasn't already arrived.



From the publisher: "This new, all-color book that commemorates this unique project celebrating the Bicentennial of our state. 'Indiana's "Bison-tenial" Project: A Celebration of Hoosier History, Artistry and Creativity' is a coffee-table style book that highlights the last of the state's birthday celebrations. A must-have for your

local library, convention or visitor's bureau, business, historical or genealogy society or as a personal memento of our state's birthday."

The book comes in standard and leather bound editions and can be personalized. The book may be pre-ordered [here](#). "Indiana at 200" may be purchased [here](#).

Final Vital Records Pop-Up Shop

The Indiana State Department of Health Office of Vital Records will host it's final Pop-up Shop for state employees to obtain birth certificates for themselves or for their children:

**2 N. Meridian Street,
Indianapolis**

**Thursday, March 29:
9 a.m. - 1:30 p.m.**

The cost for each birth certificate is \$10. Additional copies are \$4 each. Death certificates will also be available for \$8 each. The requestor must have exact change or a check made payable to the Indiana State Department of Health as well as their state issued driver's license when applying for certificates.

Please complete the appropriate application before arrival:

- Birth Record: <http://bit.ly/2G4Cbky>
- Death Record: <http://bit.ly/2DUORKI>

The process could take 10-15 minutes from start to finish and you could walk away with your documents in hand.

Questions or concerns, call:
Tasha Smith: 317.233.7109
Rosalie Conley: 317.233.7534

The advertisement is for the "7th Annual IDEM Chili Cook-Off". It features a large orange chili pepper graphic at the bottom. The text includes the event name, date, time, and location: "7th Annual IDEM Chili Cook-Off", "March 7, 2018 11:00 AM - 2:00 PM IGCN 1319". It also mentions a "\$5 Meal Deal, as well Dogs, Chips, Drinks, & Desserts". Logos for "INDIANA SPORTS CORP." and "Team IDEM" are present. The text describes the event as being hosted by IDEM, IGCN 13th floor, and mentions that proceeds go to Geared for Health, an organization that provides sporting equipment to disadvantaged youth, the Susan Williams CHAMPS Grant Program, and to help defray the costs of the Corporate Challenge.

7th Annual IDEM Chili Cook-Off
March 7, 2018 11:00 AM - 2:00 PM IGCN 1319

INDIANA SPORTS CORP.

Team IDEM

\$5 Meal Deal, as well Dogs, Chips, Drinks, & Desserts

Hosted by IDEM, IGCN 13th floor. Use the West Elevators. Proceeds go to Geared for Health, an organization that provides sporting equipment to disadvantaged youth, the Susan Williams CHAMPS Grant Program, and to help defray the costs of the Corporate Challenge.

“Explore the World” on display at state library

“Explore the World” is on exhibit now through April 2018 at the Indiana State Library in the Exhibit Hall and in the second floor Great Hall. The display features the George F. Cram Company Globe Collection.

The exhibit is arranged by continent with materials about the Americas, Europe, Africa, Asia, Australia and Antarctica demonstrating the breadth and depth of the library’s historical print collections. Eight 12-inch globes produced by the George F. Cram Company are on display in the exhibit. The oldest globe in the exhibit is Cram’s Universal Terrestrial Globe circa 1939, right at the beginning of WWII.



The George F. Cram Company, founded in 1869, began producing maps and atlases before moving to Indianapolis in 1921. The company expanded its educational and commercial lines and began

manufacturing globes in 1932.

Other items of note in the exhibit include a 1598 edition of Abraham Ortelius’ atlas and a 1740 Tobias Lotter map depicting various colonial claims of the New World. Flemish cartographer Abraham Ortelius created the first modern atlas in 1570 and German cartographer Tobias Lotter was the son-in-law of Matthaeus Seutter, a prolific map publisher. The 420 year-old atlas and the 278 year-old map both show how boundaries have evolved over the centuries.

The exhibit is available for viewing during regular library hours. Click [here](#) for a complete list of operating hours.

Advancing Your Genealogy Research workshop



On Saturday, April 14, 2018, the Central Indiana DNA Interest Group (CIDIG) will present a workshop titled Advancing Your Genealogy Research Using DNA Results at the Indiana State Library, located at 315 W. Ohio St. in Indianapolis, from 11:30 a.m. to 3:30 p.m.

This free workshop focuses on tips for advancing your genealogy research using DNA testing and connecting family trees with DNA results. Sessions include Adding DNA Testing to Your Genealogy

Toolkit, presented by Ann Raymont; Building Effective Trees to Connect with DNA Matches, presented by Angela Guntz; Creating Your Own Genetic Communities and DNA Circles, presented by Andrea Ackermann and What’s New in DNA Testing, presented by Denise Anderson-Decina. For librarians, each session is worth either one LEU or one TLEU.

Registration is required by April 11, 2018. If maximum capacity is reached before April 11, registration will be closed prior to the deadline.

[Click here](#) to register.

Genealogy for Night Owls



On Wednesday, April 18, 2018, the popular Genealogy for Night Owls event returns to the Indiana State Library. The free

Night Owls event features expanded library hours, orientation tours and sessions with genealogy experts. The extended library hours are 4:30 p.m. - 8 p.m.

Sessions are available with experts from the Daughters of the American Revolution, the Indiana Chapter of Palatines to America, the Indiana African-American Genealogy Group, professional genealogist Betty Warren and the Central Indiana DNA Interest Group.

Registration is required by April 16, 2018. [Click here](#) to register.

IN.gov releases updated Amazon Alexa skill

Earlier this month, IN.gov released an update to the State of Indiana's Amazon Alexa skill allowing citizens to check on county-level travel statuses. The Indiana Department of Homeland Security compiles travel statuses through each county's emergency management agency. The first weekend, the skill was used more than 4,000 times.

To search for travel advisories, say "Alexa, ask Indiana for travel advisories". Alexa will ask for which county users are searching for. Users can initially ask for the status of a specific county when making the request.

In order to use the skill, it must first be enabled on your Amazon account. To enable the skill on an

Amazon Alexa device, simply say "Alexa, add the State of Indiana skill", go to <https://www.amazon.com/Indiana-Interactive-LLC-IN-GOV/dp/B072PSTW7S> or search for the State of Indiana in the Amazon Alexa mobile app.

Travel statuses are, in order of least to most severe, normal, advisory, watch and warning. Most often advisories are updated when localities are experiencing winter weather conditions. The full travel status map and descriptions of the warnings can be found at <http://www.in.gov/dhs/traveladvisory/>.

"Access to information is a key component of preparedness," said Bryan Langley, Executive Director of the Indiana Department of



Homeland Security. "This important step will allow Hoosiers yet another way to rapidly access information and make informed decisions to keep themselves and their family safe."

In addition to Travel Advisory, citizens can use Alexa to find contact information for state employees and information about state agencies all by saying, 'Ask Indiana.'

Register for Government Information Day 2018

Registration is now open for [Government Information Day 2018: Advocacy, Research and Collaboration](#). This one-day conference is Thursday, May 24, 2018, from 9 a.m.

to 4:30 p.m. at the Indiana State Library. The event is free to attend. Government Information Day 2018 (GID18) will feature presentations on topics relating to local, state and federal information, including the upcoming 2020 census. The keynote speaker is Laurie Beyer Hall, [superintendent of documents](#), from the [U.S. Government Publishing Office](#) (GPO). In addition to the presentations, attendees can interact with various vendors and



colleagues on topics relating to government information.

GID18 offers an excellent opportunity to learn about emerging trends and

new government resources.

The event features two 50-minute concurrent sessions in the morning and a 50-minute concurrent session following the keynote address in the afternoon. A detailed schedule, including the list of speakers and vendors, will be released in the coming weeks. For any questions, please contact Brent Abercrombie, federal documents librarian, at (317) 232-3733 or via [email](#).

Indiana public librarians can earn up to four LEUs toward their certification. To learn more about GID18, including information on previous GIDs, please visit ISL's Government Information Day [webpage](#).



Artwork by
Jerry Williams

National Colorectal Cancer Awareness Month

March is National Colorectal Cancer Awareness Month, and the Indiana State Department of Health and the Indiana Cancer Consortium are encouraging everyone to learn the risk factors and how to reduce their risk for colorectal cancer.

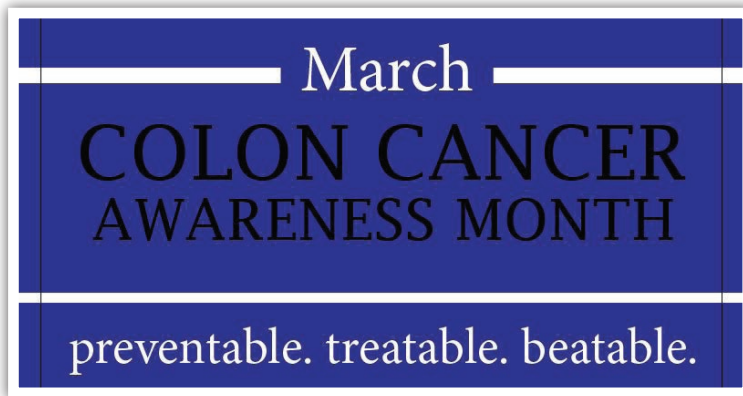
Colorectal cancer is the third most commonly diagnosed cancer and cause of cancer-related death among both men and women in Indiana. The American Cancer Society estimates that in 2018, 3,190 new cases of colorectal cancer will hit Hoosiers, and an estimated 1,110 related deaths will occur in Indiana.

Colorectal cancer is any cancer that starts in the colon or rectum. More than half of Indiana’s cases are diagnosed among men from 2011-2015, and nearly 90 percent of cases in residents aged 50 and older.

In addition to being a risk factor for many types of cancer, including cancer of the lung, larynx (voice box), mouth, esophagus, throat, bladder, kidney, liver, stomach, pancreas, and cervix, smoking can also cause colorectal cancer, according to the National Cancer Institute. Additional risk factors include race, personal or family history of colorectal cancer or polyps, a personal history of chronic inflammatory bowel disease, certain inherited genetic conditions such as Lynch syndrome, and being diagnosed with type 2 diabetes. In

addition, modifiable risk factors — such as being overweight or obese, not getting enough exercise or being physically active, eating a diet high in red or processed meat, and drinking alcohol — have also been found to increase risk.

You can reduce risk by avoiding tobacco products, maintaining a healthy weight throughout life, adopting a physically active lifestyle, limiting consumption of alcohol, and consuming a healthy diet that emphasizes plant sources, supports a healthy weight, includes at least two and one half cups of a variety of vegetables and fruit each day, includes whole grains in preference to processed grains, and has minimal processed and red meats.



Screening refers to testing individuals who are asymptomatic for a particular disease (i.e. they have no symptoms that indicate presence of disease). In addition to detecting cancer early, screening for colorectal cancer can prevent the disease by identifying precancerous lesions that can be removed.

The United States Preventive

Services Task Force currently recommends screening for colorectal cancer starting at age 50 years and continuing until age 75 years. The risks and benefits of different screening methods vary. More information can be found at <https://www.uspreventiveservicestaskforce.org>.

In 2016, only 64.6 percent of Indiana residents 50 to 75 years of age had a colonoscopy, flexible sigmoidoscopy, or blood stool test within the appropriate time frame, according to the Indiana Behavioral Risk Factor Surveillance System.

Screening doesn’t have to be uncomfortable or expensive — there are a number of screening options available, including simple take-home tests, and preventive screenings. Many screening options are included under health insurance policies, and may even be paid in full. For state employees with state-provided medical benefits, most preventive care services are completely covered, with no deductible at in-network

providers. Employees should refer to the [health plan docs](#) for more information. If you are between the ages of 50 and 75, have a family history, and/or multiple other risk factors (as outlined above), you should speak to your doctor about getting screened.

For more information, visit the Indiana Cancer Consortium website at IndianaCancer.org.

(Continued from page 1)

Revenue outsteps INSPD in head-to-head challenge

Audit Billing Section. She's been with DOR for 22 years and just transferred from the Anderson office to Muncie in October 2017. But that's just her day job.

"In the evening I do the same thing as the morning, even longer sometimes," Laytart said of her 32,858 daily average steps per day.

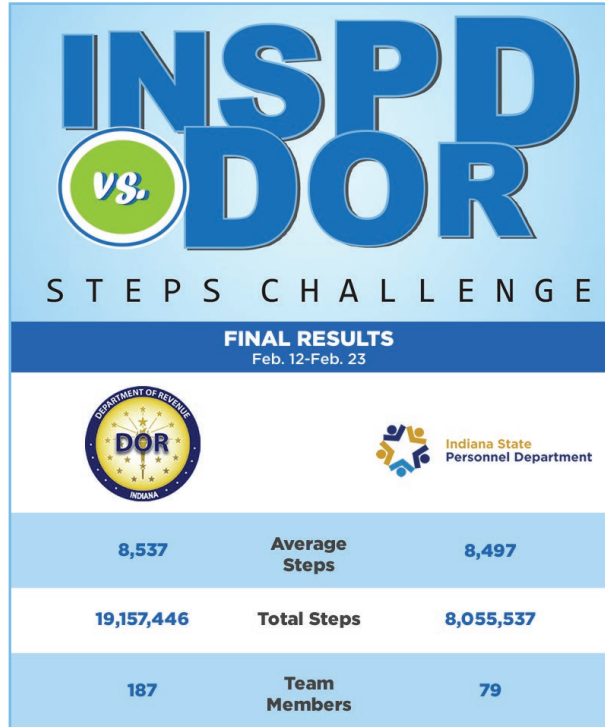
Betsy Shroyer was second overall with 306,483. She says she was doing her best to catch up to Jean.

"I really don't like finishing second," Shroyer said. "I came to a realization that I would not catch Jean midway through the challenge. I did not give up, until it was not possible to catch her with the 40,000 daily step cap."

Shroyer, a CPA, works as the District Manager for Audit Operations in Muncie and has been with DOR for more than 32 years. She said the office of 14 employees took group walks on breaks and they regularly participate in group challenges in Go365 each year. Like Laytart, Shroyer was not messing around first thing in the morning.

"I start each morning on the treadmill for one hour," Shroyer recounted. "I prefer to start my day with 10,000 plus steps. During this challenge, I increased my treadmill time to at least 1.25 hours each day. I walked every chance I had, whether it was on the treadmill or outside.

Coming in third on the team was **Paula McKinney** with 263,936 steps.



McKinney, a 27-year employee at DOR, says there are more than a few competitive coworkers in the Muncie office. She said she stepped up her daily workouts for extra steps.

"I saw I was in the top 10 and tried to work my way to third," McKinney said. "I typically walk during both 15 minute work break times. In the evening, I either run or ride my bike trainer."

The steps challenge wasn't the only competition going either.

"Six of us at the Muncie office are currently in a weight loss challenge and my workouts have helped me lose eight pounds this year," McKinney stated. McKinney works as Revenue Tax Auditor for the agency.

Krupp is quite proud of his agency. He said he knew going in that DOR employees knew how to have fun, but he also learned they are

extremely passionate about winning steps challenges.

"There were coordinated walks at multiple sites and facilities on lunch breaks that featured great photo opportunities and good conversations – not about work, but about life and what's going on outside the office," Krupp said.

For their part, INSPD competed very well. **Brent Morrell**, the agency's Talent Acquisition Director, was third overall logging 284,453 steps. Morrell told of many late nights on the treadmill. **Ken Davenport**, a Human Resources Director with INSPD, was close behind Brent with 276,786 steps. Davenport

was the team cheerleader, urging the INSPD team with messages posted to the agency's intranet site.

"During this challenge, I saw firsthand how business operations can improve by employees participating in a simple walk together each day," Saunders said. "I can't tell you how many INSPD and DOR employee walking groups I saw having fun during the challenge throughout campus."

So this challenge is over and DOR has won. So what's next? We asked Krupp who he would be challenging next month. Krupp said: "Feel free to let Dr. Walthall at FSSA know I've got my eyes on her agency! I have lots of friends and former colleagues from my days there within the Division of Family Resources. I can already anticipate lots of trash talk – all in good fun, of course."

Your move, FSSA.

Discounted registration fee for the Mini and 5k



Join the State of Indiana team as we participate in the OneAmerica 500 Festival Mini-Marathon & Finish Line 500 Festival 5K's Employee Wellness Challenge!

[Register online](#) for the Mini-Marathon for \$65 or the 5K for \$30 from now until April 30, 2018, and receive a discounted entry with the Employee Wellness Challenge by selecting the State of Indiana team as your group name at registration. Use your state e-mail address, if you have one, when registering and do not pass the registration link to those who don't work for the State of Indiana.

If you have registered previously, e-mail bpawelak@500festival.com to be added to the State's team and to get refunded the difference between the discounted rate and what you paid.

Learn more about the race at indymini.com.

Historic Preservation Month photo contest in 2018

Its photo contest time again! Help DNR celebrate Historic Preservation Month by snapping a photo of something historic that you love and entering it into the photo contest.

Contest Guidelines:

- Photographers must fill out an entry form for each photo and attach it to photo (limit of 3 photos per photographer)

- Subject of image must be in Indiana & at least 50 years old
- Images can be black and white or color and should be current (taken within the last 2 years)
- Images must be 8x10 prints, mounted or matted on or with a white 11x14 matte board.

For a complete list of guidelines and the registration form, go

to <http://www.in.gov/dnr/historic/3994.htm>.

***Please be aware of a change this year regarding digitally enhanced photos.** You can still submit digitally enhanced photos, but they will be in a separate category.*

Questions? Contact Amy Borland at aborland@dnr.in.gov.

Are your dependents eligible to be on your health insurance?

The State of Indiana has instituted a process to verify the eligibility of dependents enrolled in the state's health, dental and vision plan(s) which helps keep plan costs down. During the month of April, INSPD will contact a select group of employees by email and mail to verify that their dependents are eligible. If you receive a letter regarding the audit, you are expected to respond by the deadline.

Please make sure that dependents enrolled on your plan(s) are eligible per the guidelines in the Benefits Handbook (found at http://www.in.gov/spd/files/employee_handbook.pdf). Notify the Benefits Hotline if you know a dependent is no longer eligible for coverage, due to divorce for example. As always, remember that it is your responsibility to remove ineligible dependents within a timely manner, even if it is beyond the

30 day qualifying event period, to minimize recovery of claims.

Any questions concerning the dependent verification audit should be directed to the SPD Benefits Hotline at 317-232-1167 (within 317 area code) or 877-248-0007 (toll free). Visit <http://www.in.gov/spd/2731.htm> for more information.

Did you know you may qualify for a

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Indiana Department of Revenue

We're on social media!



The best things in life are

FREE

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INfreefile

Find out if you qualify at

www.freefile.dor.in.gov



2018 Employee Assistance Program wellness webinar calendar



View the webinars on demand — anytime, anywhere. Submit a question and receive a response via email. Questions are logged in a FAQ section so you have the ability to browse and learn from the questions of others.

	Monthly theme	Monthly webinar title	Webinar description Join us for these introductory webinars on work-life topics.
JAN	Free yourself Becoming organized and clutter-free	Everything in Its Place: Getting Organized Available on demand starting Jan 16	When we are not organized, we waste precious time and create chaos in our lives. Minimize the stress and maximize the tranquility that comes from putting everything in its place.
FEB	BFF Being your own best friend	Self-Care: Remaining Resilient Available on demand starting Feb 20	Learn to identify ongoing symptoms of stress and how to find a healthier approach to the demands of work and home.
MAR	Staying on track Budgeting and personal finances	Your Routine Financial Checkup Available on demand starting Mar 20	Examine your finances from a variety of perspectives, and review and prioritize all of your debts as you explore your assets.
APR	Keep it kind Creating positive interactions	Maintaining Respect and Civility in the Workplace Available on demand starting Apr 17	Identify methods to assertively address inappropriate conduct within the workplace to promote a healthy work environment.
MAY	Life 101 Basic skills of adulthood	DIY: Apps and Guides for Household Management Available on demand starting May 15	Get a helpful overview of key household management items, as well as links to guides and apps to help you keep track of it all.
JUN	Rise up! Reducing sedentary behavior	Improve Your Health With Proper Ergonomics and Frequent Movement Available on demand starting Jun 19	Research has found that a sedentary lifestyle is just as or more harmful than smoking. But we can impact this by incorporating frequent movement into our lives!
JUL	Grocery run Making sense of nutritional information	Eating Your Way to Wellness Available on demand starting Jul 17	This session focuses on the USDA's MyPlate with tips and resources on how to eat your way to better and long-lasting health.
AUG	Ages & stages The new developmental milestones	Technology and Keeping Your Kids Safe Available on demand starting Aug 21	The seminar touches on the risks facing children online. You'll learn helpful tips, from where to locate the computer in the home to available parental computer monitoring programs.
SEP	GPS! Charting a course to reach your goals	Creating a Personal Development Plan Available on demand starting Sep 18	Participate in this session to understand effective goal setting and identify potential obstacles that can create barriers to reaching your goals.
OCT	Bounce back Recovering from stressful situations	A Personal Guide to Building Resiliency and Coping With Change Available on demand starting Oct 16	It's not what happens to us but how we respond to what is happening to us. This seminar will empower you to become more resilient.
NOV	Talking together Family conversations about aging	Caring for Aging Relatives Available on demand starting Nov 20	Older relatives may require more care than family or neighbors can provide. This seminar is a helpful first step to determine what kind of care is needed.
DEC	Just ask Asking for what you need	Say What You Mean the Right Way: Healthy Forms of Communication Available on demand starting Dec 18	There are many ways to communicate how you feel to the people in your life. Explore how you can use communication to strengthen your relationships.

To view a seminar on demand go to anthemeap.com and enter **State of Indiana**
You'll find these and other seminars in the Seminars Center that rotates in the middle of the page.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross and Blue Shield of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out-of-network benefits in PDS policies offered by CompCare Health Services Insurance Corporation (CompCare) or Wisconsin Collaborative Insurance Company (WCIC). CompCare underwrites or administers HMO or PDS policies; WCIC underwrites or administers Well Priority HMO or PDS policies. Independent licensees of the Blue Cross and Blue Shield Association. ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.

LOSE THE HABIT



You gain so much more when you lose the tobacco habit ^{1,2}

After you quit tobacco, here's what happens within:

20 minutes		Your heart rate and blood pressure drop
12 hours		Dangerous levels of carbon dioxide in your blood drop to normal
5 days		Most nicotine is out of your body
2 weeks– 3 months		Circulation improves and lung function increases (if you were a smoker)
1–9 months		Circulation improves and your body's overall energy levels increase (if you were chewing tobacco)
1 month		Your skin appearance is likely to improve
1 year		Your risk of heart disease is cut in half, compared to those who use tobacco
5 years		Your risk of stroke decreases to that of a non-tobacco user



RESOURCES AND TOOLS

As a Go365[®] member, you have access to resources and tools to help you get and stay tobacco-free (and earn Points while you're at it). Options include:

- Completing online calculators
- Enrolling in health coaching
- Taking an online course

For a personalized list of activities that may be eligible for Points:



- Sign in to Go365.com
- Visit the "Activities" section and filter to the "Recommended" category
- Ensure you've completed your Go365 Health Assessment for the most personalized list

Did you know?

An individual's chance of quitting tobacco successfully increased by 50–70 percent when taking NRT* (nicotine replacement therapy), according to a review of 150 trials of NRT.³

*Prescription and some OTC smoking cessation drugs are covered with limits by the State Employee Medical Plans. Contact CVS Caremark at 1-866-234-6869 for more information.

References

¹American Cancer Society

www.cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html

²Killthecan.org

www.killthecan.org/additional-resources/stop-chewing-recovery-timetable/

³Cochrane

www.cochrane.org/CD000146/TOBACCO_can-nicotine-replacement-therapy-nrt-help-people-quit-smoking

STAPLES
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- Use only your personal credit card for payment
- Realize big savings with Staples' full product offering

Register for your personal account today at:

<https://register.staplesadvantage.com/c/s?RegFormId=yFmtfo>

For more information, contact Chris Constantine at chris.constantine@staples.com

Contract Expiration: 3/31/2018

MAKE more HAPPEN