



Weight-Loss Gains



There are powerful reasons to lose weight, beyond improving your looks. Being overweight increases your risk for developing several chronic conditions like diabetes, arthritis, heart disease, and sleep apnea.

Losing even a small amount of excess weight can produce many protective health benefits.

- ◆ Blood pressure decreases.
- ◆ Blood sugar levels decrease in people with type 2 diabetes.
- ◆ Cholesterol and triglyceride levels improve.
- ◆ Unhealthy abdominal fat decreases.
- ◆ Pain and disability from osteoarthritis decreases.
- ◆ Sleep improves, especially in people with obstructive sleep apnea.

How you lose the weight matters. The best plan is one you can live with long-term. Ultra-strict diets, fasting and drugs may have adverse health effects and provide merely temporary results. The proven formula: nutritious meals, removing unhealthy food cues from your home and work, daily exercise and patience.



See back page for Weight Watchers services and savings. Losing a little could gain you a lot — reduced risk of disease, improved energy, mood, and self-confidence.

City Events

Flu Shot Clinic

Tuesday, February 4
10:00 am - 2:00 pm SMT 4096

Reframing the Empty Nest Webinar

Thursday, February 6
12 noon - 1:00 pm
Login: See future flyer

Enrollment – Deferred Compensation

Thursday, February 13
12 noon - 12:45 pm SMT 4080

Part II - Emotional Eating: Food/Mood Connection

Tuesday, February 25
12 noon - 1:00 pm SMT 4050

3 Year Catch Up - Deferred Compensation

Wednesday, February 26
12 noon - 12:45 pm SMT 4020
Registration: Call 447-1924

Free Blood Pressure Screening

Wednesday, February 26
Stop by between 10:30 am & 1:30 pm
SMT 4096

Love Your Heart

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.





Revised Heart Disease Guidelines

In November, the American College of Cardiology and the American Heart Association released the first new risk reduction guidelines in 10 years for cardiovascular disease. The changes are significant, and they focus on stroke as well as heart attack.

Here is a summary of how the new guidelines may affect you and your family.

1—Treating cholesterol is changing.

Americans have long been urged to use their blood cholesterol results as a guide to lowering risk. However, studies in recent years show that improving LDL with drugs does not necessarily keep us well. You can expect your health care provider to focus less on specific cholesterol numbers, with one exception - very high levels of harmful LDL.

2—Statins are preferred for reducing risk.

The new research found that several popular drugs improved cholesterol numbers, but failed to lower disease risk. However, cholesterol-lowering statins have a good record for lowering risk, regardless of cholesterol levels.

3—Lifestyle remains primary to staying well.

Your provider will continue to use the known risk factors - age, cholesterol levels, blood pressure, smoking, and diabetes - to determine your overall cardiovascular health.



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	Sonja: 615-1566
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.

News and Notes

- File any remaining **2013 health FSA claims** by March 31, 2014 with [Flex-Plan Services](#).
- You may **carry over** up to \$500 in unreimbursed health FSA funds after all reimbursement claims have been processed, which will be mid-April, 2014.
- Need to update your plan **beneficiary**? Go to Employee Self-Service for:
 - Life insurance
 - AD&D
 See your HR/Benefits representative for:
 - Sick leave
 - Retirement
 - Deferred Compensation

