

Connections

A newsletter about your Celanese Healthy Connections Program August 2007

Welcome to Healthy Connections

Welcome to the third issue of *Connections*, the newsletter about your Celanese Healthy Connections Program. This newsletter provides important tips and information to help you use all the resources and tools available to you to manage your life-long health.

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Your Privacy Is Our Promise

All health information discussed in our newsletters is confidential and protected under HIPAA. No one at Celanese will ever have access to this information; therefore, none is in any way identifiable to a particular employee. We use this information to understand our workforce and their specific health issues.



THE WEIGHT IS OVER

How to Escape the "Celanese Sixty"

Maybe you're not part of the 60% of Celanese employees whose BMI is too high. But if you are, you've heard it all before: the way to best prevent many major diseases and conditions is to maintain a healthy body weight. Of course, the way to lose weight is to diet and exercise. Sound frustratingly familiar? Zzzzzz.....

Wake Up Call!

This simple solution just doesn't work for the vast majority of Americans. *Connections* hopes to shed new light on this topic for you, rather than serving up the same, tasteless tips that just don't help the majority of us get healthier.

Why BMI?

Your Body Mass Index (BMI), a value established by the National Institute of Health in 1998, is a quick method of estimating your body fat based on your height and weight. It's the simplified method of estimating the ratio of muscle to fat, a metric that can only be measured accurately by using a more complex process requiring special equipment. Keeping your focus on your BMI versus a target body weight, however, helps you create targeted goals that are more realistic for YOUR body.

Focus on Fitness, Not Fatness!

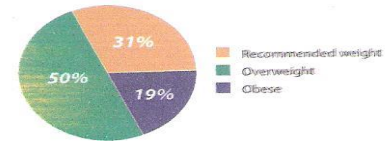
BMI does not provide a complete picture: it's quite possible for a thin person to have higher body fat percentage than a person who weighs significantly more. Since muscle weighs more than fat, people who have more muscle often have a higher, yet healthy, BMI. An accurate assessment of your health also needs to include a review of your physical activity, growth and muscle mass, genetics and lifestyle habits. Simply put, it's better to be fit and fat than thin and unfit.

Tools to Trim

Let's face it, however: not everyone falls into the "big-boned" category. Our Celanese workforce populations proportionately reflect America's reality: *We're overweight!*

As the chart below shows, based on their Health Assessments, less than one-third of Celanese employees are at their recommended weight. Being overweight can lead to heart disease, stroke, diabetes, and many other serious health problems.

Weight-Related Risk Factors for Celanese Health Assessment Participants



According to a team of scientists supported in part by the National Institute on Aging (NIA), over the next few decades, life expectancy for the average American could decline by as much as five years unless aggressive efforts are made to slow rising rates of obesity. Celanese is intent on being a pioneer employer when it comes to providing employees the tools and information they need to win the battle of the bulge once and for all. Check out the resources on page 2 for tips and support to help you get healthy and stay that way.

Don't Quote Me on That!

Look throughout this issue for humorous and inspiring quotations about the topics in this edition of *Connections*.

Self-Test: One Step Closer to Fitness

The Step Test estimates aerobic fitness. As your body is challenged with physical exertion, like stepping up and down, your heart rate increases to deliver oxygen to the working muscles. The efficiency with which your muscles perform the challenge is reflected in the increase in heart rate. Your body adapts to regular physical activity by becoming more efficient.

Step up and down using no more than an 8" high stepping surface. Alternate feet and continue for three minutes. Take your heart rate at the wrist or neck for ten seconds and then multiply that number by six.

A lower heart rate at the end of the 3-minute Step Test indicates greater aerobic fitness (i.e., you are more fit). Find your recovery heart rate in the table below to see what your estimated aerobic fitness level is:

Level of Fitness	Women	Men
Well above average	< 148	< 128
Above average	149-160	129-148
Average	161-166	149-156
Below average	167-172	157-166
Well below average	> 172	> 168



Tools at Your Fingertips as a Celanese Employee

Log onto www.simplestepslife.com to find on-line resources such as:

Get in Shape Program:

A six-week program to help you:

- determine ways to add physical activity to your daily routine,
- find out the core components of fitness and guidelines to follow while exercising, and
- discover strategies to stick with an exercise routine.

Healthier Diet Program:

This six-week program will show you how to make healthy substitutions when cooking and how to eat better without giving up the foods you love. You will receive information to help you:

- follow a personalized meal plan and food-preparation tips,
- make healthy food selections when you are dining out or on the go, and
- learn how to read food labels and make healthy choices when grocery shopping.

Discounts:

Aetna members have access to discounts for eDiets, Jenny Craig and health clubs.

Other Aetna resources:

There are a number of resources on www.aetna.com, available to you whether or not you belong to an Aetna plan. Log onto www.aetna.com, click on "public information," then on the "Health and Wellness" tab, then "Living Well." There you'll find information and tools for exercise and fitness that can help you determine your fitness level, start and keep on track with a fitness program and even find exercises you can do right at your desk!

The only exercise some people get is jumping to conclusions, running down their friends, side-stepping responsibility, and pushing their luck!

—Author Unknown

GET MOUTHY!

Your gums may do more than hold your teeth in place and frame your healthy smile. In fact, gum condition may be an early indicator of some systematic diseases. Aetna recently completed a study of patients, including Celanese employees, who suffered from diabetes, cerebrovascular disease (CVD) and/or coronary artery disease (CVD) and the timing of the patients' periodontal examinations. Preliminary results show that patients who visited a periodontist within the first year of diagnosis required fewer medical visits than those who visited the periodontist later in the disease cycle. These findings indicate that periodontal examinations can lead to the earlier discovery of disease and earlier treatment. The findings support those of an earlier report by the Surgeon General that confirmed the correlation between good oral and good overall health.

Celanese and the Pilot Dental Integration Study

As part of the study, 1,268 Celanese employees identified with diabetes, coronary disease, or pregnancy conditions received information from Aetna about the connections between dental care and overall health. The outreach included direct mail, phone contact and follow-up e-mail correspondence. Celanese participants who made and kept appointments reaped the benefits of more thorough dental care, healthier smiles and knowing that they were doing all they could to recognize early signs of disease.

We found that the Celanese population of individuals who indicated they will get care (46%) is comparable to that seen in the pilot overall (43%). However, the percentage of members who actually received care is slightly lower than the results of the pilot population overall. Approximately 54% of the Celanese Americas members contacted had a dental visit within 12 months of the initial outreach compared to 61% of the pilot members who actually sought dental care.

Exceptional Dental Coverage

Healthy Connections, offered here at Celanese, takes an integrated approach to your good health. In addition to medical coverage, the Plan offers dental coverage so you can manage your dental health as part of your overall wellness. The Celanese dental plan provides 100% coverage for all preventive dental care, including two dental cleanings per year. Take advantage of this benefit by taking charge of your dental health! In addition to visiting your dentist regularly and including periodontics as part of your routine dental care, review the causes of gum disease to keep your mouth smiling and healthy. Take advantage of our dental coverage and you'll have peace of mind knowing that when you smile, your healthy teeth and gums show that you're healthy on the inside too!

A smile is a curve that sets everything straight.

—Phyllis Diller



Chew on This...the Mouth-Body Connection

Do you know that a multitude of major medical conditions manifest themselves in the mouth?

The American Academy of Periodontology cites findings that support what dental professionals have long suspected: Infections in the mouth can wreak havoc elsewhere in the body.

Periodontal bacteria can enter the blood stream and travel to major organs and begin new infections. Research is indicating that this may:

- contribute to the development of heart disease, the nation's leading cause of death;

- increase the risk of stroke;
- increase a woman's risk of having a preterm, low birth weight baby; or
- pose a serious threat to people whose health is compromised by diabetes, respiratory diseases or osteoporosis.

Source: The American Academy of Periodontology

You can find out more about how to prevent dental problems, understand periodontal conditions and explore treatments by logging onto Aetna.com and going to Simple Steps to Better Dental Health.

WEIGHT(Y) MATTERS

We are fast approaching our one-year anniversary of the launch of the *Healthy Connections* program at Celanese. We have heard some inspiring success stories about how our employees have utilized the program's tools to make permanent lifestyle changes. If you have a success story you would like to share, contact Brenda Fiddler or Cheryl Cunningham at XX. We'd love to feature you in our next newsletter!

Avoid the Health Care Hangover

Too often, as health care consumers, we make a decision in the heat of the moment that we come to regret when we get the bill from the hospital or doctor's office. For generations, we have been taught to perceive ourselves as someone who receives health care, rather than someone who purchases it. But think about it; the average person spends about 25 hours comparing options when thinking about purchasing a new automobile—that's a lot of time, energy and research! The same principle should apply when choosing and receiving health care.

When buying a car, or making any other major purchase, you likely:

1. Determine your needs.
2. Research the available options, features and consumer information sources.
3. Compare prices.
4. Get a second opinion.



Samantha: Home or hospital?

At the playground one day... Samantha had just looked up from her reading long enough to see her son, Noah, fall from the monkey bars, bumping his head on the pavement. Her first impulse as a parent was to rush Noah to the emergency room for fear he suffered a concussion. After comforting Noah, however, she remembered that she had just put the telephone number for the *Informed Health Line (IHL)*, Aetna's 24-hour nurse line, into her cell phone. A nurse who was a mother herself advised Samantha to watch for symptoms of a concussion while applying ice and allowing Noah to rest. Instead of spending the rest of the sunny afternoon in a hospital waiting room, Noah and his mother enjoyed a quiet day at home; Noah showed no signs of having a concussion after all.



Terrence: Emergency or exercise strain?

The pain in his arm worsened... but Terrence attributed the ache to a couple sets of tennis the day before. His worried wife, aware that his father had suffered a heart attack at age 55, logged onto *Aetna.com*, *Simple Steps* to uncover the symptoms of cardiac arrest. Armed with this knowledge, when Terrence awoke in the middle of the night in a cold sweat, his wife called 911. The paramedics arrived in time to intervene in what was a mild heart attack, potentially saving Terrence's life.



Maura: Doctor's office visit or self-care?

The fever remained, even after four days... and Maura grew concerned that she had something more than the common cold. She placed a call the *Informed Help Line*. The nurse explained that while most infections were viral, the duration of the fever could indicate a bacterial infection, and that Maura should see her physician. Maura scheduled an appointment that afternoon; the strep test conducted by the doctor revealed strep throat. After just 36 hours of antibiotic treatment, Maura was able to return to work.

Being a good health care consumer involves the same process: identifying your personal needs, researching your options, evaluating quality, comparing costs and making informed decisions. For example, when your doctor recommends a procedure, talk with him or her about the details and the expected outcomes. Then, compare providers and find out how many successful procedures they did of the same type last year. How much does it cost? Have another discussion with your doctor before you make your decision. Sure, it takes time, but you'll get the best health care for your specific health condition at the best price—if you think through your choices.

How will you find the time to gather information required to make savvy health care decisions? Log onto *Aetna.com*! Aetna has taken the "search" out of "research" by providing quality measurement of health care providers and is proud to be among the first health plans to publish Health Plan Employer Data and Information Set (HEDIS) data. Aetna offers HEDIS Quality Report Cards by state, in a reader-friendly format. You can search by any number of criteria and find the information you need when you need it with regard to physicians, specialists and hospitals. You also can find information on *Aetna.com* on just about any health condition, so you can match the best treatment options to your situation.

Read these profiles to see if you can identify with the challenge of making smart health care choices:

Weigh In: Quiz Yourself on the Basics of Nutrition and Fitness

Circle "True" (T) or "False" (F) to answer the following questions:

1. Skipping meals can help me lose weight. T F
2. Vitamin supplements are more effective when taken throughout the day. T F
3. Metabolism is faster in thin people. T F
4. Eating smaller meals more often speeds your metabolism. T F
5. Eating even small amounts of fat is bad. T F
6. White meat chicken, turkey, and tuna are all high in protein and low in fat. T F
7. Drinking less water will help me lose more weight. T F
8. Before breakfast and after dinner are the best times to exercise. T F
9. Eating fruit speeds weight loss. T F
10. Avoiding salty foods and not using the salt shaker promotes weight loss. T F
11. Dairy products are high in sodium. T F
12. Caffeine speeds up the metabolism. T F
13. Keeping your goal in mind may be the most important step for success. T F

How well did you do?

1. (F) Skipping meals actually teaches your body to store fat when you need it. Eating small amounts often is much healthier.
2. (T) Taking supplements throughout the day ensures your body is provided with the nutrients it needs at the appropriate time.
3. (F) Metabolism is very individual, but do note that muscular people burn more energy at rest; muscle burns more calories, pound for pound, than fat. That's why adding weight training to your workout is critical.
4. (T) Eating often throughout the day keeps your body working hard.
5. (F) Some fats can actually be beneficial to your body.
6. (T) If you want to eat healthier, turkey, chicken and fish are your best sources of low-fat protein.
7. (F) Water, water, water... all day long, don't wait to become thirsty.
8. (T) No matter what time, exercise is great, but the optimal times are before breakfast and after dinner.
9. (F) Fruits are actually simple carbohydrates that don't require much effort to digest, so they are not a great food for weight loss concerns.
10. (T) Salt causes water retention and "under the skin" bloating. Excessive salt can contribute to hypertension.
11. (T) Surprisingly enough, this is true: some dairy products are high in sodium. Low-fat milk, however, is not, and could help you lose weight in moderate amounts.
12. (T) True, it is good to enjoy a cup or two of java, but don't over do it.
13. (T) Give yourself something to reach for and you just might find it in your grasp.

Give me a dozen heartbreaks if you think it would help me lose one pound.

—Collete

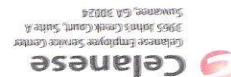
SIMPLE STEPS: Simple Steps to a Healthier Life is a web-based wellness product aimed at enhancing employee health and productivity.

"Simple Steps incorporates information on disease prevention, condition education, behavior change programs and health promotion services. The site offers consumer-focused health information and promotes healthy lifestyle changes through action-oriented programs."

Aetna President, Ronald A. Williams



Connections



Your Health History Report

Can't remember where you stuck that piece of paper with the dates of your children's immunizations? Seeing a new physician and blank out at the questionnaire you're handed asking about your medical history? Having trouble keeping track of all your important health information? With Aetna's new Health History Report, you don't have to worry about that anymore. The Health History Report is a new, private and secure on-line tool that will help you keep track of all your important health information in one location.

It documents the prescription drugs you take, medical tests, immunizations and other valuable health facts. Information from your Aetna health care claims are automatically added to your record each time one is processed, so your health record is always up-to-date with your most recent health information. In addition, you are encouraged to add additional health information only you have access to, such as your family medical history, over the counter medications you take on a regular basis and allergies you

have. Sharing information with your doctors will now be as easy as printing out a copy of your Health History Report. In addition, with the Health History Report, your medical claims history is also evaluated by the CareEngine.

The CareEngine is another way Aetna is working to ensure you get the best medical care.

The CareEngine system compares your health claims to best practices to help safeguard against potential medical errors and to make sure you are receiving the appropriate level of care for your medical situation. The CareEngine works behind the scenes, using a combination of sophisticated technology and personal interaction to review your medical and prescription drug claims. When the CareEngine identifies a possible issue, such as a possible drug interaction or the absence of alternative or additional treatment options for certain conditions and situations, it notifies you. More critical issues are communicated directly to your doctors. This way Aetna can help make sure you are always getting the medical treatment that's best for you.

A smile confuses an approaching frown.

—Author Unknown

Aetna	www.aetna.com 1-800-331-BENE (2363), option 2
Aetna Rx Home Delivery	https://member.aetna.com/rxmod/rxlogin.html 1-800-227-5720
Your Celanese Benefits	1-800-331-BENE (2363)
EAP	www.mhnetco.com ; 1-800-492-4357
Flexible Spending Account	Aetna member services 1-800-331-BENE (2363), option 2
Informed Health Line	1-800-556-1555
Simple Steps	www.simplestepslife.com
Voluntary Vision Plan	www.colemanagedvision.com ; 1-800-406-1160

Remember to always update your Health Assessment whenever your health or medical situation changes.

Not only does regular exercise make you look and feel better, it is critical for improving your health and extending your life.

—Aetna.com

This newsletter is designed to give you important information about your health care benefits. Please keep it for reference. It is intended as a highlight of the plan only. Full details are included in the legal plan documents. The legal plan documents will determine your rights, privileges, and benefits under the plan. In the event of any discrepancy between these documents and this brochure, the plan documents will govern. Celanese reserves the right to change or end the plan or benefits at any time. Participation in the plan does not constitute a guarantee of employment with Celanese or any affiliated organization.