

TAKE CHARGE!



for health and living

February 2012



Keeping Your Heart Safe

Keeping your heart healthy and safe is important at any age. Start by eating healthy and incorporating cardiovascular activities into your daily routine:

Exercise daily. Federal guidelines recommend at least 2 hours and 30 minutes a week of moderate-intensity aerobic activity (walking, biking). If you choose vigorous activities (running, basketball, swimming fast), exercise at least 1 hour and 15 minutes a week. The goal? Increase your time and intensity level.

Get a check-up. Know your numbers, including your total cholesterol, triglycerides and blood pressure. If you're not on target for your age, ask your doctor or health care provider for advice.



Eat well. Take a heart-healthy lunch such as fruit, yogurt, and water to work. If you must eat out, avoid fast food and hit a salad bar instead (watch out for unhealthy add-ons such as high-fat salad dressings).

Quit smoking. The City offers a free tobacco cessation program. Call *Free and Clear* at 1-866-784-8454 for information.

Recognize the warning signs. Know the symptoms of a heart attack - chest discomfort that lasts more than a few minutes, or disappears and returns, shortness of breath; arm, back, neck, jaw or stomach pain; breaking out in cold sweat, nausea; or lightheadedness. If these occur, seek medical attention immediately.

City Events

Powers of Attorney - Advanced Directives (Living Wills)

Wednesday, February 8
12 noon - 1:00 pm SMT 4050

Deferred Compensation - Enrollment

Thursday February 16
12 noon - 12:45 pm SMT 4080

Parenting Skills

Thursday, February 23
12 noon - 1:00 pm Webinar
Registration: See flyer

Deferred Compensation - Market Volatility

Wednesday, February 29
12 noon - 12:45 pm SMT TBA
Registration: Call 447-1924

Get in the *Stretch* of Things



Believe it or not, sitting at a desk all day can take its toll on a body. So, take five minutes every hour or so to stretch and shake out those muscles. For example, just giving yourself a big hug (separating the shoulder blades) for 10 seconds can help stretch your back.

News and Notes

- File any remaining **2011 health care FSA claims** by March 31, 2012 with Benefits Administration Company.
- See **archived EAP webinars** on many topics such as *Secrets to a Long Lasting Marriage* and *Email Etiquette*: horizoncarelink.com
User name: city of seattle
Password: city of seattle
- Find **vision articles and discounts** in the VSP newsletter.



Tobacco-Free for Life

Improve your health by quitting tobacco. City employees and adult family members covered on a City medical plan are eligible for free coaching and nicotine replacement therapy.

Call 1-866-QUIT-4-LIFE (1-866-784-8454), or log on to www.quitnow.net today for more details.



Interested in working towards a healthy weight? Get City pricing for all Weight Watchers solutions. Enroll by calling 1-866-442-1232 with your Employee number, medical plan ID, and credit card information.

Contact a meeting coordinator below for information about At-Work meetings:

Day	Start Time	Location	Contact
Mon	11:30 am	SMT 1600	Patty: 615-1489
Wed	11:45 am	SMT 1940	Carolyn: 684-7832

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.

MOST Aetna Members—Specialist Doctor Network*



Next time you need to receive specialty care (see box), consider choosing an Aexcel-designated doctor. When you use an Aexcel-designated specialist, not only do you save money, you receive care from a doctor identified as a “high performer” by Aetna.

What is an Aexcel-Designated Specialist?

Aexcel providers have met nationally-recognized standards for clinical quality and also meet Aetna’s efficiency standards. If you choose an Aexcel provider, the plan pays 90% of the cost, compared to 80% if you choose a non-Aexcel provider.

Visit your secure member website at www.aetna.com to:

Aexcel Specialty Areas:

- | | |
|-----------------------------|----------------------|
| • Cardiology | • Orthopedics |
| • Cardiothoracic Surgery | • Otolaryngology/ENT |
| • Gastroenterology | • Neurology |
| • General Surgery | • Neurosurgery |
| • Obstetrics and Gynecology | • Plastic Surgery |
| | • Urology |
| | • Vascular Surgery |

- Find Aexcel-designated doctors, identified with a blue star in DocFind
- Go to the “Provider Details” page, click on the “View Clinical Quality and Efficiency” tab and see if your doctor meets Aexcel designation standards.

*Employees with Most City Aetna medical coverage. Does not apply to Local 77 and SPOG.