

'I feel great!'

How the Mayo Clinic Health Assessment helped an employee improve her health



JIM ANDERSON/BOEING

Last fall Bezzette Travis completed the Mayo Clinic Health Assessment and realized that she needed to eat better. Despite being very active, she had struggled to keep extra pounds off after the birth of her now-grown children.

Having tried many diets over the years, Travis, a lead integration security specialist in the Puget Sound region, was looking for a solution she could maintain for the rest of her life. She also wanted to learn more about nutrition and ways to avoid conditions, such as diabetes, high blood pressure and cancer, that members of her family have struggled with. Lifestyle coaching from Mayo Clinic provided the solution.

After completing the Health Assessment, Travis received information about the lifestyle coaching program. She was intrigued be-

cause of Mayo Clinic's strong reputation but noted, "I thought it would be the most boring experience." However, toward the end of her six months of coaching, Travis said she knew she'd miss the coaching sessions. "I found myself wishing I had more time," she said.

Travis received a phone call scheduled at her convenience about every two weeks from the same nutrition coach. During the first call, her coach took an inventory of what she ate and asked about her family history. "My coach asked questions, but did not invade my privacy," Travis said. She also felt her coach really listened: "She didn't tell me what to do. She said, 'What is it that you want to accomplish?'"

The tips Travis received touched on preparing healthy meals, reading food labels, shopping for healthy foods and choosing healthy

options when eating out. At the end of each call, she received information to review—and found Mayo's handbook on nutrition particularly helpful.

Today, Travis has transformed how she eats, asks for healthy food alternatives when dining out, weighs 40 pounds less (and is still losing weight), looks younger and no longer suffers from knee discomfort.

"I feel great! And, the only thing it cost me was my time. It was time I spent learning about nutrition and being healthy," she said.

If you have questions about this article or want to share your personal wellness success story, e-mail Wellness@pss.boeing.com. ■

How healthy are you?

Take the Mayo Clinic Health Assessment on www.BoeingWellness.com and find out. Plus, receive a \$50 gift card when you take the Health Assessment by Nov. 30.

Whether you're considering taking the Mayo Clinic Health Assessment for the first time or you've taken it before, it's an excellent opportunity to gauge the general condition of your health and identify ways to improve it. Or you may confirm that you're right on track and leading a healthy lifestyle.

When you take the Health Assessment, you receive:

- A tailored action plan
- Tools and resources to manage your health
- FREE healthy lifestyle coaching
- \$50 gift card

Who's eligible for the \$50 gift card and free healthy lifestyle coaching?

- Boeing employees
- U.S.-based subsidiary employees*
- Boeing employee spouses or same-gender domestic partners enrolled in a Boeing health plan
- U.S.-based subsidiary employee spouses or same-gender domestic partners enrolled in a Boeing health plan*
- International subsidiary employees

** Except in some circumstances where the subsidiary maintains its own health plans.*

Home improvement

Bathroom addition planned for growing crew of International Space Station

By Ed MEMI

What growing family wouldn't appreciate adding another bathroom to their home?

That feeling holds true for the crew of astronauts manning the International Space Station, hundreds of miles above Earth. To accommodate a crew that will grow next year from three members to six, a new bathroom addition is in the works.

The bathroom, called a Waste and Hygiene Compartment (WHC), provides an area for personal hygiene and includes a toilet installed in a refrigerator-sized payload rack. The 900-pound (408-kilogram) rack will be delivered to the station via Space Shuttle *Endeavour* on mission STS-126 sometime after Nov. 10. It will be temporarily installed into the Boeing-built U.S. Destiny laboratory module for about a year until the Node 3 module (with space for eight racks) arrives.

Boeing is the prime contractor for the ISS and a major subcontractor to United Space Alliance, the space shuttle operations contractor. Boeing also is responsible for readying all payloads flying into space through its Checkout, Assembly and Payload Processing Services contract with NASA.

"Using the bathroom in zero gravity is a far cry from using a bathroom on Earth," said Boeing project manager Dennis McClain.

The WHC system will be tied into the Regenerative Environmental Control and Life Support Water Recovery System that processes urine and condensate into potable water. By recycling, the system will reduce dependence on Earth resupply by cutting the amount of water and consumables needed to be launched by about 15,000 pounds, or 6,800 kilograms, a year.

Steve Grasso (left) and Don Vosgien, Boeing payload processing technicians at Kennedy Space Center, Fla., prepare a new bathroom for the International Space Station for launch on the Space Shuttle *Endeavour* STS-126 mission this fall.

ROBERT BEARY/INDYNE



Although the toilet was produced by the Russian Rocket Space Corporation Energia, a Boeing Huntsville, Ala., team led by WHC project manager Brad Korb designed and manufactured the WHC, with Boeing Houston employees providing project oversight and integration support.

"It has been a great team effort between Boeing, NASA and our Russian colleagues and other suppliers. It took a lot of hard work to get to where we are today, and the WHC is critical to our plans for a six-person crew next year," said Dan Hartman, NASA ISS vehicle manager.

The WHC will arrive on station about 90 percent complete, with the remaining assembly to be performed on board. There will be a period of testing to ensure the system is operating properly before full use. ■

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Kudos for Boeing-sponsored films

Two Boeing-supported movies recently achieved new heights of recognition.

"Operation Homecoming: Writing the Wartime Experience," a documentary that aired on PBS in April 2007 as part of the America at a Crossroads series, was nominated for three News and Documentary Emmy Awards. In this film, soldiers share their wartime experiences, and families relate how they deal with the stress of having a family member serve in dangerous situations. The 29th Annual News and Documentary Emmy Awards will be presented Sept. 22.

The Operation Homecoming initiative was made possible by support from Boeing, which has helped the National Endowment of the Arts bring numerous quality arts and arts education programs to U.S. military communities domestically and overseas.

Meanwhile, the worldwide audience for the IMAX-format movie, "Fighter Pilot: Operation Red Flag," recently topped 150 million, according to K2 Communications, which produced and distributes the film. "Fighter Pilot: Operation Red Flag," underwritten by Boeing, is about an F-15 fighter pilot as he chronicles his participation in a simulated air war designed to improve pilot performance in combat.

"We're proud of the work and appreciative of Boeing's participation as underwriter," said Stephen Low, the film's producer and director.

—Kevin Smith