



June 2014

New! Dependent Verification Process



You recently received a letter describing the City's new dependent verification process and introducing Aon Hewitt. They are the vendor performing this service for the City.

Watch for a verification request letter from Aon Hewitt in the **second week of June**. The letter will list the dependents you currently cover on City benefits and describe the documentation requirements for each. It will also have detailed instructions on how to securely submit document copies.

You'll need to provide documentation by **July 31** to keep your spouse or domestic partner and children on City benefits. The Aon Hewitt Dependent Verification Center will be available to answer your questions.

Here are a few short answers to some questions that have already come in:

- If you're covering a Spouse or Child, you can get started now by locating your Marriage and your Child's Birth Certificates.
- If you're covering a Spouse or Domestic Partner, you do NOT need to provide your original Affidavit of Marriage/ Domestic Partnership.
- Copies are fine; in fact, you should NOT submit originals.

City Events

Power of Positive Thinking Webinar
Thursday, June 5
12 noon - 1:00 pm
Webinar at your phone/computer
Login: See future flyer*

Nutrition and Mid-Life: Changes & Choices (Part I)
Tuesday, June 10
12 noon - 1:00 pm SMT 4050

Calculate Total Retirement - Deferred Compensation
Thursday, June 12
12 noon - 12:45pm SMT 4080

Saving for Retirement
Tuesday, June 24
12 noon - 1:00 pm
Retirement Office
720 Third Avenue, Suite 900

Free Blood Pressure Screening
Wednesday, June 25
Stop by between 10:30 am & 1:30 pm
SMT 4096

Mutual Funds 101 - Deferred Compensation
Wednesday, June 25
12 noon- 12:45 pm
SMT 4020
Registration: Call 447-1924

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



Fight Fatigue

Accidents may happen when we are too tired to focus on the task at hand. Don't let it happen to you. Stay alert by:

- **Getting 7 to 9 hours of sleep.** Create an environment for optimal sleep - a dark room, relaxing bedtime ritual and no electronics before bed.
- **Taking breaks.** If you feel yourself dozing off, drink some water, stretch or take a 10-minute power nap.
- **Limiting sweets and caffeinated drinks.** They provide quick but short-term energy. Better options: fruit, yogurt or a few nuts.

Benefits News and Notes

- **Mobile Mammography Screening** will be offered at the end of July.
- **Freedom From Tobacco.** This summer, enjoy the freedom of the outdoors without tobacco. The Quit For Life Program can help you leave smoking to the grill. *Call 1-866-QUIT-4-LIFE (1-866-784-8454).* For regular City employees and adult dependents.
- **Update Your Home Address** with the City if you have had a change of address. Go to Employee Self-Service at selfservice.ci.seattle.wa.us/.



Shopping Farmers Markets

By Personal Best Healthlines

More than 8,100 farmers markets were listed in the USDA's 2013 Farmers Market Directory, up 63% in 6 years. Farmers are meeting a big demand from neighborhoods for fresh, wholesome produce. The Puget Sound is rich with farmers markets—find one convenient for you at pugetsoundfresh.org/

Late spring through early autumn is ripe with an abundance of produce. To take full advantage of shopping your nearby markets:

- Arrive early for the best selection of produce. Take it home and eat it fresh.
- Bring a basket or bag to fill, and cash in small bills. Try something new every visit.
- Task vendors for tips on how to choose the best fruits and vegetables and how to store them.

Is it organic? Chat with the farmers about their growing practices - while they may not be certified organic growers, they often follow organic requirements.

Depending on the market, you may also find baked goods, meats, nuts, canned goods, herbs and flowers. Some markets are open year-round and offer seasonal crops in cooler months.