



Five Things Your Doctor Needs to Know

By Personal
Best Healthlines

Getting the best possible medical care starts with communicating well with your health care provider. Use the below list to prepare for each office visit:

- 1. Summarize the reason(s) for your visit.** Tell your provider how long the problem has been bothering you, how severe it is and what makes it better or worse.
- 2. Review medicines and supplements you are using.** Bring a list of all current medications and doses, including non-prescription medicines and herbal and dietary supplements.
- 3. Give details about your habits,** including smoking, alcohol intake, exercise and work, as these can all affect your health and healing.
- 4. Speak up if you are depressed or anxious.** Your provider may not be licensed in psychological therapy, but primary care providers are experienced in identifying how emotions can affect physical health.
- 5. Be honest about following your provider's orders.** Maybe you often forget to take your cholesterol-lowering statin, or stopped physical therapy. Admit it, so your provider knows what to expect in future tests or treatments.
- 6. Bring a written list of issues/questions** so you don't inadvertently forget a concern.

City Events

Saving Through Different Life Stages

Thursday, July 7
12:00 pm - 1:00 pm
SMT 4080

Building Strong Families Webinar

Thursday, July 14
12:00 pm - 1:00 pm
Login address: See future flyer*

Saving Through Different Life Stages

Thursday, July 19
12:00 pm - 1:00 pm
SMT 4080

Time Management

Thursday, July 21
12:00 pm - 1:00 pm
Login address: See future flyer*

On-Site Mobile Mammography Screening

July 25 - 27
See *details* on back page.



Free Blood Pressure Screening

Wednesday, July 27
10:30 am - 1:30 pm
SMT 4096

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

News & Notes

- **Open Enrollment** runs Monday, October 3 through Friday, October 28. Mark your calendar and look for more open enrollment information in the fall!
- **Address Change?** Please update your address in Employee Self-Service when you move. That way, you'll be sure to receive information mailed by the City.
- **Try myStrength** to support your emotional well-being. You can read articles, watch inspirational videos, and try eLearning programs. Free as part of your Resources for Living Employee Assistance Program (EAP) benefit. For the access code, register at:

www.resourcesforliving.com

Login: city of seattle

Password: city of seattle (include spaces)

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.

Unplugging for Health

Our digital tools help us work, learn and connect faster. With smartphones and tablets, time spent using mobile devices has increased 70% in the U.S. since 2012. Many adults also rely more on their mobile devices for work, social media and entertainment. Researchers are learning about the psychological effects individuals can experience from heavy technology use; such as sleep disorders, depression, stress and mental health problems.



Is it time to downsize your daily cyberspace quota? Try these:

- Use an app that monitors phone usage
- List things you'll do when unplugged
- Set boundaries for plugged in time for you and your kids
- Identify networking activities to omit
- Unplug to enjoy other pastimes
- Exercise; every hour of screen time means time spent sitting
- Post away messages so everyone knows your response schedule

Mobile Mammography Screening

**Monday, July 25 -
Wednesday, July 27**

8:00 am - 4:00 pm



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

Schedule a mammogram appointment at: mammappointment.swedish.org.

Register by Monday, **July 18** 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.

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