

TAKE CHARGE!



for health and living



Boost Your Veggie Quota

Vegetables are packed with vitamins and minerals, fiber, and countless chemicals known to boost health. Get your recommended 1 1/2 to 4 cups a day with these easy ways.

1 Give vegetables center stage.

- Cut bite-size pieces of vegetables and skewer with alternating shrimps or chunks of lean chicken for delicious kabobs.
- Layer thinly sliced vegetables on sandwiches. Good picks: cucumber, tomato, mushroom, and avocado.
- Snack on vegetables with a low-fat dip.

2 Add vegetables to favorite dishes.

- Enjoy sautéed peppers, zucchini, mushrooms, asparagus, or onions in omelets or scrambled eggs.

3 Make salads daily fare. A large salad is 3-4 servings of vegetables.

- Start each lunch or dinner with a generous mixed salad.
- Add hearty beans or whole-grain pasta.
- Add surprise ingredients such as nuts, sunflower seeds or dried cranberries.

Next time you're at the grocery, fill your cart with a variety of fruits and vegetables. **Pick one in every color!**



City Events

Eating Well for Living Well

Thursday, March 3
12 noon - 1:00 pm
SMT 4050/4060

Healthy Living Tips

Tuesday, March 22
12 noon - 1:00 pm
SMT 4050/4060

Monthly Blood Pressure Screening

Wednesday, March 30
10:30 am - 1:30 pm
SMT 4096

Wellness Fairs

Wednesday, March 9
10:30 am - 2:30 pm
City Hall, Bertha
Landes Room
600 Fourth Avenue

Tuesday, March 15
7:30 - 10:30 am
Rainier Community
Center
4600 38th Avenue South, Gym

Thursday, March 17
7:30 - 10:30 am
Bitter Lake Community Center
13035 Linden Avenue North, Gym

Health Screening Registration Recommended
www.pickatime.com/client?ven=11601335





Finding a Doctor

Taking care of your health includes having a general practitioner or internist (doctor specializing in adult health care).

You can find websites with basic information such as a doctor's medical school and board certification, and whether they are accepting new patients. But to find a primary care doctor that will suit you, try these ideas:

Ask People. Talk to family and friends. Ask them why they do or do not like their providers; try to get input on the doctor's personality and style. Other doctors are also a great source for recommendations.

Call the Doctor's Office. Find out office hours, hospital affiliations, and the doctor's area of expertise. Check how soon you can get an appointment.

Audition the doctor. Make an appointment. Ask the provider how much experience they have with your specific conditions. Raise other concerns you have, like questions about your family history or aging.

Find in-network doctors at:

- AetnaNavigator.com
- GHC.org

Happiness Factors

- ☺ **Put People First**—Focus on relationships
- ☺ **Go for Flow**— Find an absorbing, challenging pastime that allows you to feel mastery
- ☺ **Do Good**—Those who help others report feeling better about life than those who don't
- ☺ **Buy Experiences, Not Things**—Spending on experience leads to lasting memories and social connections

More Energy — Healthy Weight

Reaching a healthy weight can increase your energy level and reduce aches and pains. It also decreases your risk of many weight-related diseases.

- Contact your medical plan for their discounted weight management support.
Aetna members: 1-877-292-2480
Group Health: 1-888-901-4636
- Try Weight Watchers. Employees and adult dependents with City medical coverage receive special savings.
 - Go to personnelweb/benefits/wellness/physical.aspx for cost and registration details.
 - Meet a Weight Watchers representative at one of the Wellness Fairs listed on page 1.
 - Call Carolyn Trapp (684-7832) about regular meetings in the Seattle Municipal Tower.



Life Skills Webinars

Horizon Health EAP offers live and archived webinars. See March's *Optimizing Stress*.

Website: HorizonCareLink.com

Login: city of seattle

Password: city of seattle

Phone: 1-888-272-7252

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