

LivingWell

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Save time and money with the Express Scripts Mobile App

Whether you take one medication or many, managing them can be a challenge. When you're busy, it's easy to forget to call in a refill or take your medications. And, you have better things to do than stand in line at the drugstore every month.

Express Scripts can help take the worry out of taking your medications. In just a few minutes, you can use your phone or computer to transfer any prescriptions you currently have filled at a retail pharmacy to home delivery through the Express Scripts Pharmacy. Then use the Express Scripts Mobile App to manage your prescriptions.

Regardless of which pharmacy you use, the Express Scripts Mobile App has many features to help you save time and money. You can:

- Review your drug benefits
- Learn about the drugs you're taking as well as potential drug interactions
- Use the dosage alert feature to set an alarm on your phone to remind you to take your medicine
- View your prescription claims and balances
- Get refill reminders to help you stay on track and keep your medications on hand
- Compare drug prices for multiple pharmacies
- Find out if a medication is preferred or has prior authorization requirements
- Find the nearest network retail pharmacy when needed
- Show a digital copy of your prescription drug card at your local pharmacy

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Get involved with Healthy Duke initiative

Because good health is central to everything we hope to achieve both personally and professionally, Duke is embarking on a journey to fully embrace the many resources, benefits and services we provide within our community. This initiative to become one of the healthiest organizations in the country launches this August. Learn more about how to participate at <https://sites.duke.edu/healthy/>.

EOHW/LIVE FOR LIFE offices have moved

The offices of Duke Employee Occupational Health and Wellness (EOHW) and LIVE FOR LIFE moved on June 12. From Duke South Clinic, enter on the first floor and follow the signs to Clinic 1K. Then take the double orange elevators to the sub-basement and follow the hallway to the right to the EOHW check-in desk. If you're entering our offices from the outside, there is a direct entrance off Flowers Drive across from the Sarah P. Duke Gardens. For more info, visit <https://hr.duke.edu/wellness/eohw>.

Run/Walk your way to better health

The next season of the Duke Run/Walk Club starts August 14 and ends November 1. Groups meet on East and West Campus on Monday and Wednesdays, as well as Duke Raleigh Hospital on Thursdays. Yoga classes will be offered in August, September and October on East Campus. You can also test your level of fitness with an assessment on the track before and after the season. Report your participation days on your profile, which is accessible with your NetID login. Visit <https://hr.duke.edu/wellness/runwalk-club>.



#DukeTimeOff

Share your #DukeTimeOff photos to win prizes

Through mid-August, Working@Duke invites you to share your photos as part of the #DukeTimeOff campaign. Highlight your hobbies, as well as your summer adventures, big and small. Fun prizes include an overnight stay at JB Duke Hotel and dinner for two at Washington Duke Inn. You can learn more and share your best shot by visiting <https://today.duke.edu/2017/05/share-your-duketimeoff-photos>.



Your Weigh...Together offered at Duke Regional Hospital

Are you looking for support as you work to adopt a healthier diet and an exercise program? If you're striving to make behavior changes that are part of a healthier lifestyle, Your Weigh...Together can help. The 10-week fall session will be offered on Tuesdays from 5:30 p.m. to 6:30 p.m. at Duke Regional Hospital. Meetings are held in the Conference Room, and class dates are September 5, 12, 19 and 26; October 3, 10, 17, 24 and 31; and November 7. Parking is free. To enroll or get more info, visit <https://hr.duke.edu/wellness/health-coaching-programs/your-weightogether> or call 919-681-0526.

Fit in 15 returns in September

Did you know that almost 80 percent of American adults don't get the minimum amount of recommended exercise? Strive to meet the minimum requirement as set by the American College of Sports Medicine by exercising at least 30 minutes for 15 days or more during September. The program features a weekly newsletter to help keep you motivated, and you will earn LIVE FOR LIFE dollars by exercising at least 15 days of the month. For more info, visit <https://hr.duke.edu/wellness/exercise-fitness/fit-15>.

Plan to Maintain Don't Gain this holiday season

The holiday season is filled with fun events, many that promote indulging in unhealthy foods while disrupting your commitment to regular exercise. Maintain Don't Gain offers simple tips for staying focused on your health, while still enjoying the excitement of the season. Sign up for a quick-read with a weekly healthy recipe, an exercise guide and a few words to keep you centered on your well-being. Click for more info: <https://hr.duke.edu/wellness/exercise-fitness/maintain-dont-gain/>.

Duke Fitness Club offers discounted gym memberships

Duke Fitness Club provides incredible benefits to Duke employees and their families, as well as attractive discounts on memberships. Our newest Club addition is Life Time Fitness, which has five beautiful locations in Raleigh, Cary and Apex. Life Time offers a great rate for new members and even deeper discounts for those who are already Life Time members and are willing to switch to LIVE FOR LIFE contracts. Other facilities in Duke Fitness Club include Fitness World in South Durham, Millennium Sports Club off 15/501 at Hillsborough Road, the Triangle/Chapel Hill Area YMCAs and more. Choose the gym with the hours, classes and equipment that suit you best. Take advantage of payroll deduction of fees, as well as short contracts which are three months and are month-to-month afterward. To learn more or enroll, visit <https://hr.duke.edu/wellness/fitness>.





Duke Health celebrates 10 years of being tobacco-free

In 2007, Duke Health system banned tobacco use in all of its facilities and on all of its grounds. Do you want to commit today to giving up tobacco? What will you be happiest about after you quit? It could be an increased energy level, better enjoyment of the taste of food, saving money or no longer having your clothes, car and home smell like smoke. Maybe it will simply be the knowledge that you've taken one of the single most important steps to increase the quality and length of your life. As you're probably aware, the surcharge on your health plan premium for being a smoker recently increased to \$50 per month. You can have this surcharge removed when you participate in a LIVE FOR LIFE support program and report that you have quit for six months.



Quitting can be tough, but it's worth it. Eligibility requirements vary. Visit <https://hr.duke.edu/wellness/tobacco-cessation-resources> or call **919-684-3136**, option 1, today for info about how you can get started.

Check out these FREE options to help you kick the habit for good:

Steps to Health Tobacco Cessation program: A 12-month coaching program that includes an initial consultation to develop a quit plan, as well as follow-up calls at one, three and six months and one year. Coaches provide additional resources and motivation to help you quit. Enrollment includes access to three months of low-cost treatment at participating Duke Hospital Outpatient Pharmacies.

NC QuitNow: Tobacco cessation telephone counseling services are staffed by trained quitting specialists. If you're ready to quit within 30 days, LIVE FOR LIFE can refer you to this service, which is available from 8 a.m. to 3 a.m., 7 days a week. English, Spanish and additional languages are accommodated. Services for the deaf/hard-of-hearing are also available.

Nicotine Replacement Therapy (NRT): Used to gradually wean tobacco users from nicotine dependence, NRT reduces withdrawal

symptoms and helps you resist the urge to use tobacco. NRT is available in the form of a patch, gum or lozenge (all are over-the-counter medications) at Duke South pharmacy and must be used in conjunction with one of the other LIVE FOR LIFE tobacco cessation programs. If you are enrolled in a LIVE FOR LIFE tobacco cessation program and are covered by the Duke Health Plan, you pay only \$10 per month (for up to three months) for NRT.

Stop-smoking pharmaceuticals: CHANTIX and Bupropion are prescription smoking cessation medications available FREE in a three-month supply to covered employees who have joined a LIVE FOR LIFE tobacco cessation program. If your doctor recommends additional treatment cycles, you can get subsequent refills at a discount.

Save time and money with the Express Scripts Mobile App (continued)

You can also use the Express Scripts Mobile App to order a refill or renew your home-delivery prescriptions—and then check on the order status with up-to-the-minute accuracy. Pay your balance on your phone, using a variety of payment options. Check out the flexible payment plans that are offered. In addition, the app allows you to receive auto updates to your medical history with notifications of any possible related health risks for prescribed medications.

“Using the app may make it more likely for you to take your medicines as prescribed,” says V. Lee Jackson Carter, Pharm.D, BCACP and Senior Clinical Account Executive with Express Scripts. “This adherence to your medication regimen can translate into fewer visits to the doctor, as well as better health. The app is simple to use and allows you to access your personalized medical info instantly.”

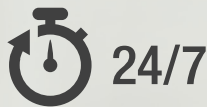
With the Express Scripts Mobile App, you can access information about your scripts 24/7 from your phone, whether you’re at home, at

work, on the go or at your doctor’s office. In an appointment with your provider and unsure of the cost of the medication he or she is prescribing—or if there is a cheaper alternative? You can use the Express Scripts App to price the medication, determine if there are preferred alternatives and see if a prior authorization is needed, all before you leave the office. The app also provides you with access to a real-time drug interaction checker, so that you can help ensure that all the prescriptions, over-the-counter medicines, vitamins and supplements you take are compatible.

The next time you need to know what you are taking, just pull up the app and it will list your medications, regardless of which pharmacy you use. You can add or delete drugs from your list at any time, as well as view your past prescription activity and payment details.

When you use the app to search for drug information by medication name, condition or drug category, you’ll get these details and more:

pill images	proper usage of the medication
potential side effects	warnings about drug interactions



The app helps you optimize your pharmacy benefit by allowing you to access your benefits 24/7 through the Express Scripts website or an easy fingerprint login. The info provided includes benefit-specific pricing and formularies. You may also request that benefits information be sent to you through regular mail.

Try the Express Scripts Mobile App today!

Visit www.express-scripts.com/mobileapp to take a feature tour. You can sign up for the app today and start swiping to stay on track with your meds. To immediately begin using all its features, register the app on your phone. You’ll need to have your member ID or SSN handy. You can also “Get the app” at www.express-scripts.com. Or, search for “Express Scripts” in your app store and download it for free. You use the same username and password to access the app that you use to log in to the Express Scripts website. Once you’ve registered in the app, you just log in each time to use.



Is it depression or just a case of “the blues”?

We all feel down sometimes when things don't go our way. The blues is a brief period of sadness after something negative happens. It can be small, like flubbing a presentation at work, or big, like losing a loved one.

But depression is different. It has more complex causes and lasts longer. Unlike someone with the blues, a depressed person experiences other symptoms in addition to sadness. Although an episode of depression can be triggered by a negative experience, research indicates that depression is an illness associated with numerous genetic and biochemical factors. If you've never been depressed, you may find it difficult to understand how a friend or family member with clinical depression really feels.

When you understand the symptoms, you'll be better able to recognize if you or a loved one may simply have the blues or if you should seek help for depression. Remember, only your doctor or therapist can tell for sure.

The Patient Health Questionnaire (PHQ-9) is the most common screening tool used to identify depression. A quick internet search can lead you to the questionnaire if you are concerned about yourself or a loved one. If you need help, Personal Assistance Service (PAS) offers free and confidential consultations, short-term counseling and referrals to Duke faculty and staff and their immediate family members. Call **919-416-1727** or visit <http://pas.duke.edu/>. Duke Raleigh employees should dial **1-800-327-2251**.



Possible indicators of...

Blues	Depression
Feels better within a few days, or even a few hours	Strong symptoms without much relief for at least two weeks—even many years
Able to go to work and meet obligations to friends and family	Trouble fulfilling work duties or interacting in healthy ways with others
May describe feeling sad, angry, frustrated or disappointed	Feelings of despair and eventually suicidal thoughts or acts
	Experience additional symptoms like difficulty sleeping (or sleeping too much); inability to concentrate; disruptions in relationships; significant fluctuations in weight; lack of energy; and lost interest in activities they used to enjoy

Answers to common questions about antidepressants

You may start to feel better in a week or two after starting an antidepressant, but most take longer to reach full effectiveness. Each person's response is different. Your doctor may ask you to try a specific drug or dose for 6 to 12 weeks before deciding its effectiveness. If after two weeks to a month you aren't feeling better, your doctor may increase the dose, add another drug or consider other treatment options. Tell your doctor about any unpleasant side effects. Some go away, but if they don't, your doctor can try other medications.

Finding the right prescription (or combination of prescriptions) and dose sometimes requires trying several different meds. You may get discouraged, but if you work with your doctor, you're likely to find a medication that will help lighten your symptoms. Don't stop taking your medication without talking to your doctor. Stopping suddenly can cause unpleasant side effects, including a return to and even intensified depression symptoms. You may also experience flu-like symptoms of headache, dizziness and nausea. Your doctor and pharmacist can tell you how to taper off a medication.

In general, adults diagnosed with depression who have benefitted from antidepressants should continue taking the medication for 9 to 12 months after they have recovered, according to the World Health Organization. Your doctor should continue to monitor your treatment.

Help your kids manage screen time with common-sense strategies

TV, tablet, smart phone, video game or computer—what is your child's screen of choice? According to the American Academy of Pediatrics (AAP), children spend an average of seven hours a day using electronic devices for entertainment. This is believed to cause higher rates of obesity, interference with healthy communication between family members, and more aggressive behavior (both physical and verbal).

Your kids also lose out on important activities when they're glued to a screen—like reading, playing with friends, interacting with family members, sharing meals and conversation, engaging in creative play or hobbies, playing sports, learning how to play a musical instrument, helping with chores and spending time outside.

You can help your kids limit their media exposure with these strategies:

- Create screen-free areas of your home. Allow screen use only in common areas of the house, so you can more easily monitor the type and quantity of media your kids consume.
- Turn off all screens at least one hour before bed; the blue light from devices may interfere with sleep. Avoid scary or exciting media close to bedtime.
- Establish times of day when screens are off-limits. For example, you could prohibit screen use on school nights or in the mornings except for Saturdays.
- Don't allow screen use in the car for trips under an hour. Riding in the car together provides great opportunities to talk, review math facts, listen to music or play guessing games.
- Prohibit recreational use of screens during homework and while at school.
- Caution your kids against using a screen while walking across the street and biking—and of course while driving, once they have their license.



Some media exposure is inevitable, and of course it's not all bad. There are many programs designed for kids, and you can help them choose content wisely. Younger children learn more from educational programming when adults watch with them and discuss what's happening on the screen. Sharing screen time with your kids is a good way to interact with them and discuss what you see. It can even help you stay connected and give you a better understanding of what they're experiencing.

Parents must lead by example. Don't expect your child to put his or her phone away during dinner without a battle if you don't. When you choose reading, exercising outside, spending time with friends and family, or engaging in a hobby over a screen, your kids are more likely to do the same. You can experiment with different amounts of screen time versus other activities for your kids. There's no perfect formula, and every family has different needs.

Visit www.aap.org and search for “new media guidelines for children” for more info. This AAP link has detailed instructions on creating a family media plan: <https://www.healthychildren.org/English/media/Pages/default.aspx>.



This article is part of an ongoing series addressing how to use technology to increase quality of life, while avoiding potential harm to your health and relationships due to excessive tech use.

Nothing says “summer” like a visit to Duke Farmers Market

What type of summer produce gets your taste buds going? A peach so juicy the sweetness runs down your arm? A thick slice of heirloom tomato sprinkled with salt and pepper? Maybe a buttered ear of sweet corn roasting on the grill? Duke Farmers Market has got you covered. Duke Farmers Market returned in April and will continue through Friday, September 29, from 11 a.m. to 2 p.m. The new Duke Hospital location is on the Duke Medicine Pavilion Greenway, outside of the Trent Semans Center for Health Education. [View a map.](#)

You'll enjoy getting to know your local farmers and food-crafters while purchasing fresh, delicious local products. LIVE FOR LIFE partners with a wide variety of North Carolina vendors to bring you a huge assortment of fruits, vegetables, bread, granola, cheeses, meat and eggs to campus every week. Many products are organic, and you can find healthy, ready-to-eat lunch options. Each week, special guests from the community provide info about wellness and sustainable food systems.

No time to get there? Duke's Mobile Market CSA (Community-Supported Agriculture) Program runs throughout the year and offers delivery. You can have produce boxes delivered weekly or bi-weekly to your home or workplace. Interested in setting up your work location as a Mobile Market CSA drop-off site? Contact Cassandra Callas at **919-681-0547** for more information.

Eating locally grown food is better for the environment, the local economy and your taste buds! When you support local farms, more of your dollars remain in our community. The minimum amount of fossil fuel is used to transport goods from the fields to your table, and because your food doesn't have to travel far, it's often fresher, tastier and more nutritious.

Mark your calendar today so you remember to visit the market every Friday. For additional information about the markets, visit <https://hr.duke.edu/wellness/farmers-market>.

Duke Farmers Market

Time: Every Friday from 11 a.m. to 2 p.m.

Dates: Now through Friday, September 29

New Location: Duke Medicine Pavilion Greenway,
outside of the Trent Semans Center
for Health Education

Duke Regional Hospital Farmers Market

Time: Every Tuesday from 3 p.m. to 6 p.m.

Dates: Now through Tuesday, September 26

Location: Employee Entrance



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