

TAKE CHARGE!



for health and living

July 2012

Positive Outlook

In some studies, researchers are looking at the link between an optimistic outlook and heart health. Other studies point to happiness as improving productivity, health and quality of life.



While the direct health impact of either is unclear, what is known is that a positive state of mind serves you well.

Where to begin? Focus on a positive every day. Write down things you are grateful for or send a note of appreciation.

Release worry and unproductive distractions. Activities and meditation help.

Silver lining. Make a positive outlook a priority and enjoy the wellness benefits.



Avoid the Post-Vacation Slump

Returning from a great vacation can be a letdown. Plus, vacations are often so busy you find yourself exhausted the day you return to work. Plan relaxing activities toward the end of your vacation or return from a trip a day or two ahead of returning to work so you'll be well rested and ready to get back into action. Most important: Enjoy your time off. **Rest and relax.**

City Events

Long-Term Care Information Sessions - For Currently Enrolled Members Only

See additional presentation schedule at: seattle.gov/personnel/benefits/home.asp

Wise Investing - Deferred Comp

Thursday, July 12
12 noon - 12:45 pm SMT 4080

Legal Issues for Older Relatives

Wednesday, July 17
12 noon - 1:00 pm SMT 4050

Mammography Screening

July 25—29
See *details* on back page



Bond Funds 101 - Deferred Comp

Wednesday, July 25
12 noon - 12:45 pm SMT 4020
Registration: Call 447-1924

Meeting the Challenges of Cancer

Wednesday, July 25
12 noon - 1:00 pm SMT 4070

Blood Pressure Screening

Wednesday, July 25
Stop by between 10:30 & 1:30 SMT 4096

Legal Issues for Older Relatives

Thursday, July 26
12 noon - 1:00 pm SMT 4050



Mammography Screening

July 23 - 27
8:00 am - 4:00 pm



The Swedish mobile mammography unit will be parked on 5th Avenue between Columbia and Marion.

Register by July 16 if prior mammography films must be obtained. You will be billed for any in-network co-pay or co-insurance.

Schedule an Appointment:
Ehealth.swedish.org/mammappointment

To cancel or reschedule: Contact 206-320-2500 or breastcareexpress@swedish.org



News and Notes



- **Long-Term Care Insurance Transfer Enrollment Update:** The deadline for current enrollees in the long-term care plan to decide whether to remain with John Hancock or transfer to Prudential has changed to **Friday, July 27**. Additional webinars and an in-person meeting have been added. See the [long-term care seminar schedule](#) for details. Watch your US Mail for a [letter](#) and [John Hancock future rate increase information](#).
- **Mobile Health:** Check out Aetna and Group Health's free smart phone apps. Search for *Aetna Mobile* or *Group Health Mobile*.

General Information

Take Charge! is a general guide to health benefits and healthy behavior. Contact your health care professional with your specific concerns.

7 Tips to Reduce Your Cancer Risk

- **Don't use tobacco**—Call Quit for Life at 1-866-784-8454 for a free tobacco cessation program.
- **Eat a healthy diet**— Eat plenty of fruits and veggies, limit fat, and if you choose to drink alcohol, do so only in moderation.
- **Maintain a healthy weight and include physical activity**—Call Weight Watchers at 1-866-442-1232 for pricing and enrollment.
- **Protect yourself from the sun**— Avoid midday sun; cover exposed areas; don't skimp on sunscreen; avoid tanning beds.
- **Get immunized**—Talk to your doctor about immunization against Hepatitis B and Human papillomavirus (HPV).
- **Avoid risky behaviors**—Practice safe sex and don't share needles.
- **Take early detection seriously**—Ask your doctor about the best cancer screening schedule for you.

