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PerkSpot Associate Discount Program

Are you among the over 5300 associates throughout St. Vincent Health who has registered

with PerkSpot? During the first 3 months of offering our new Associate Discount Program (Dec '07 thru Feb '08), nearly 400 orders were placed online, and many more discounts were taken advantage of when associates presented their associate ID and/or presented a printed coupon obtained through PerkSpot at the time of purchase.

St. Vincent partnered with PerkSpot to help save you and your family money with discounts on a wide range of products and services from some of the best nationally known companies, such as Target, Best Buy, Six Flags and Costco. Discounts are also available for sporting events, cell phones, jewelry and nearly all of your shopping purchases. All “former” local discounts at all St. Vincent Health hospitals are available online as well. You can access these offers at any time on the web at www.perkspot.com or through the link provided on our intranet.

If you've not yet registered with PerkSpot, there are two ways to enroll and take advantage of our Associate Discount Program. Go to www.perkspot.com/register.aspx.

1. Create an account with PerkSpot using your St. Vincent Health email address; you will then receive a confirmation email with login instructions. Or...
2. Create an account with PerkSpot using your personal email address; enter in the company

code “stvin”. You will then receive a confirmation email with login instructions.

If you travel within Indiana, you may want to see discounts for other local areas. To do so, log-in to your account, scroll to the bottom of the page and click ‘My Account’. Change your zip code to match the area you are traveling to and click ‘Save’. (Remember to change your zip code back to “home” when you return.)

During the summer vacation season, you may want to visit the “Entertainment and Tickets” options, and take advantage of discounts at many local and national attractions! If you do...have a great time with the money you save!



Check Your Paycheck

With the introduction of electronic paychecks, you may be less likely to take time to closely review your stub. To ensure that the correct benefit deductions are being taken, your PTO balance is correct, and that you are being paid the correct hours etc., please be sure to check your paycheck each pay period. And it is easy! Simple go to the St. Vincent Intranet and click on “Associate Information” and then “View Paycheck” under the “Associate Pay” section.



Sunsense or Nonsense?

Know the truth! With summer right around the corner, here are some common myths about sunscreen and what you need to know.

Myth: You only need a sunscreen if you're going to the beach or the pool or working outside for long periods of time.



Fact: On those days when you have more than a brief exposure to the sun, you need a good sunscreen – up to 365 days of the year. Even casual or slight exposure to ordinary daylight can cause significant damage – winter included! So make it a habit to apply sunscreen every day – even if it is cloudy.

Myth: All sunscreens are the same.

Fact: To be effective, sunscreens must protect against both Ultraviolet-A (UVA) rays, which cause wrinkling and leathery skin, and Ultraviolet-B (UVB) rays, which cause cancer, including the deadly melanoma. An effective sunscreen must have a Sun Protection Factor (SPF) of 15 or higher and contain one of the following three ingredients:

- Avobenzone – also known as Parsol 1789
- Titanium Dioxide
- Zinc Oxide

If your sunscreen doesn't have one of these ingredients, throw it out, and get one that does. If not, you're risking sunburn, long-term skin damage, and skin cancer.

Myth: A little sunscreen goes a long way.

Fact: To protect yourself adequately from the damaging rays of the sun, you need to apply an ounce of sunscreen – enough to fill a shot glass – to cover every part of your body that's exposed. Apply the sunscreen about 30 minutes before you go out. And be sure to reapply the sunscreen after washing your hands or perspiring or if you're outside for a long time. Best case, you should apply the sunscreen every two hours.

Myth: The higher the sunscreen's SPF, the better it is, and the longer you can stay out.

Fact: With sunscreens, higher is not necessarily better. If you burn in about an hour, a sunscreen with an SPF of 15 doesn't mean you can stay in the sun 15 times – 15 hours – longer than normal. The SPF factor only indicates UVB – surface sunburn – protection. And SPFs over 30 don't offer much more protection from UVB rays. So don't think an SPF of 45 or 90 is as good as a force field because it's not! You're better off to stick with an SPF of 30 and just reapply every 80 minutes to two hours.

Myth: Sunglasses are only for cops and movie stars.

Fact: The sun also can damage your eyes, including causing cataracts, even on cloudy days. Look for sunglasses with 99 percent UV protection.

Myth: A good tan makes you look healthy and younger.

Fact: You may feel that you look better with a tan, but you're doing extensive damage to your skin that will show up in later years. In fact, sun exposure is the main cause of wrinkles and age-related discolorations. If you protect your skin when you're young, you can skip the expensive creams and moisturizing lotions in later years. And you'll have a lot less to worry about when it comes to skin cancer.

Always check sunscreen for an expiration date. The Food and Drug Administration requires sunscreen to work at its capacity for three years. If you use the proper amount, you don't have to worry about your bottle of sunscreen getting too old.

Bottom line: There is no safe way to tan. And every time you tan, regardless of how dark you already are, you damage your skin more, making it age and wrinkle faster and increasing your risk for all types of skin cancer. Use self-tanners if you just have to have a golden glow, but make a daily dose of sunscreen part of your routine. You'll definitely save your skin, and you may just save your life!

HealthMiles Personal Challenges

Did you know that HealthMiles participants can create and run personal challenges at any time throughout the year? You set it up & HealthMiles sends out the invites. As the Challenge leader, you select the theme, the time frame, the rules, the prizes, and the players. Click on the Challenge tab from the HealthMiles Home Page and select "Create a Personal Challenge". Walk yourself through the steps or review the Leader Guidelines, and then let the games begin!

