



HR Notes

ASU DEPARTMENT OF HUMAN RESOURCES

February 2012

In this Issue

ERS News 2

February is Heart Month..... 3

Welcome to ASU 4

ASU Employee Birthdays 4

‘Ready, Set, Retire!’ for Higher Education Feb. 2

A representative from Employees Retirement System (ERS) of Texas will be at ASU on Thursday, **Feb. 2, from 1-2:30 p.m.** in the C.J. Davidson Conference Center to present a Higher Education “Ready, Set, Retire!” session. All employees and guests are welcome to attend.

Important note: Higher education employees’ retirement annuity is through Teacher Retirement System (TRS). Contact TRS at 800-223-8778 with your specific annuity questions.

Attend a Higher Education “Ready, Set, Retire!” session to help you make fully informed decisions about your benefits at retirement. Learn how your health insurance, prescription drug coverage, Medicare, optional life, dental and TexaSaver 457 Plan work when you retire.

Please call the Office of Human Resources at 325-942-2168 to register.



READY, SET, RETIRE

If you are a HealthSelect participant, BCBSTX is helping you keep your 2012 resolutions with a New Year's Resolution Toolkit focused on weight loss and tobacco cessation.

The toolkit contains weight loss and tobacco cessation tools, resources and programs available to all HealthSelect participants. For more information, go online to www.bcbstx.com/hs/wellness.html.

Employees Must Certify Tobacco Use

If you use tobacco or have a covered member who uses tobacco (more than five times in the last three months), you are responsible for certifying tobacco use. You may sign in to your ERS account, call ERS toll-free at 866-399-6908, or call Luann McCorkle in the Human Resources Office at 325-942-2168 to process tobacco certifications. Employees who contact ERS for insurance-related transactions will be asked to verbally certify as a tobacco user or non-tobacco user.

New Life Insurance Carrier

On Jan. 1, Minnesota Life Insurance Company became the new provider for Basic Term Life Insurance, Optional Term Life Insurance, Dependent Term Life Insurance, and Voluntary Accidental Death and Dismemberment (AD&D)

Insurance. Dearborn National will continue as the carrier for Short-Term and Long-Term Disability Insurance.

Long-Term Care

Long-Term Care Insurance provider John Hancock Life Insurance Company stopped accepting new enrollments for this coverage on Jan. 1.

Coinsurance Maximums – Deductibles Start Over

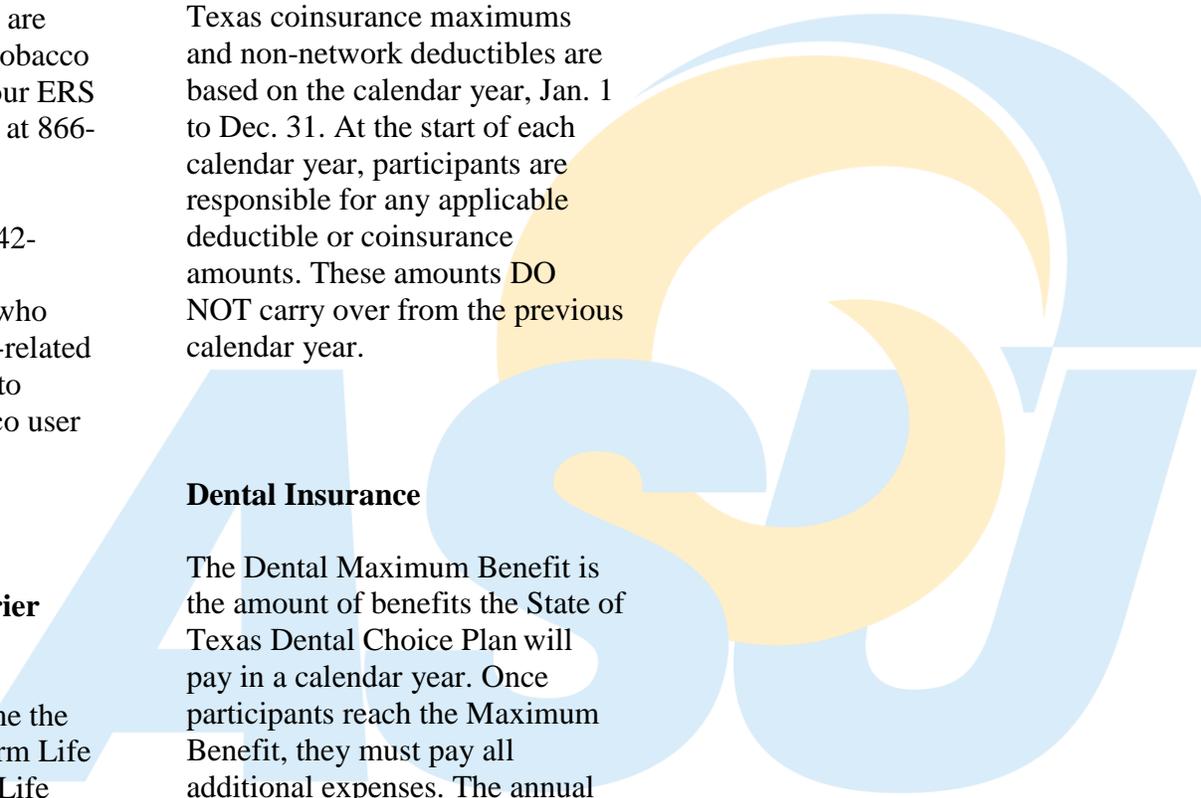
HealthSelect coinsurance maximums and non-network deductibles started over Jan. 1.

Remember that HealthSelect of Texas coinsurance maximums and non-network deductibles are based on the calendar year, Jan. 1 to Dec. 31. At the start of each calendar year, participants are responsible for any applicable deductible or coinsurance amounts. These amounts DO NOT carry over from the previous calendar year.

Dental Insurance

The Dental Maximum Benefit is the amount of benefits the State of Texas Dental Choice Plan will pay in a calendar year. Once participants reach the Maximum Benefit, they must pay all additional expenses. The annual dental maximum is \$1,500, and it “starts over” each Jan. 1. This means that as of Jan. 1, 2012, participants had access to another

\$1,500 for dental expenses through Dec. 31, 2012. The annual maximum applies for each covered person.



February is Heart Month

www.heart.org

Warning Signs of a Heart Attack

Some heart attacks are sudden and intense – the “movie heart attack” – when no one doubts what is happening. But, most heart attacks start slowly with mild pain or discomfort. Often, people affected are not sure what is wrong and wait too long before getting help. Here are signs that can mean a heart attack is occurring:

- **Chest discomfort** – Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body** – Symptoms

can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

- **Shortness of breath** – With or without chest discomfort.
- **Other signs** - May include breaking out in a cold sweat, nausea or lightheadedness.

As with men, the most common heart attack symptom for women is **chest pain or discomfort**. But, women are somewhat more likely than men to experience some of the other common symptoms, particularly **shortness of breath, nausea/vomiting, and back or jaw pain**.

Learn the signs, but remember this: even if you are not sure it is a heart attack, have it checked out (tell a doctor about your symptoms). Minutes

matter! Fast action can save lives – maybe your own. Do not wait more than five minutes to call 9-1-1 or your emergency response number.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive – up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital. It is best to call EMS for rapid transport to the emergency room.

Heart Attack Risk Assessment

Do you know how these controllable risk factors affect your chances of heart disease, stroke and metabolic syndrome?

- Smoking
- High blood pressure
- High blood cholesterol
- Diabetes
- Being overweight or obese
- Physical inactivity

It is essential that you measure your risk of heart disease and make a plan for how to prevent it in the near future. Use this tool to help you assess your risk of having a heart attack or dying from coronary heart disease in the next 10 years. It will also check to see if you may have

metabolic syndrome, a group of risk factors that greatly increase your chances of developing cardiovascular disease, including stroke and diabetes. This risk assessment tool can be used by people age 20 or older who do not already have heart disease or diabetes.

After you have finished using the tool, you can print a copy of your risk assessment results, risk factor summary report, metabolic syndrome assessment and action plans for those areas you need to work on in order to reduce your risk.

[Click here to learn your risk](#)



Welcome to ASU!

ASU Employee Birthdays - February

John Anderson – Athletics
Gwyn Aych – One Card
Jeanne Beauchamp – Nursing
Wesley Bloomquist – Athletic Communications
Raymond Bradshaw Jr. – Facilities Management
Joel Carr – Social Work
Stephanie Cumberledge – Communication, Mass Media and Theatre
John Diggins – Political Science
Han-Hung “Floyd” Huang – Physical Therapy
Nora Klie – Communication, Mass Media and Theatre
Jungeun Lee – Nursing and Rehabilitation Sciences
Michael Loehring – Recruitment Services and Admissions
Vincent Mangano – Accounting
Christa Martin – Nursing and Rehabilitation Sciences
Jonathon Marvel – Computer Science
Whitney McMillan – Communication, Mass Media and Theatre
Tracy Morman – Curriculum and Instruction
Shawn Morrow – Political Science
Cindy Portman – Nursing and Rehabilitation Sciences
Cindy Skaruppa – Enrollment Management
Kathryn Smith – Nursing and Rehabilitation Sciences
Mary Smith – Curriculum and Instruction
Melinda Springer – Alumni Association
William Steinnerd – Mail Services
Erin Whitford – Alumni Association
Fred Wilson – Physics

Akin, Jamie
Ashton, Kathy
Bailey, Dionne
Banker, Deborah
Berthold, Kathy
Blose, Anthony
Brodnax, Denise
Brown, Jason
Burnett, Michael
Carter, Doyle
Contreras, Jose
Crockett, Lynette
Cumberledge, Stephanie
Dabney, Ronald
Dethloff, Carl
Elenkov, Detelin
Engdahl, Gilbert
Evans, Richard
Feck, Jennifer
Frazier, Kent
Hartje, Mary
Hicks, Randolph
Jones, Annie
Jones, Dianalee
Jones, Laurence
Jones, Nan
Kelley, Melody
Lackey, George
Leavelle, James
Lee, Won-Jae
Lennon, Jennifer
Luck singer, Linda
Manning, Jessica
McAndrews, Jennifer
Medina, Wendy
Monroe, Alvin
Montemayor, Juan
Nguyen, Thinh
Onofre-Madrid, Maria
Parks, Christena
Penry, Jason
Rabourn, Coleman
Ramos, Veronica
Robbins, Renee
Robertson, Dan
Rodriguez, Leslie
Sandoval, Ruben
Scott, Travis
Sebesta, Charles
Smith, Mary
West, Marcus

