



January 2010 This issue > Weight Watchers • City Event • Wellness Programs for a Healthier Year



To help you reach a healthy weight, the City joined with Weight Watchers on January 4 to provide special savings on four weight loss solutions. Savings are available to employees and family members age 18 and over covered on a City medical plan.

■ **Select** one of these Weight Watchers solutions to support your weight loss efforts:

- **Local meetings:** Access trained leaders and group encouragement at a community meeting\*
- **At Work meetings:** Access trained leaders and co-worker encouragement at a worksite meeting\*\*
- **Online subscription:** Use internet tools and resources with on-line community support; versions for men and women.
- **At Home kit:** Weight-loss tools and products delivered to your home; includes toll-free helpline assistance.
- **For program details go to:**  
<http://personnelweb/benefit/wellness/physical.aspx>

- **Save:** 30% off Weight Watchers services; additional \$30 or \$40 savings each year for meeting attendance at the recommendation of your physician
- **Enroll:** Call 1-866-442-1232 with Employee number, medical plan ID number, and credit card information
- **Share:** Tell co-workers and family members who are covered on a City medical plan about the savings

\*Available only in participating areas in the U.S.

\*\*Minimum enrollment required.

## City Event

### Lunch & Learn Presentation

#### Smart Nutrition: Eating for Optimal Health

January 28  
12 noon – 1:00 PM  
Seattle Municipal Tower, Room 4050



### Wear Red Day – February 5

Show your support for women with heart disease by wearing red to work on Friday, February 5. It's a simple and powerful way to raise heart attack and stroke awareness. Learn more about *Go Red for Women* at [www.goredforwomen.org](http://www.goredforwomen.org)



### Web Resources for a Healthier You

- [www.aetnavigtor.com](http://www.aetnavigtor.com) – access your account and go to *Simple Steps to a Healthier You*, a secure health risk assessment. Receive a health report and personalized action plus 10 online support programs.
- [www.ghc.org](http://www.ghc.org) – log into your account to access *Momentum*. Take the Health Profile, receive a report and personal action plan plus free lifestyle coaching.

## Save on Prescription Drugs\*

To help individuals with certain health conditions fill their prescriptions consistently, starting January 1, 2010, Aetna Preventive and Traditional plan pharmacy coinsurance were reduced for selected drug classes.

Pay 10% of the cost for generic medication and 20% for brand drugs for the following drug groups:

- Anti-high cholesterol
- Asthma
- Tobacco cessation

Access the savings through your in-network retail or mail order pharmacy.

*\*Applies only to the Most medical plans, not Local 77 or SPOG plans.*



## Tobacco-Free in 2010

Contact Free and Clear to map out a personal plan for quitting smoking. The program is free to City of Seattle employees with City medical benefits and covered family members age 18 and over.

**Call 1-866-784-8454** two weeks before your quit date. Your professional coach will help you prepare to quit and help you make a decision about using medication.

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## Meet Life's Challenges

If you are facing challenges at work or in your personal life, consider using your City of Seattle Employee Assistance Program benefit.

Regularly appointed City of Seattle employees or their covered family members may meet with a master's level counselor up to six times per year. The cost is fully covered by the City.

Whatever inter-personal concerns you have, call Wellspring Family Services Employee Assistance Program at **1.800.553.7798**.



## Reminder: Set up Your Personal Health Record

Maintain a secure, electronic personal health record through your medical plan. Access personalized messages and alerts, a detailed health history, and integrated information and resources. A personal health record is available to City employees with City medical benefits and covered dependent age 18 and over.

- **Set up your personal health record:**
  - **Aetna:** Go to your account at [www.aetnavigators.com](http://www.aetnavigators.com); click on Personal Health Record.
  - **Group Health:** Go to your account at [www.ghc.org](http://www.ghc.org); select Online Medical Record.
- **Add prior health events and non-claim health information:** Add your health history, family history, non-prescription drugs and vitamins to create a full record of your health.
- **Bring or email a summary to your health care provider,** so they have your complete health record.

Once you set up your personal health record, your Aetna or Group Health claims data will automatically be added to it.



**General Information:** *Take Charge!* is a general guide to healthy benefits and behavior. Contact your health care professional for your health care concerns.