



the CommonHealth Compass

Kristi's Carrot Cake

CommonHealth Regional Coordinator Kristi Fischbach passes along this family favorite from "Cooking Light." The "secret ingredient" is baby food!

INGREDIENTS

Cake:

- ¾ cup all-purpose flour (about 3⅓ ounces)
- ¼ cup quick-cooking oats
- 1½ teaspoons ground cinnamon
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 cup granulated sugar
- ¼ cup canola oil
- 1 2½-ounce jar carrot baby food
- 2 large eggs, lightly beaten
- 1¼ cups finely grated carrot (about 4 ounces)
- ½ cup golden raisins
- Cooking spray

Frosting:

- ⅓ cup (3 ounces) ⅓-less-fat cream cheese, softened
- 1 tablespoon butter, softened
- 1¼ cups powdered sugar, sifted
- ½ teaspoon vanilla extract
- ¼ cup flaked sweetened coconut, toasted

PREPARATION

Preheat oven to 325°. To prepare cake, lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next five ingredients (through salt) in a food processor; pulse six times or until well blended. Place flour mixture in a large bowl. Combine granulated sugar, canola oil, baby food, and eggs; stir with a whisk. Add to flour mixture; stir just until moist. Stir in grated carrot and raisins. Spoon batter into an 8-inch square baking pan coated with cooking spray. Bake at 325° for 40 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack.

To prepare frosting, combine cheese and butter in a large bowl. Beat with a mixer at high speed until creamy. Gradually add powdered sugar and vanilla, beating at low speed until smooth (do not overbeat). Spread over cake; sprinkle with coconut. Cover and chill.

The Story of a Healthy Mother and Baby

Bonnie is lucky. Even though she has diabetes, she was able to have a healthy baby with no complications.

Some time ago, Bonnie enrolled in the Condition Care disease management program, and has maintained regular contact with a registered nurse who is available to help her better manage her diabetes. A team of dietitians, pharmacists, health educators and other health professionals are also available if needed.

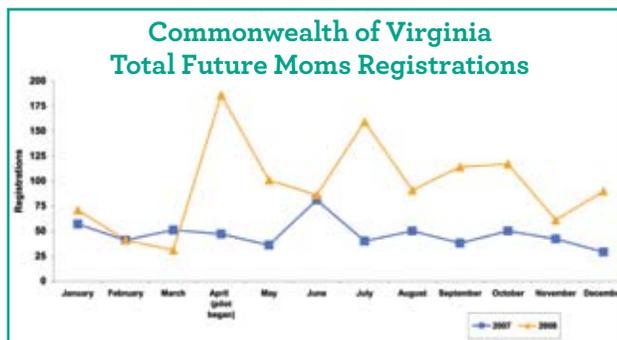
When Bonnie discovered she was pregnant, the Condition Care team put her in touch with a Future Moms prenatal program nurse. By enrolling in Future Moms, Bonnie increased the chances that she would have a healthy pregnancy and deliver a healthy baby.

Because Bonnie made positive changes to her lifestyle, she had a healthy baby girl and continues to control her diabetes. You can view "Bonnie's Story" on the Commonwealth of Virginia Knowledge Center at <https://covkc.virginia.gov>. Click on the Lecture Hall, Audio and Video Presentations, and then "DHRM - Future Moms and Condition Care Programs."

Future Moms is available at no cost to you, your spouse or your eligible dependents covered in a state health benefits plan. Condition Care is available to COVA Care and COVA HDHP members. Find out more about both programs at <http://www.dhrm.virginia.gov/hbenefits/cova/wellness/TakeCarePackageFlyer.pdf>.

Kaiser Permanente plan members may learn about disease management benefits at <http://my.kaiserpermanente.org/mida/commonwealthofvirginia/healthandwellness.html> or by calling Kaiser Member Services.

COVA Care pilot: Beginning July 1, 2008 a pilot program was implemented waiving the maternity hospital stay copayment for pregnant COVA Care plan members who enroll in Future Moms in the first trimester and follow specific program guidelines. For more information or to enroll, call 1-800-828-5891.



A pilot program announced in April 2008 to waive the maternity hospital stay copayment when certain guidelines are met helped to double Future Moms enrollment in 2008 over the prior year.



WWRC is Walking and Losing!

The WWRC STAR (Supporting Therapeutic Access to Recreation) Trail is used daily by the Woodrow Wilson Rehabilitation Center staff, clients and members of the community for leisure and exercise.

Last summer, WWRC staff and clients were invited to participate in the STAR Trail **Walk and Roll** Challenge. As employees log laps along the trail, they earn STAR Levels named for constellations and are eligible for incentives with the ultimate goal of 200 laps and a STAR Trail collapsible camp chair.

By early December, the running total was 1,164 laps, equal to 582 miles, roughly three round trips from WWRC to the Central DRS Office in Richmond.



Some in this group also participate in Weight Watchers at Work and have lost a total of 704 pounds since last January.

Weight Watchers Gets a Green Light for 2009

The Commonwealth's successful partnership with Weight Watchers will continue in 2009. More than 5,600 state employees, spouses and adult family members participated during 2008 and lost a total of more than 15 tons, more than five pounds a person.

Only state employees, their spouses and adult family members may receive the Commonwealth's Weight Watchers pricing. Unless they are the spouse of a state employee, retirees may not participate and are not eligible for reimbursement. State employees who are enrolled in a state health plan or have waived coverage may be reimbursed for half the cost of Weight Watchers services provided they meet the minimum participation requirements.

The Weight Watchers reimbursement form is now available in a more user-friendly format. It may be found at <http://www.dhrm.virginia.gov/weightwatchers.html>. A link on the right called "Weight Watchers Proof of Payment" describes the documentation needed to send in with the form depending on whether the at work, local community, at home or online option is selected.



Fitness Center Discount Program is a Winner

Based on phone calls and e-mails into the Wellness mailbox, the Fitness Center Discount Program is helping employees save money through discounts on enrollment fees and membership dues.

CommonHealth has posted a 2-week free trial coupon and a fresh list of fitness centers that offer discounts to state employees. Although not every fitness center is participating in the free trial, employees are using it to start the conversation about offering any discount the center has available.

To learn more, click on the fitness center discount icon at www.commonhealth.virginia.gov for more information.

