



4 Your Benefit!

WEEKLY UPDATES FROM THE OFFICE OF ISU HR—STAFF BENEFITS

Issue 6
September 2009

Weekly Special Points of Interest :

- Alternate Emergency Room Care
- Curing Depression with Exercise!

Use After-Hours Clinic Options Instead of Emergency Rooms

With cold and flu season fast approaching,, we would like to remind you of a more cost-effective option to obtaining medical care during business hours, in the evenings, and on Saturdays. These clinics offers services for minor illnesses and acute injuries without having to go to an emergency room.

4 Things You Should Know About Alternate Medical Center Options:

1. Regional Hospital has an outpatient full-service facility called, Regional Family Medical Center located at; 3131 Wabash Avenue, Terre Haute. Their phone number is 812-232-3225. They are open Monday through Friday from 9 a.m. to 6 p.m.
2. Union Hospital has an After Hours Clinic that is now available as a full-service facility and is located inside the Landsbaum Center at; 1433 North 61/2 Street, Terre Haute. Their phone number is 812-878-2565. They are open Monday through Friday from 5 p.m. to 8 p.m. and on Saturday's from 10 a.m. to 2 p.m.
3. The physician's office co-payment of \$15 is expected at the time of the visit. (This is cheaper than the \$100 emergency room co-payment at the hospital location that is always expected at the time of visit) Both locations accept cash, checks, and all major credit cards.
4. Examples of minor illnesses treated include; cold symptoms, flu symptoms, bronchitis, poison ivy, sinus infections, sore throats, bladder infections, acute injuries such as sprains, wrist or joint strains, and ankles twists, just to name a few. Conditions such as chest pains, shortness of breath, lacerations, head injuries, severe abdominal pains, or severe, life-threatening problems should still be cared for at a hospital emergency room.



Employee Wellness and You!



4 Ways That Regular Exercise Can Cure Depression:

1. Produces Endorphins
Endorphins are the body's natural "feel good" hormones. Actually a type of opiate produced in the central nervous system, endorphins are released in response to physical stress and lessen pain. These hormones are usually released in response to sustained exercise.

2. Decreases Stress Hormones
The emotional, mental and physical stress involved with depression causes a heightened level of stress reaction hormones in the body. Exercise helps to restore a proper balance of these hormones and instigate bodily repair.

3. Decreases Fatigue
The kind of fatigue felt from long periods of inactivity and being out of shape is completely different from that felt after challenging yourself physically. You will notice improvements in your energy reserves.

4. Acts as a Distraction
When someone is struggling with depression, they often battle with being completely focused on themselves, along with harmful and critical thoughts or worries. Exercise serves as an excellent distraction to help pull their minds away from those things and get them looking outside of themselves.