



Healthy IncentivesSM color level letter by end of July

If you've been eligible to participate in the Healthy IncentivesSM program this year, you will receive a letter from WebMD after the program ends July 16. That letter will notify you of the out-of-pocket expense level that you and your spouse or domestic partner have earned for your family's medical coverage in 2011. If you cover a spouse or domestic partner, he or she will also receive a letter.

If your family color level is not gold, you may appeal your color level through a two-step process:

1. Your first step will be to call WebMD at 1-866-584-6813 no later than August 16, 2010. WebMD staff will rule on your appeal while you're on the phone. If your appeal is not granted, WebMD will send you a letter with an appeal form to take your second step. Participants in online WebMD Lifestyle Improvement Programs, Weight Watchers at Work[®] or Free and ClearSM tobacco cessation should contact

WebMD staff first. Participants in the Live Well Challenge should contact Benefits, Payroll and Retirement Operations directly at 206-684-1556.

2. Your second step will be to submit the appeal form to Benefits, Payroll and Retirement Operations no later than September 30, 2010. A second-step appeal will only be considered if it is submitted in writing on the appeal form, not verbally over the phone.

If you choose to appeal your family color level, provide as much specific information supporting your appeal as you can. Personal circumstances will be considered during the appeal process.

You may contact Benefits, Payroll and Retirement Operations with questions about the appeal process at 206-684-1556 or kc.benefits@kingcounty.gov.

King County employees create the Goat Hill Giving Garden

Land that stood vacant is now a temporary demonstration garden that county employees are using to teach each other how to grow healthy food. The garden was initiated by employees and implemented by the Health Matters program.



Executive Dow Constantine and Council-member Larry Phillips joined with employees to dedicate the garden on June 9th. Food grown onsite is donated to the Pike Market Senior Center and Downtown Food Bank, providing fresh produce to low income and homeless people.

Under a new culture of empowering employees to put their ideas into action

Executive Constantine applauded the project. "The planters are leftover solid waste pipes, the land was a vacant lot, the dirt is composted food waste and the planter boxes are scavenged scrap lumber." This garden is an excellent example of the generous spirit of dedicated public servants."

The Goat Hill Giving Garden website has been developed to provide resources and education to employees who want to try edible gardening at home. Information from past classes has been posted, as well as a schedule of upcoming onsite classes.

For more information or questions contact Health Matters at FocusOnEmployees@kingcounty.gov or call 206-263-6085.

Stress decreases and productivity increases

Conflict in the workplace can be a productive, invigorating opportunity to explore new ideas and concepts; or it can be a nonproductive experience which is draining physically, psychologically and financially.

The King County Alternative Dispute Resolution Program helps individuals and workgroups turn unresolved conflict into creative solutions that foster a

healthy productive workplace. A recent survey found that 82% of people who were involved in mediation experienced a reduction in their stress levels, and an increase in their productivity in the work place.

Contact us: To learn more about the services available to you as a King County employee, call (206) 296-8751 or go to www.kingcounty.gov/adr.

Introducing the Farm to Work Program

Farm to Work is an exciting new Health Matters program that allows King County employees to have farm-fresh produce delivered directly to them at work.

The program was successfully piloted at the Chinook Building over the past year and is now being made available to any King County worksite with enough employees interested in paying for the weekly delivery. Here's how the program works.

1. Each participating worksite must have one or more coordinators. The coordinators work with Health Matters staff to ensure all program components are in place and assist with the selection of the vendor.

2. Once a vendor has been selected and the drop off site has been identified, employees can sign up to participate in the program. The box contents, cost, and delivery details will vary depending on the vendor selected.
3. Participants pick up their produce and enjoy!



The program is a win-win situation for everyone involved: employees, the worksite, and the local farmer.

For assistance setting up the Farm to Work program at your worksite contact the Health Matters team at 206-205-5017 or FocusOnEmployees@kingcounty.gov.

Taking the stress out of summer travel

July is a popular time for vacationing. A successful vacation – one that is enjoyed before, during, and after a trip – takes a bit of planning. Here are some steps you can take that can help to reduce travel related anxiety and tension.

- **Develop a vacation budget.** Overspending results in tension and anxiety about unnecessary debt.
- **Plan ahead.** Make travel and lodging arrangements as far in advance as possible.
- **Pack smart.** Pack at least a day before you leave to avoid the stress of being rushed and give yourself the opportunity to remember and pack things you may otherwise forget.
- **Get some shuteye.** Sleep-deprived travelers are cranky travelers. So get a good night's sleep.
- **Eat a healthy diet.** Well-nourished bodies are better prepared to cope with stress, so be mindful of what you eat.
- **Include exercise.** Physical activity plays a key role

in reducing and preventing the effects of stress so find time to exercise while you are on vacation.

- **Set boundaries.** As much as you can, leave your job behind. If you have to take work with you, limit the amount of time you are working to one to two hours per day.
- **Be flexible.** Realize that there are going to be some delays and bumps in the road on any journey and try to prepare yourself to roll with the punches.



The Centers for Disease Control recommends carrying medications in their original containers with labels, so contents are easily identified. Also carry copies of all prescriptions, including their generic names. For controlled substances and injectable medications, travelers are advised to carry a note from the prescribing physician on letterhead stationery.

Employee resources and tips from June Health Matters

Eat Smart – Grilling is a great way to cook up healthy, quick summer fare. Grilled foods are healthier options because you use less fat and oil when preparing them. Go to www.kingcounty.gov/HealthMatters, “**July Health Matters**” for foods that cook up well when grilled, including some that may surprise you.

Move More – Whether on a cruise, in a cabin or cabana, move more during your summer vacation to stay in shape, keep up your progress on physical activity, see more of your destination and stay healthy

for the future. Having a staycation? We've got tips for you too. Click on “**July Health Matters**” from www.kingcounty.gov/HealthMatters for more info.

Quit Tobacco – Summer's here. It's the best time to get outdoors and be active. When you quit tobacco, you'll have increased lung capacity, heal from injuries more quickly, and be better able to enjoy an active lifestyle. We've got tools and resources to help you quit for good. Click “**Quit Tobacco**” from the www.kingcounty.gov/HealthMatters or call 206-263-6085.