



July 2015

## Checklist: Safeguard Your Health



Does life keep getting in the way of your wellness goals? Here are several health and fitness indicators and ways to strengthen them.

### To Improve:

- Physical Fitness
- Muscle Mass
- Bone Mass
- Mobility & Agility
- Memory & Thinking
- Sleep
- Immunity
- Arthritis
- Respiratory
- Cholesterol Control
- Type 2 Diabetes Control
- Stress Control

### Choose:

- Cardio & muscle workouts; weight control; no smoking
- Strength training 2 - 3 times per week
- Strength training; adequate dietary calcium; no smoking
- Daily stretching, especially for back, hips & shoulders; core strengthening
- Daily mental challenges; cardio exercise
- Routine bedtime; avoid excess caffeine; regular exercise; stress control
- 7 - 9 hours sleep daily; diet high in fruits and veggies; moderate exercise
- Weight control
- Avoid common allergens; prevent colds and flu; cardio exercise
- Weight control; no smoking; exercise; monitor levels
- Weight control; exercise; monitor blood pressure and glucose
- Meditation; regular relaxation and exercise

## City Events

### Building Strong Families Webinar

Thursday, July 9  
12 noon - 1:00 pm  
Login address: See future flyer\*

### Help Me Understand Investing - Deferred Compensation

Wednesday, July 14  
12 noon - 1:00 pm  
SMT 4080

### Meeting Management

Wednesday, July 15  
12 noon - 1:00 pm  
SMT 1660

### On-Site Mobile Mammography Screening

July 27-30  
See *details* on back page.



### Help Me Understand Investing - Deferred Compensation

Wednesday, July 29  
12 noon - 12:45 pm  
SMT 4080

### Free Blood Pressure Screening

Wednesday, July 22  
Stop by between 10:30 am & 1:30 pm  
SMT 4096

\*Or, call Central Benefits at (206) 615-1340.



## On-Site Mobile Mammography Screening

**July 27 - 30**  
8:00 am - 4:00 pm



The Swedish mobile mammography unit will be parked on **6th Avenue** between Columbia & Marion. Note new location.

Schedule a mammogram appointment at: [mammappointment.swedish.org](http://mammappointment.swedish.org). Click on *Tools, Compatibility View Settings*; add Swedish.org to compatibility view. **Register by July 17** if your most recent mammogram was done by another provider. Swedish will request those previous results so the radiologist can compare images.

To cancel or reschedule: Contact (206) 320-2500 or [breastcareexpress@swedish.org](mailto:breastcareexpress@swedish.org).

You will be billed for any in-network co-pay or co-insurance. See future flyer for coverage information. Remember to bring your photo id and medical card.

## News & Notes

- **Aetna Pharmacy Issues**  
At the beginning of the year, some global system changes occurred that inadvertently caused certain medications to be denied on City plans. The medications we're currently aware of include Nuvaring, testosterone, and omeprazole.  
  
If you have a pharmacy claim that was filled in 2014 and denied this year, mail or fax a completed claim form along with your detailed receipt to: Aetna Pharmacy Management PO Box 52444 Phoenix, AZ 85072-2444; FAX: 1-888-472-1128. If you have questions or require assistance in completing the claim form, contact Aetna at **1-877-292-2480**.
- **Open Enrollment** is Monday, October 5 through Friday, October 30. Mark your calendar and look for more open enrollment information in the fall!

### 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.

### Q. What are heart palpitations?

**Heart palpitations are an uncomfortable awareness of the beating of your own heart.** The heartbeats may feel rapid, irregular, pounding, fluttering or like skipped beats. You may feel them in your neck, throat or chest while you're active or at rest.

Heart palpitations that occur infrequently and last only a few seconds are usually harmless. Common causes include stress or anxiety, strenuous exercise, fever, caffeine, nicotine and decongestant or asthma medications.

Less often, palpitations can be a sign of a serious heart condition, arrhythmia (irregular heartbeat), or thyroid disorder. Let your provider know if the palpitations become more frequent or worsen, especially if you have known heart disease. Call 9-1-1 immediately if you have heart palpitations along with chest discomfort, nausea, sweating, dizziness, fainting or shortness of breath. Medical care can help find and treat the underlying cause.

By Elizabeth Smoots, MD, FAAFP

