



June 2015



## 4 Rs for Restoring Health

*By Personal Best Healthlines*

Unhealthy habits like too much eating, drinking, sitting, sunning or worrying will catch up with us. Try to following the following steps to restore your health:

- 1. Reflect: Are you ready to put your health first?** Attitude is everything when it comes to improving your health.
- 2. Review: Identify what's causing your health problems.** Is your weight completely out of control and a source of depression? Consider any past efforts that may have failed, and why.
- 3. Reverse: Adopt 1 or 2 positive habits that lead to improvement.** For example, quit smoking. Call Quit for Life at 1-866-784-8454 for a tobacco cessation program. Free for eligible City employees.
- 4. Rebuild: New habits require learning and maintaining different behaviors.** For example, rather than eating out most nights, gradually fit in more nutritious home cooking.

## City Events

### 7 Food Habits for Health, Energy and Weight Loss

**Tuesday, June 9**

12 noon - 1:00 pm

SMT 1650

### Catching Up and Asset Allocation - Deferred Compensation

**Wednesday, June 10**

12 noon - 12:45pm

SMT 4080

### Catching Up and Asset Allocation - Deferred Compensation

**Tuesday, June 23**

12 noon - 12:45pm

SMT 4080

### Time Management

**Wednesday, June 24**

12 noon - 1:00 pm

SMT 1650

### Free Blood Pressure Screening

**Wednesday, June 24**

Stop by between 10:30 am & 1:30 pm

SMT 4096

### Big Day of Play

**Sunday, June 28**

Stop by between 12 noon & 4:00 pm

Mt. Baker Rowing & Sailing Center

3800 Lake Washington Blvd. S. 98118

[www.seattle.gov/parks/healthyparks/big\\_day.htm](http://www.seattle.gov/parks/healthyparks/big_day.htm)

## Remember:

Creating balance is an ongoing process that benefits *everyone*.



## 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.

## Benefits News and Notes

- **Mobile Mammography Screening** will be offered July 27 –30.
- **Worrying Too Much?** Talk confidentially about your concerns with a professional counselor. Call Horizon Health EAP at **1-888-272-7252** for a referral. Six free sessions per issue per year for City employees and household members.
- **Get to a healthier weight** and enroll in Weight Watchers. Services available online and at meetings. Special support with a Certified Diabetes Educator if you have diabetes.

Enroll at: [wellness.weightwatchers.com](http://wellness.weightwatchers.com);  
Employer ID: 62344; Employee Passcode WW62344.



## New Benefit! Paid Parental Leave

The City of Seattle is proud to provide a new Paid Parental Leave benefit which gives eligible employees up to four weeks (160 hours) of paid time off to strengthen bonds with a new child and support a healthy work and life balance.

If you have a new child by birth, adoption or foster care and have worked for the City of Seattle for at least six months, you are eligible for Paid Parental Leave. You must be a regular or a temporary-benefits eligible employee and have a qualifying event on or after May 17, 2015.

Contact your department's [human resources representative](#) for more information; see the [Paid Parental Leave](http://www.seattle.gov/personnel/benefits/PaidParentalLeave.asp) web page at [www.seattle.gov/personnel/benefits/PaidParentalLeave.asp](http://www.seattle.gov/personnel/benefits/PaidParentalLeave.asp).

