

NSD Monday Morning Meeting



January 28, 2008



Seminars

(Jan 28, 2008 - Feb 10, 2008)

- UCB Physics colloquium:

January 28, 2008

4:30 pm 1 LeConte Colloquia
**Solar Neutrinos: Old Questions About
Hydrogen-Burning Stars**
Wick Haxton

February 4, 2008

4:30 pm 1 LeConte Colloquia
Massive Black Holes
Reinhard Genzel



Seminars

(Jan 28, 2008 - Feb 10, 2008)

- PD RPM (4 PM, 50A-5132):

Ben Koester (U. of Chicago)

Date: Thursday, January 31, 2008

Time: 4 P.M.

Location: 50A-5132

Title: "The Average Properties of Galaxy Clusters from MaxBCG-SDSS"

[Abstract](#)

- Special Lectures by Louis Lyons (Oxford):
 - Jan 29, 4 PM, 50A-5132 : [Learning to Love the Error Matrix](#)
 - Jan 30, 2 PM, 50B-4205: [Upper Limits and How Neural Networks Work](#)



Seminars

(Jan 28, 2008 - Feb 10, 2008)

- **INPA Journal Club (12 noon, 50-5026):**

1 February

Sally Heap (NASA's Goddard Space Flight Center)
A Mission Concept for the Terrestrial Planet Finder (TPF)

[Abstract](#)



Next m^3

Date & Time: Feb 11, 2008, 9:00 AM

TBA

Peggy McMahan

Future meeting dates and talks are listed in:
http://neutrino.lbl.gov/~snoman/NSD_MMM

Speaker suggestions:
[Alan Poon, awpoon@lbl.gov](mailto:awpoon@lbl.gov), x2467



m Cubed

Today's m³

LBNL Report Submission Process

Jane Tierney (IT Div.)

UC StayWell Program

Wednesday, Jan. 16, 2008

BENEFITS UPDATES

New Wellness Program Available as of Today



The new StayWell personal wellness program for University of California employees launches today. Welcome

communication from StayWell is being mailed to eligible staff this week. Participation in the program is voluntary and free. StayWell benefits include a health assessment (with \$75 gift certificate for participants) and information on health topics, drugs and nutrition. StayWell is not available to Kaiser members. Several unions at UC – AFSCME 3299, CNA, CUE, SETC, UAW 2863, UC-AFT, and UPTE-CWA – have notified the University that they are not participating in StayWell on behalf of their bargaining unit members. Go [here](#) for more information on the program.

TABL

Welcome to StayWell Online

https://uclivingwell.online.staywell.com/includes/login/index.aspx

MyPages remember others' bookmarks News Local SNO MJ LBNL Refs Dicts Mail Entertainment Welcome to UC Living Well

UC Living Well making wellness a priority

StayWell Health Management

log out

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Welcome to StayWell Online — Your tool for healthy living and feeling great!

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<http://uclivingwell.online.staywell.com>

What is it?

- **Health assessment**

What is the Health Assessment?

The Health Assessment is a tool designed to see how your lifestyle habits affect your health and well-being. After you complete the assessment, we use the information you provided to create your confidential Online Health Assessment report.

Please be aware that your report is not a substitute for medical care and cannot be used to diagnose health problems.

What kind of statistical purposes is the data used for?

Sharing Information with the University

The University of California ("UC") will never receive personally identifiable information about you from StayWell. UC will receive only de-identified information about the program as a whole. That de-identified or summary information will be used by UC for the purposes of reporting, research, and/or wellness program planning.

Sharing Information with Your Health Plan or other Service Provider

You have the option to decide whether or not to allow StayWell to share your Personal Information with your Health Plan. You can exercise this option by indicating your preference in the last question in the Health Assessment survey.

Then what?

How does this online Health Assessment work?

We use a standard web interface that displays a Health Assessment survey for you to fill out. Once you fill it out and you press the "Submit" button, the information is processed and a score is assigned to your information. Then you receive your personal report, while the system saves that information in our secure database to compare to your future results and to be used for statistical purposes.

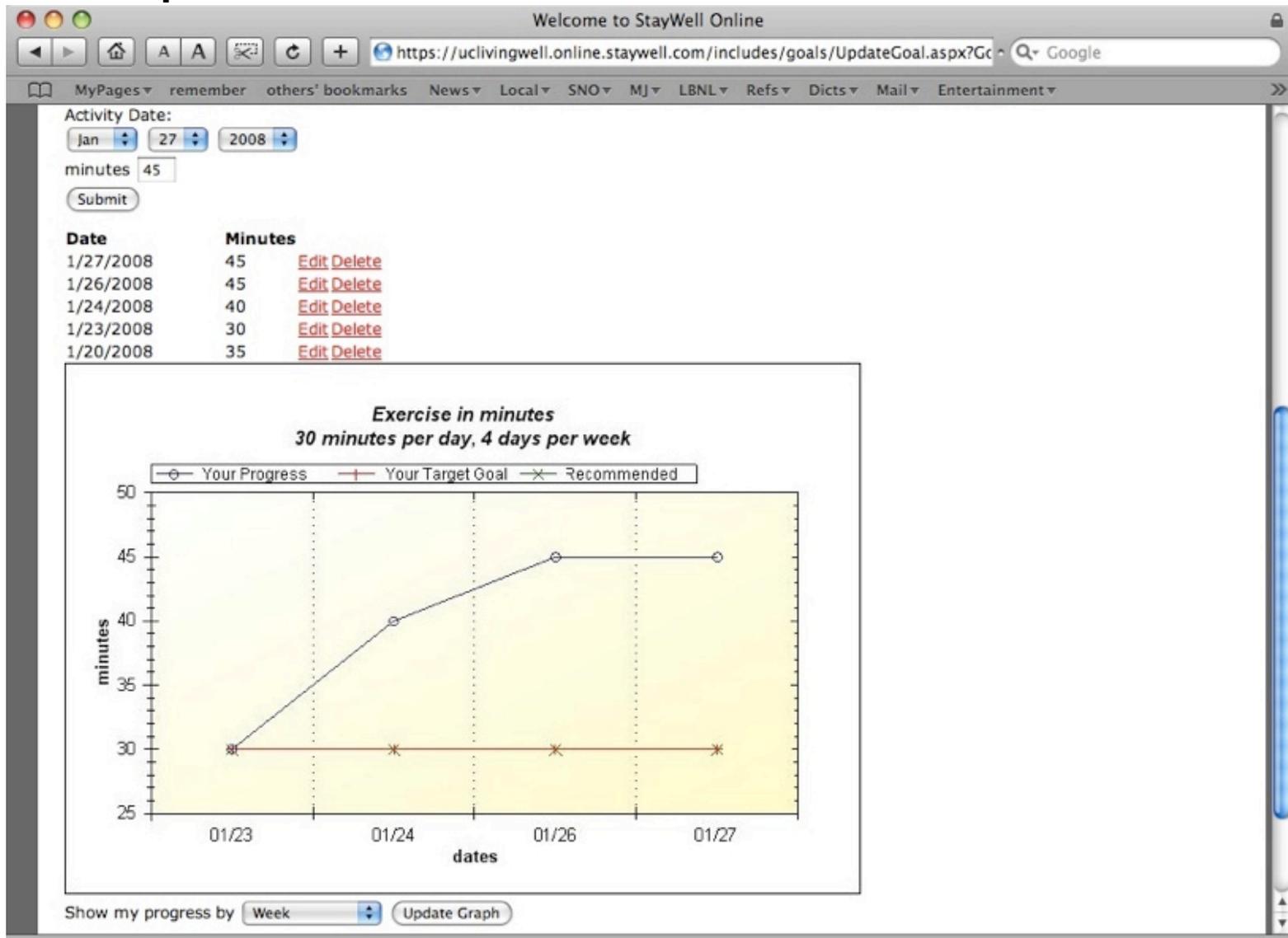
You are on the path to good health. Learning more about your health and steps you can take to improve it is a great place to start. This report was prepared just for you based on the information you provided us. It will help you map out your best path to being as healthy as you can be.



- <https://uclivingwell.online.staywell.com/index.aspx>

Tools

- Example: Exercise tool



My impression

- ✓ A lot of information provided AT ONE PLACE; there is little need to search the web for health and wellness information.
- ✓ The interface is good. Information is targeted based on the initial health assessment
- ✓ Tools to help you reach your goals
 - But some tools are not as useful as they can be. For example, you can set a goal for consuming say 2000 kcal a day, but the tool does not help you count your calorie intake.

Overall, a good package for information and some tools to help you achieve your wellness goals.

\$75

- Sign up, complete the health assessment, get \$75 worth of gift certificates.

The screenshot shows a web browser window with the URL <https://www.hallmarksights.com/UCPOR/SLT/LW/Redemption/Pages/View>. The page is titled "Premiere Choice Award Redemption" and features the University of California Living Well logo. The main heading is "Redeem Your Award" with a sub-heading "Step 1: Submit Award". Below this, there is a search bar with three dropdown menus for "Search by Name", "Search by Location", and "Search by Category", followed by a "Search" button and a "RESET" link. A "Merchants" section lists various categories and their corresponding merchants:

ADVENTURE / EXPERIENCE	FRESH FLOWERS/PLANTS	SPECIALTY STORES/SERVICES
Great American Days@ Broadway Tickets	Calyx & Corolla Catalog	Allposters.com
Great American Days@ Hot Air Balloon Ride	The Home Depot@	Art.com
Great American Days@ Round of Golf for One	Target	Barewalls.com
Great American Days@ Scuba Diving	GIFT CARD MERCHANTS	Bath & Body Works@
Great American Days@ Stock Car Ridealong	9-24Sports	Bed Bath & Beyond@
Signature Days	AMC Theatres@	BedandBreakfast.com
Signature Days Cooking Class	American Airlines@	Calyx & Corolla Catalog
Signature Days Dinner Cruise	Applebee's@	Carlton Hair International@
Signature Days Spa Massage	Bass Pro Shops@	Cooking.com
	Bath & Body Works@	Crate & Barrel
	Bed Bath & Beyond@	Crayolasstore.com
	Best Buy	CVS/pharmacy@
		Glamour Shots@

On the right side of the page, there is an "Award Balance" section showing a total award value of \$75 and a total redeemed amount of \$0. Below this is an "Enter Award" button. Further down, a "Redeeming Your Award Is Quick and Easy" section lists five steps: 1. Submit Award, 2. Select Merchant, 3. Create Certificate, 4. Review Cart, and 5. Checkout. A "Need More Help?" section provides contact information for customer support.

