



New EAP Provider

Starting July 1, 2010, Employee Assistance Program services will be provided by Horizon Health. EAP services include individual and family counseling with a clinician and WorkLife services such as financial and legal consults and child and eldercare referrals.

How does this affect me?

- The EAP benefit is the same with some enhancements.
- You will have access to additional counseling services; six visits **per issue** per 12 months.
- To continue seeing a counselor who is not in the Horizon network, Horizon will provide a one-time *authorization* of your initial six visits and work with the provider to get them in-network.

Where do I find more information?

- Multiple employee information sessions will be held throughout the City during June and July.
- You will receive an information packet at home at the end of June.
- Information will be posted on the Benefits website, calendar and thru email.



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

City Events

EAP Employee Information Sessions

Tuesday, June 8
11:30—12 noon
12 noon—12:30 pm
12:30—1:00 pm
Seattle Municipal Tower, Rm 4096

Wednesday, June 9
12 noon—12:30
12:30—1:00 pm
Seattle Municipal Tower, Rm 4050/4060

Additional sessions to be posted.

Weight Watchers Open House

Wednesday, June 15
12 noon—1:00 pm
Seattle Municipal Tower, Rm 4080

Monthly Blood Pressure Screening

Wednesday, June 30
10:30 am—1:30 pm
Seattle Municipal Tower, Rm 4096

Mobile Mammography Unit— July 26-30

Save the dates and look for more details in the July edition of *Take Charge!*



Weight Watchers At-Work Meetings

Ready to reach and maintain a healthy weight?
The City has partnered with Weight Watchers, the only evidenced-based weight loss program, to offer savings to employees and adult family members covered on a City medical plan.

Want the convenience of an Weight Watchers At-Work Meeting? Contact the City coordinator listed below for more details.

Find Weight Watchers services and pricing at personnelweb/Content/Inweb/benefits/pubs/WeightWatchers.pdf

Day	Start Time	Location	Contact
Tues.	11:45 am	Park 95	Debbi: 3-2195
Wed.	7:30 am	SMT 4096	Jean: 4-0512
Wed.	11:45 am	SMT 1940	Carolyn: 4-7832
Thurs	11:30 am	SMT 3205	Patty: 5-1489

Fresh Sun Safety Tips



Summer is on the way—protect your skin against the sun’s harmful rays, melanoma cancer and aging.

- For *prolonged* sun exposure, use 3 layers:
 1. An antioxidant to protect against free-radical damage.
 2. A chemical sunscreen.
 3. A physical sunscreen with zinc oxide.
- Use both UVA & UVB protection and sunscreens with the ingredients octocrylene, zinc oxide, titanium dioxide.
- Reapply sunscreen every hour—use a shot glass full to cover your body and 1/2 teaspoon on your face.

Medication-Free Strategies to Protect Your Heart

Don’t Use Tobacco. If you are ready to quit, find out about the free quit smoking program and nicotine replacement therapy available to you and your covered dependents age 18 and over.

- * Call *Free and Clear* at 866-784-8454 for information.



Get Active. Along with increasing your daily activity like housekeeping or walking the dog, work up to vigorous activity—biking or running.

- * See the new *Bike Walk Ride* initiative at walkbikeride.seattle.gov.

Maintain a Healthy Weight. As you put on weight in adulthood, your weight gain is usually fat rather than muscle.

- * See the *Weight Watchers* meeting article for weight loss program savings.

Get Regular Health Screenings. High blood pressure and high cholesterol can damage your heart and blood vessels.

- * Check your blood pressure at your local drug store, doctor’s office, or stop by the *SMT 4096 screening* on the last Wednesday of the month; 10:30 am—1:30 pm.



- * Have your cholesterol measured at least once every five years, more frequently if your numbers aren’t optimal. *Your City medical plan* will cover the cost of the test.

Source: MayoClinic.com