



## National Men's Health Week

National Men's Health Week (June 15-21) is a time for men of all ages to get informed and take action to improve their health. Men continue to live an average of seven years less than women. Illnesses such as prostate cancer, testicular cancer, infertility, and colon cancer, could be detected and treated sooner with increased awareness. *Health Matters* encourages you to schedule a check up, record your family history, and take the Men's Health Pledge to make your health a top priority at [www.kingcounty.gov/HealthMatters](http://www.kingcounty.gov/HealthMatters) or call 206-296-3822.



## June 30 is deadline for individual action plans

To earn gold for your out-of-pocket medical expenses in 2010, complete your individual action plan by June 30, 2009. If you cover a spouse or domestic partner under your county medical plan, he or she must also complete an action plan by June 30 to earn gold for your family.

For low-risk individuals, fax your 42-day log to Healthways at 888-572-5781 or mail it with a postmark of June 30 or sooner to Healthways, 6629 West Central Ave., Toledo, OH 43617. If you fax your log,

keep a copy of the fax receipt as proof that you faxed your completed log. If you mail your log, keep a copy and consider mailing it certified.

For moderate- or high-risk individuals, complete your three coaching calls by June 30. To schedule your next coaching call, call Healthways at 877-279-0624.

For questions about the Healthy Incentives<sup>SM</sup> program or your benefits, contact Benefits, Payroll and Retirement Operations at 206-684-1556 or [kc.benefits@kingcounty.gov](mailto:kc.benefits@kingcounty.gov).

## Denny Pingeon - Health Hero

Danny Pingeon is doing the Seattle to Portland bike ride this July, is hiking on Mount Rainier, walking and golfing. The South Base Vehicle Maintenance Supervisor has always been active, but he hasn't always been so healthy. In the last few years, he's lost 30 pounds, and more importantly, feels more fit. For decades, Denny ate what he wanted knowing he'd burn the calories with his active family. Then the kids grew up and moved away, Denny had two knee surgeries and kept eating what he wanted. A doctor's visit four years ago was a wake up call.

Get Denny's full story in the June *Health Matters* e-newsletter [www.kingcounty.gov/HealthMatters](http://www.kingcounty.gov/HealthMatters).



## Farmers' market season

A weekly visit to your local farmers' market is an easy way to Eat Smart. And June is a great time to start. There are over 40 farmers' markets in King County, and most are open for the season.

Whether you are a newbie or veteran we've got tips in the June *Health Matters* e-newsletter that can help you have a great market experience.

To find where to go and what is in season, check out Puget Sound Fresh [www.pugetsoundfresh.org](http://www.pugetsoundfresh.org).

In addition to produce, most markets also carry staples like beef, eggs, cheeses, fresh frozen salmon and tuna, pork, poultry, jams and jellies and much more.

## Richard Palmer - Health Hero

For most people, one marathon is a challenging event. Not for Richard Palmer. This 49 year-old North Base Transit Operator set a goal to run a marathon in every state before he turned 50. With just nine more states to go, he's close – he'll check off all 50 states just three months after his 50th birthday .

For Richard it's about using the challenge to stay in shape. Richard says "The whole thing for me is just to keep moving. In my 20s and early 30s, I was very much an out of shape individual. Very out of shape. One day

I realized enough is enough and started running a little bit. I did little runs, then a half-marathon then found out I was pretty good at this."

Read more about Richard's amazing quest: [www.kingcounty.gov/HealthMatters](http://www.kingcounty.gov/HealthMatters) and click on Richard Palmer under **June Health Heroes**.



## Live Well Challenge 2009

The fourth annual Live Well Challenge is almost here. Registration is June 29th through July 19th and the event officially begins on July 20th.



New this year:

- **A new team category** - you can participate with your partner as a **Couples Team**.
- **Record activity, not points** - this year's challenge is all about healthy eating/physical activity habits. Record your activity and the points are automatically calculated.
- **Team members enter their own activity** - this year YOU are in control.

Go to [www.kingcounty.gov/HealthMatters](http://www.kingcounty.gov/HealthMatters) and click on Live Well Challenge for more details.

## Nurse line: Talk to a registered nurse 24/7

Call anytime for reliable information on your health, including prevention strategies, self-care and chronic conditions, medication, tests, procedures and surgeries, and when to seek urgent or emergency care.

## Employee Resources

**Stress Less** – About two-thirds of U.S. households own at least one pet. People have lots of reasons for owning them. But a growing body of research suggests that owning or interacting with animals may have the added benefit of improving your health. Go to [www.kingcounty.gov/HealthMatters](http://www.kingcounty.gov/HealthMatters) and see the Stress Less article in the June e-newsletter.

**Move More** – Now is the time to enjoy this weather! Go online for a listing of local events ranging from events for the kids to 5Ks and local hikes. Click on "Move More" from the *Health Matters* website.

## Bike to Work recap

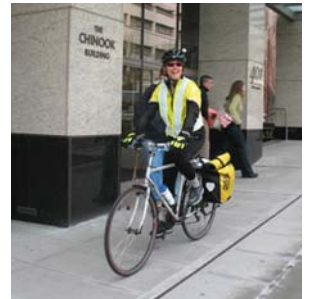
**Congratulations Bike to Work Month participants!** Almost 40 King County teams participated in Bike to Work Month.

At publishing time, 176 riders made over 1,000 round trips, logging 15,000 miles.

The King County team who rode the most miles was Large Wheeled Debris, followed by Shear Velocity, both from the Department of Natural Resources and Parks, Water and Land Resources Division.

If Bike to Work Month inspired you to ride, check out the bike resources available:

[www.kingcounty.gov/HealthMatters](http://www.kingcounty.gov/HealthMatters) - click on "Move More".



**KingCare<sup>SM</sup> members: 800-556-1555**

**Group Health members: 800-297-6877**

You can go to [www.kingcounty.gov/HealthMatters](http://www.kingcounty.gov/HealthMatters) and click on Nurseline for details.

**Eat Smart** – Asparagus & Radish salad - a great lunch on the hot days. This recipe awaits you at the Recipe Box. Go to the *Health Matters* site, click on "Eat Smart," then "Recipe Box".

**Quit Tobacco** - Smoking is expensive. Quitting is free. King County offers comprehensive benefits to help you make the move. Click on "Quit Tobacco" from the web site or call 206-263-6085.

For more information on all these resources and others, go to [www.kingcounty.gov/HealthMatters](http://www.kingcounty.gov/HealthMatters) or call 206-205-5017.