



## Concerned About Someone's Drinking?

If you or a family member are struggling with increased use of alcohol or drugs to deal with life, there are lots of resources available to help. Facing an alcohol or drug problem is not easy, but the decision to find help can be life-changing.



Try one of the resources below to get more information on what you can do next.

- **Assessment**
  - Call Wellspring Family Services EAP at **206-654-4144** with your concerns. In addition to their counseling services, they can provide information on many low- or no-cost community resources for a variety of situations.
  - Contact your family physician about your concerns, especially if there are any physical issues.
  - Consider talking to a therapist about personal or family issues.
- **12 Step Programs**
  - Alcoholics Anonymous—[www.aa.org](http://www.aa.org)
  - Narcotics Anonymous—[www.na.org](http://www.na.org)
- **Chemical Dependency Programs**
  - In-patient and out-patient programs
  - Covered on all City medical plans.
- **Emergency Care**
  - Acute chemical withdrawal (detox) covered on all City medical plans.

## City Events

### Desk-ercising During the Work Day

Wednesday, April 14  
12 noon – 1:00 pm  
Seattle Municipal Tower, Rm 4050

Tuesday, April 27  
12 noon – 1:00 pm  
Seattle Municipal Tower, Rm 4050

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### Quit Tobacco: Individual Coaching

Wednesday, April 14  
7:30 am – 10:30 am  
Seattle Municipal Tower, Rm 4086

Wednesday, April 21  
1:00 pm – 4:00 pm  
Seattle Municipal Tower, Rm 4086

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### Deferred Compensation Enrollment

Wednesday, April 14  
12 noon – 12:45 pm  
Seattle Municipal Tower, Rm 4080

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### Monthly Blood Pressure Screening

Wednesday, April 28  
10:30 am – 1:30 pm  
Seattle Municipal Tower, Rm 4096

## Emergency or Urgent Care?

Sometimes we don't know what to do when we or a loved one are sick or injured—take them to urgent care or the emergency room or call 911? If you need help deciding which kind of care to use, call your 24-hour consulting nurse:

Aetna's Informed Health Line.....1-800-556-1555  
Group Health's Consulting Nurse ...206-901-2244

Urgent Care	Emergency Care
• Allergies	• Chest pain
• Bronchitis	• Confusion
• Cough	• Heart palpitations
• Dizziness	• High fever
• Insect bites	• Ingestion of poisons
• Minor burns	• Pneumonia
• Minor head injury	• Seizures
• Pink eye	• Severe abdominal pain
• Simple fracture	• Severe burns
• Sprains & strains	• Shock
• Urinary tract infections	• Uncontrollable bleeding

### Urgent Care Facilities

#### Aetna Members:

US HealthWorks Medical Group, located throughout the Puget Sound area.

Overlake Urgent Care  
425-688-5777

#### Group Health Members:

Capitol Hill Campus  
206-326-3000

Eastside Hospital  
425-883-5151

Everett Medical Center  
425-261-1500



## Another Great Reason for Achieving a Healthy Weight

A recent study by the International Agency for Research on Cancer estimates that 25-30 percent of breast cancer cases could be **avoided** if women ate less and exercised more to reach and maintain a healthy weight. Screenings, early diagnosis and improved treatments have slowed breast cancer; now the focus is shifting to changing behaviors.

- Set an alarm every hour or so—stand up and move around
- Wear a pedometer—walk your way up to 10,000 steps per day
- Stretch throughout the day
- Check out the City's savings with Weight Watchers, an evidenced-based weight loss program—<http://personnelweb/Content/Inweb/benefits/pubs/WeightWatchers.pdf>



## Need Help During Stressful Times?

Want to talk to a professional counselor about emotional or substance use issues? You or your family members can have up to six in-person counseling visits at no cost to you. Services also include child care referral, elder care information, and financial and legal resources.

Contact Wellspring Family Services EAP at 206-654-4144. If out of area, call 1-800-553-7798. (TTY is 206-451-1341.)

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