

# TAKE CHARGE!



for health and living

April 2012



## Dealing with Underage Drinking

Raising children is one of the most challenging roles that any person or couple can ever experience. Take an active role to help kids stay away from alcohol.

- Ask your teen about his or her opinions. You may learn a lot and the teen will feel more respected.
- Challenge misconceptions. Drinking doesn't necessarily mean popularity or happy times. In fact, alcohol is a depressant.
- Review the reasons to avoid drinking, such as losing a driver's license or being suspended from school.
- State the facts. Alcohol can be addictive, especially if there's a family history of alcohol problems.
- Help your child devise a plan for steering clear. Discuss good options if alcohol is served at a party.

### Other Steps....

- Set a good example. You are an important role model.
- Maintain a strong bond with your children. This helps them develop self-esteem and good communication.
- Enforce rules. Decide what the limits are, discuss them, and determine appropriate consequences if broken.



## City Events

### Living with Chronic Pain

Wednesday, April 11  
12 noon - 1:00 pm SMT 4050

### Identity Theft Webinar

Wednesday, April 11  
12 noon - 1:00 pm  
Registration Required –TBA

### Asset Allocation - Deferred Comp.

Thursday, April 19  
12 noon - 12:45 pm SMT 4080

### Equity Funds 101 - Deferred Comp.

Wednesday, April 25  
12 noon - 12:45 pm SMT 4020  
Registration: Call 447-1924

### Blood Pressure Screening

Wednesday, April 25  
Stop by between 10:30 & 1:30 SMT 4096

### Identity Theft

Thursday, April 26  
12 noon - 1:00 pm SMT 4050

## Feeling a Little Tired?

Activity boosts energy. Many people complain of a chronic weariness that sleep can't seem to cure. Their trouble may be that too little blood is pumped through their bodies per minute. Exercise gets oxygen coursing through your body's vital arteries

Speed up your circulation and get your energy up.... target 30 to 60 minutes of activity most days.



## Plan a Healthy Spring

Ready to reach a healthy Weight? Quit tobacco? Manage life concerns? Available resources:

- Weight Watchers  
**1-866-442-1232**
- Quit for Life  
**1-866-784-8454**
- Horizon Health EAP  
**1-888-272-7252**



## 24-Hour Nurse Consultation



Have a condition or illness question? Call a nurse any time. Employees with City medical coverage & covered family

members age 18 and over have access to nurse consultation by phone.

**Aetna's Informed Health Line:** 1-800-556-1555

**Group Health's Consulting Nurse Services:**

Seattle 206-901-2244

Tacoma 253-596-3400

All other areas 1-800-297-6877

## General Information

*Take Charge!* is a general guide to health benefits and healthy behavior. Contact your health care professional with your specific health care concerns.

## Save Money with Regular Dental Cleanings



Getting regular dental cleanings can save you money. On average, a cleaning costs between \$0 and \$135 and can help keep your teeth and gums healthy. On the other hand, a dental crown, which you might need for a neglected tooth, can cost up to \$3,000 depending on your plan.

Your savings from good oral health might even be greater since your dentist can screen not only for dental problems, but also for oral cancer or precancerous lesions in your mouth. In fact, your mouth can show signs of nutritional deficiencies or diseases in other parts of your body—diabetes, for example—and your dentist might be the first to notice them.

### Regular Dental Cleaning Coverage (Most City Plans)\*

Washington Dental Service	Dental Health Services
<ul style="list-style-type: none"> <li>• 1st Year - 70%</li> <li>• 2nd Year - 80%</li> <li>• 3rd Year - 90%</li> <li>• 4th Year - 100%</li> </ul>	<p>\$10 office visit copay. Two additional cleanings for pregnant women, up to four cleanings.</p>

\*2 cleanings per year