



**August 2010** This issue: City Events · New Healthcare Eligibility · Fall Planning · Summer Walking



## New Healthcare Eligibility

Starting January 1, 2011, healthcare eligibility will change for City of Seattle plans under federal Health Care Reform regulations. Watch your home mail during September for an eligibility rules letter.

### Healthcare Eligibility Changes

- Raises eligibility age to “up to age 26”.
- Includes married child dependents.
- Includes child dependents that no longer live at home.
- Excludes young adult dependents that have access to healthcare coverage through their own full-time employment.

*If you want to add your adult child to the plan, you may do so during open enrollment for coverage effective the first of the year.*

*If you need to drop your adult child dependent because they have access to healthcare coverage thru their own employment, you must take them off the plan during open enrollment.*



### Life Skills Webinars —

Horizon Health EAP offers live and archived webinars. See July's *Tips for Positive Parenting*.

**Website:** HorizonCareLink.com

**Login:** city of seattle

**Password:** city of seattle

**Phone:** 1-888-272-7252

## City Events

### Taking Sleep Seriously

Thursday, August 5  
12 noon — 1:00 pm  
SMT 4050/4060

Tuesday, August 17  
12 noon — 1:00 pm  
SMT 4050/4060

### Monthly Blood Pressure Screening

Wednesday, August 25  
10:30 am — 1:30 pm  
Seattle Municipal Tower, Rm 4096

### Racism and Health Inequities

Saturday, August 28  
8:00 am — 4:30 pm  
South Seattle Community College

Register by August 13 at  
[seattleraceconference.org](http://seattleraceconference.org).

### Big Day of Play

Saturday, August 28  
9:30 am — 5:00 pm  
Warren G. Magnuson Park  
7400 Sand Point Way NE

More information:  
[seattle.gov/parks/healthyparks](http://seattle.gov/parks/healthyparks)

## Fall Planning...

**Note Open Enrollment Period:** Make your 2011 benefit choices Monday, September 27 through Wednesday, October 27, 2010. Watch your home mail for an open enrollment postcard.

**Minimize your Out-of-pocket Medical Expenses:** Sign up for the health care flexible spending account. If you expect more than \$300 in out-of-pocket health care expenses in 2011, using an FSA will save you tax dollars. Review your 2010 medical expenses now to estimate your 2011 expenses. Sign up at [selfservice.ci.seattle.wa.us/](http://selfservice.ci.seattle.wa.us/) during Open Enrollment.

**Look for more information** in September and October on InWeb at: [personnelweb/benefits/library/guides.aspx](http://personnelweb/benefits/library/guides.aspx) and on PAN at [seattle.gov/personnel/benefits/home.asp](http://seattle.gov/personnel/benefits/home.asp).



## Summer Walking Adventures

Summers are a great time to step out with your family and try *something new*.

- **Botanical garden or park**—walking in nature is a good stress reliever. Find a nearby park or garden at [seattle.gov/parks/parkspaces/index.htm](http://seattle.gov/parks/parkspaces/index.htm)
- **Beach**—walking thru sand is a muscle toning workout. Visit Alki beach in West Seattle.
- **Zoo**—miles of walking paths at the Woodland Park Zoo — [www.zoo.org](http://www.zoo.org).
- **Vacation**—walking thru a new city is a great way to discover it. Check with hotel staff for walking tour ideas.

## Quit Tobacco for Life

You can learn healthy behaviors, change the way you think, and quit tobacco. Free and Clear coaches will teach you how.

City employees and adult dependents covered on a city medical plan are eligible for free coaching and nicotine replacement therapy.

Call *Free & Clear*: 1-866-784-8454



## Weight Watchers Monthly Pass

**NEW!** Starting September 1, Weight Watchers Community Classes will be paid using a Monthly Pass instead of individual class vouchers.

You'll be able to attend as many meetings as you want in a month and access e-tools for free. You'll also receive half off the first month's enrollment!

For more information, call 1-866-442-1232.

