

TAKE CHARGE!



for health and living

March 2012

Germs in the Gym

Do you practice good hygiene at the gym? Most health clubs clean regularly but don't wipe down equipment after each use. To protect yourself from the "bad bugs" including the drug-resistant methicillin-resistant Staphylococcus aureus (MRSA) bacteria, follow these tips:



- Shower immediately after exercising. Wear shower shoes.
- Keep wounds well covered.
- Protect feet with shoes or sandals.
- Wash and dry gym clothes at a high temperature after wearing.
- Don't share towels, mats, clothes or personal hygiene items.
- Wipe equipment handles or dumbbells with sanitizing wipes.

Try One Thing

Engage in weightlifting or resistance-training exercises at least two days per week to maintain muscle mass.



Adults ages 50+ who do not perform regular resistance-training exercises lose about 1/4 pound of muscle mass per year. Less muscle mass means

decreased metabolism, which leads to weight gain, decreased bone density, and increased chances of falls or injury.

Wellness Fairs

Wednesday, March 7 10:30 am - 2:30 pm
City Hall, Bertha Landes Room
600 Fourth Avenue 98104

Tuesday, March 13 7:30 - 10:00 am
Rainier Community Center, Gym
4600 38th Avenue South 98118

Thursday, March 15 7:30 - 10:00 am
Bitter Lake Community Center, Gym
13035 Linden Avenue North 98133

City Events

Deferred Compensation - Enrollment

Thursday, March 8
12 noon - 12:45 pm SMT 4080

Taking Sleep Seriously

Tuesday March 20
12 noon - 12:45 pm SMT 4050

The Generational Challenge - How do I Save for Retirement?

Tuesday, March 20
12 noon - 12:45 pm TBA

Nutrition and Middle Age

Wednesday, March 28
12 noon - 1:00 pm SMT 4050

Women & Investing 101

Wednesday, March 28
12 noon - 12:45 pm TBA

Blood Pressure Screening

Wednesday, March 28
Stop by between 10:30 & 1:30 SMT 4096

Free Nicotine Patch & Gum

Want to quit using tobacco? Call the Quit For Life® Program for personalized coaching and free nicotine patches and gum. Call 1-866-QUIT-4-LIFE (1-866-784-8454), or visit www.quitnow.net today. Available to City employees and their covered adult family members.



Health Care Plan Resources

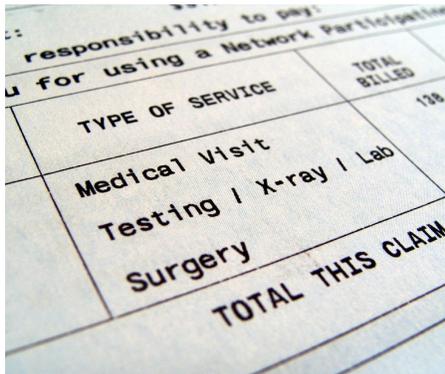
Look up evidenced-based information about diseases, conditions and healthy lifestyle choices through your health care plan web site:

- **Aetna:** AetnaNavigator.com
- **Group Health:** GHC.com
- **Dental Health Services:** DentalHealthServices.com
- **Washington Dental Service:** DeltaDentalWa.com
- **Vision Service Plan:** VSP.com

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.

Check Your Medical Bills



Checking your bills is easier when you've kept good records and can compare the care you are billed for to the care you received. Don't assume that your health care provider's bill is correct, even if your insurance carrier has seen it. Only you know if the care listed on your bill reflects your actual care. Everyone makes mistakes, even the billing offices for hospitals, doctors' offices, labs, clinics and outpatient facilities. Hospital bills can be the most complicated, but even simpler medical bills can contain errors. Here are some things to consider when you check your hospital or other medical bills.

- **Compare your bill to any paperwork** you have from your provider or notes you have made about your care. Make sure the amounts charged match the amounts that your insurance company says you are responsible for. Check services provided. And check provider bills against the Explanation of Benefits the insurance company sends you.
- **Look carefully for duplications.** Sometimes, you can be charged twice by mistake for the same care. If you needed a particular test done twice because of a hospital or lab error, you should not have to pay for the retesting.
- **Check the dates.** Were you actually at the doctor's office or in the hospital on those dates? Many hospitals do not charge you for the day you were discharged. If your discharge day is included in your bill, you might have found an error.