



the CommonHealth Compass



Ratatouille

Who would have thought a movie about rats in the kitchen would be such a hit? And the dish so interesting? Here is the recipe from the movie of the same name. Kids just might like it if they liked the movie.

- 1 large eggplant, cut into 1-inch cubes
- 4 medium zucchini, sliced 1/2 inch thick
- 1 tsp salt
- 2 tbsp olive oil
- 2 medium onions, sliced
- 2 medium red, green or yellow bell peppers, chopped
- 2 large tomatoes, chopped
- 2 cloves garlic, minced
- Freshly ground black pepper to taste
- 1 tbsp chopped fresh thyme or 1 tsp dried thyme
- 1 tbsp chopped fresh oregano or 1 tsp dried oregano
- 1 tbsp chopped fresh basil or 1 tsp dried basil

Put eggplant and zucchini in a colander, sprinkle with salt and toss lightly. Allow to drain for at least 30 minutes. Rinse and pat dry with paper towels.

In a heavy, nonstick skillet, heat oil over medium-high heat. Saute onions until translucent, 3 minutes. Stir in peppers, tomatoes, eggplant, zucchini, garlic, salt, pepper, thyme, oregano, and basil.

Reduce heat, cover and simmer 30-45 minutes, or until vegetables are thoroughly cooked. Stir to prevent sticking.

Uncover and cook another 5 minutes to reduce liquid.

Ratatouille is best made a day ahead to allow flavors to blend. Serve warm or cold.

120 calories per serving, serves 6

Welcome to the 'New' CommonHealth

It starts here, with the “e-Compass” you are reading. Delivered via e-mail for most of you once a month. Going green means no more wasteful paper copies.

There is more – a new look, better use of technology to increase participation, nine new Regional Coordinators with 80 years of CommonHealth experience who live and work in your communities, presenting programs and listening to your comments and concerns.

The CommonHealth program will be operated by state employees for state employees, making it more efficient and effective in helping you be healthy at work and home.

Check out the new Web site too – www.commonhealth.virginia.gov – where you will find wellness tips and information, links to other sites, help on quitting smoking, news about state health and wellness initiatives. And more as the program grows.

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Enjoy Eating!!

Not what you eat, but how you eat it.

Most of us love to eat, but do we really pay attention when we do it? How many of us eat quickly or while we watch TV, read or work at our desks? This quarter’s program doesn’t focus on *WHAT* we eat, but *HOW* we eat.

Program participants will be encouraged to sit down, chew slowly and take some time to eat. All too many of us are shoveling food on our forks for the next bite before we’ve finished the one in our mouths! ‘Shoveling’ makes us eat more and – guess what – put on pounds. Enjoying eating will help stop unintended weight gain.



As a reminder to Enjoy Eating, participants will receive an insulated lunch bag with a bottom compartment to keep drinks and veggies cold.

Tips to fill you up! • Plan Ahead • Pay Attention • Pick Wisely

State Employees + Weight Watchers = Minus Four Tons

The Virginia state workforce is shrinking – at least four tons worth and counting.

Since January, when the state health benefits program instituted a partnership with Weight Watchers International, participating employees have lost more than 8,000 pounds. Under the initiative, eligible employees can choose to participate in one of four Weight Watchers offerings. Employees who follow specific guidelines are eligible for a 50 percent reimbursement on the offering of their choice. The pilot program is only open to state employees at this time.

Governor Tim Kaine applauded the employee efforts and said weight loss is one of the key factors in preventing heart problems, diabetes and joint pain. “It is important for everyone to take personal responsibility for their health,” the Governor said. “These employees are leading the way in that effort among the state workforce.”

Adrienne Fegans, an employee at the Virginia Department of Medical Assistance Services who helped set up a Weight Watchers At Work meeting at her agency, said, “Weight Watchers really works. At Work meetings provide a built-in system for encouragement and sharing successes with our co-workers.”

To learn more about Weight Watchers and eligibility information, go to www.dhrm.virginia.gov/weightwatchers/html.

Future Moms

Baby in Your Future?

For some mothers-to-be, a first child may be on the way. Or another addition to the family may be pending.

Whatever the scenario, the *Future Moms* prenatal program can help. It is included with your state health plan at no additional cost. Program nurses work with Moms-to-be and their doctors to identify possible risks and assist them in having a healthy pregnancy and a healthy baby.

There is now another reason to enroll. **Expectant Moms enrolled in COVA Care may save \$300!** Here’s how it works:

- Enroll in *Future Moms* during the first trimester of pregnancy;
- Actively participate and complete all program requirements;
- Deliver your baby on or after July 1, 2008; and then
- The plan will waive the \$300 maternity hospital stay copayment.

Call *Future Moms* at **1-800-828-5891** to enroll or for additional information. If you have further questions, contact your agency Benefits Administrator.



Carlton Mabe
 Virginia Western
 Community College

Success Story

‘No More Gravy and ‘Taters’

Through the “Plan It My Weigh” program offered by CommonHealth, Carlton Mabe learned how to eat healthier and lose a lot of weight.

“No more ‘gravy and taters,” as he says. Carlton claims the 249 pounds he has lost is due to a “total lifestyle change,” one where the most important things to him are what he eats, when he eats and how he eats.

It has been two years since he began his journey. He has made several healthy changes to his lifestyle to accomplish the weight loss, but he credits CommonHealth for supporting and encouraging him throughout his trek to good health. His wife and daughter have also lost significant weight as a result of his healthy new lifestyle.

Carlton has also gotten about 17 members of his church walking in a group on a regular basis. Carlton is truly a man who is making a difference in his own life – and the lives of his friends and family.

