



June 2022

Maximize Your Core



By Personal Best Healthlines

Core muscles connect your upper and lower body, supporting your spine, overall function and mobility, especially important as you age. The core muscles are in your back, hips, pelvis, and abdominal area.

To build core strength:

1. Talk to your health care provider about any health concerns, such as back pain or arthritis before beginning a core-strengthening regimen.
2. Learn more; search for core exercises at acefitness.org.
3. Begin strength training the core muscles.
4. Shop for an exercise video online.
5. Take a class, such as yoga or Pilates.
6. Include a variety of exercise to get best results.

A strong core lets you enjoy activities, including biking, golfing, racquet sports, running, swimming, kayaking, and many others. If you sit for long periods, routinely get up and walk around to work your core and reduce back pain and stiffness.

Employees on the Most Benefits Program have access to Hinge Health, a pain management program. See the back page for information on Hinge.

City Events

HRA VEBA Eligible – Retirement Readiness

June 2 11:30 am – 12:30 pm

Register [here](#)

LGBTQIA Mental Health

June 7 11:00 am - 12:00 pm

Register [here](#)

Purchasing a Home

June 9 12:00 pm - 1:00 pm

Join [here](#)

Brain Health is Important

June 15 12:30 pm - 1:00 pm

Register [here](#)

Finding Fall Care With Kinside

June 21 12:00 pm - 12:30 pm

Join [here](#)

Men and Depression

June 23 1:00 pm - 2:00 pm

Register [here](#)

EAP Orientation (Employees)

June 28 12:00 pm - 12:45 pm

Register [here](#)

EAP Orientation (Supervisors)

June 30 11:30 am - 12:30 pm

Register [here](#)

Deferred Compensation Webinars

Considerations When Leaving the City

June 8 12:00 pm - 12:30 pm

Register [here](#)

Nearing Retirement

June 22 12:00 pm - 12:45 pm

Register [here](#)

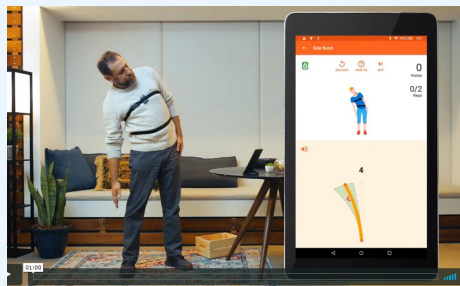
Fund Overview

June 29 12:00 pm - 12:30 pm

Register [here](#)

News & Notes

Conquer Your Pain and Move Freely: Need help with your back or joint pain? Hinge Health is a program is available to employees and their dependents on a Most* medical plan. It includes prevention, acute pain management, chronic pain recovery and pre- or post-surgery support. Treatment options may include a virtual physical therapy visit, app-based exercise therapy, educational materials, expert medical opinion or a free tablet and wearable sensors. To enroll, got to hingehealth.com/cityofseattle.



**Hinge Health is not available to employees in the SPOG or Local 77 benefits programs.*

It's Time for a Dental Exam and Cleaning: In 2019 and 2020 many didn't visit their dentist for a preventive care appointment. Having a regular dental checkup, at least once every six month, is highly recommended to keep your teeth and gums healthy. It's easy to make an appointment. Call your provider today. Need a dentist? If you have Delta Dental of Washington coverage, visit their [find a dentist tool](#). Dental Health Services members, visit www.dentalhealthservices.com and click "Plan Members" and to set up your online account.

Depression Symptoms in Men

While the diagnostic symptoms of depression are the same for everyone, the condition may present quite differently in men. Key distinctions with men include:

- Appearing irritable or angry, rather than sad.
- May be less likely to discuss or admit to depressed feelings, or to seek help.
- May turn to alcohol or drugs, or risky behaviors, such as gambling, to cope with their moods.
- Sometimes experience depression as physical symptoms, such as headaches or stomach upset.
- May escape family responsibilities through excessive work, or avoid both work and family.
- Though they are less likely to attempt suicide, men who do are apt to use more lethal means, so take self-harm seriously.



Fortunately, depression is highly treatable, so consult your health care provider if needed. Help is also available through the Employee Assistance Program. Call (888) 272-7252; (888) 879-8274 (TTY) or go to www.resourcesforliving.com login: city of seattle password: city of seattle.

General Information

Take Charge! is a general guide to health benefits and healthy behavior. Please contact your health care professional with your specific health care concerns.

