City of Seattle
TAKE CHARGE!
for health and living

February 2013

The Skinny on Belly Fat

Science shows a strong connection between excess abdominal fat and some of our most serious diseases. Large amounts of "hidden" visceral or intra-abdominal fat around internal organs raises the risk of type 2 diabetes, heart disease, stroke and some cancers.

Belly fat concerns health experts because it can produce inflammatory substances that promote these diseases. Even normal-weight adults are at risk if they carry excess fat around the middle. Excess belly fat is indicated by a waist measurement of more than 40 inches for men and 35 inches for women.

If you exceed these measurements, it's time to reduce fat through diet and exercise. The good news is that belly fat appears to be the first to go when you lose weight.

Tip: To measure waist circumference: Run a tape measure around your torso just above your navel.

Several studies show 30 to 45 minutes of moderate-intensity exercise (such as brisk walking 5 times a week), cutting calories and eating a balanced diet help you lose weight. The exercise should be intense enough to increase your heat rate but allow you to converse; some sweating is OK. Gradually increasing your exercise time to an hour a day is most effective.

See back page for Weight Watchers services and savings. Losing a little could gain you a lot — reduced risk of disease and a new, lighter you.

City Events

Reframing the Empty Nest *Webinar*
Tuesday, February 5
12 noon - 1:00 pm Registration: See flyer

Market Volatility –Deferred Comp.
Tuesday, February 12
12 noon - 12:45 pm SMT 4020
Registration: Call 447-1924

Enrollment - Deferred Compensation
Thursday February 21
12 noon - 12:45 pm SMT 4080

Identity Theft
Tuesday, February 26
12 noon - 1:00 pm SMT 4050

Calculate Total Retirement - Deferred Compensation
Tuesday, February 26
12 noon - 12:45 pm SMT 4020
Registration: Call 447-1924

Free Blood Pressure Screening
Wednesday, February 27
Stop by between 10:30 am & 1:30 pm
SMT 4096

Tobacco-Free for Life
Give a special gift to yourself or someone you love by quitting tobacco.

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

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:

- 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.

Aexcel Specialty Areas:

- Cardiology
- Cardiothoracic Surgery
- Gastroenterology
- General Surgery
- OBGYN
- Othopedics
- Otolaryngology/ ENT
- Neurology
- Neurosurgery
- Plastic Surgery
- Urology
- Vascular Surgery

News and Notes

- File any remaining **2012 FSA claims** by March 31, 2013 with Benefits Administration Company.
- Interested in **long-term care insurance**? Apply for coverage by June 30. The plan will not be available to new entrants starting July 1, 2013.
- Need to update your **beneficiary**?
  Go to Employee Self-Service for:
  -Life insurance
  -AD&D

  See your HR/Benefits representative for:
  - Sick leave
  - Retirement
  - Deferred Compensation

WeightWatchers

Interested in working towards a healthy weight? Get City pricing for all Weight Watchers solutions. Enroll at wellness.weightwatchers.com with Employer ID: 62344, Employer Passcode: WW62344.

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

Day	Start Time	Location	Contact
Mon	11:45 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.