



WebMD to power Healthy Incentives in 2010

Say goodbye to Route 66, Colorful Choices and Passport. Say hello to better access and more choice.

Beginning Jan. 1, 2010, King County employees will have access to a new Healthy IncentivesSM Web site, powered by WebMD. King County has partnered with this highly trusted source to give you a powerful set of tools as you reach for the gold out-of-pocket expense level.

- One-stop Web page for your wellness assessment and action plans.
- Greater choice in individual action plans.
- Immediate feedback on progress and results.

More details on the enhanced Healthy IncentivesSM program will be available soon. Keep reading Health Matters and watch for presentations at worksites in December and January.

Onsite Seasonal Flu Shot Clinics — November 2 - 20

King County onsite flu shot clinics* will offer seasonal flu vaccines to covered employees at no charge. The flu is easy to catch and spread, even before you start to feel sick. You can spread it to someone standing three feet away just by sneezing or coughing. For the onsite seasonal flu clinic schedule and other ways to receive no-charge flu vaccines visit: www.kingcounty.gov/HealthMatters/Flu or call 206-205-5017.

If you get sick

If you get sick this fall, stay home until you feel better and for 24 hours after your fever breaks (unmedicated). If you or a loved one is sick and you need advice about providing care, **call the 24 hour nurse line.**

KingCareSM (Aetna) members: 800-556-1555

Group Health: 800-297-6877

Protect yourself from colds and flu

- Wash your hands for 20 seconds (sing ABCs in your head)
- Use hand sanitizer when you can't wash your hands
- Cover coughs and sneezes in the bend of your elbow (not your hands)
- Stay home when you're sick



**These onsite clinics will not provide H1N1 vaccine, which will be available through health care providers this fall, starting with those at risk for complications from H1N1. Visit www.kingcounty.gov/health/H1N1 or call 877-903-KING (5464) for more info.*

2010 benefit choices will affect your pocketbook

Plan now for open enrollment

The 2010 open enrollment period is November 2 – 20, 2009. Don't miss out. The health plan choices you make could mean thousands of dollars in savings.

- **KingCareSM (Aetna) plan deductibles and coinsurance are going up**, as well as copays for brand name drugs (generics will be lower).
- **There are no changes to the 2010 Group Health plan;** out-of-pocket expenses will be the same as 2009.

- The benefit access fee for spouses and domestic partners with access to other coverage **will increase from \$35 to \$50 per month.**

Check your home mailbox in mid-October for details. Then, plan to make any changes to your benefits during **open enrollment, November 2–20, 2009.**

For more information, visit www.kingcounty.gov/employees/openenrollment anytime.

Health Hero Janet Palmer's Metro workout



Janet Palmer has been a Metro operator for nearly 20 years, but it wasn't until she turned 50 that she was motivated to change her behavior and start moving more. "I decided I needed to do something to get in shape and be healthy, so

I bought some shoes and started running. You don't need any special equipment – just keep moving!"

Janet started with 5K runs and has now completed six half-marathons and three triathlons. She stays motivated by participating in running groups two days a week, and uses the gym at her base when she can. But Janet often finds it most convenient to sneak in exercise while she's on the bus. You'll find videos of her exercises below at www.kingcounty.gov/employees/HealthMatters/Newsletter/Oct09/Janet-Palmer.aspx

Jumping Rope:

- Don't jump high or land hard.
- Have patience and start slowly.
- Good jumping form includes keeping your shoulders relaxed and elbows in and slightly bent.
- While jumping, keep your knees slightly bent. Bounce softly up and down on the toes.



Side Leg Lift:

- Lie on your side, with your lower leg bent, upper leg straight. Keep your ankles and arms relaxed.
- Lift your upper leg, then lower the leg slowly and repeat the movement; change legs.
- Ensure that your hips remain parallel and in line with the shoulders.



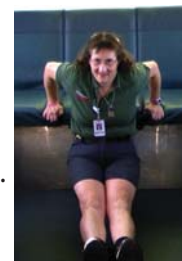
Step ups:

Climbing steps is a great way to shape up the lower body and strengthen the heart. Climbing steps allows you all the benefits of stair climbing without the pitfalls of reaching the top and having to come back down again.

Step onto the platform with one foot, and then step back down. Repeat climbing up and down, switching legs back and forth. Be sure to hold on for extra stability. Tones your thighs and buttocks muscles.

Tricep Dip:

- Position your hands shoulder width.
- Move your bottom in front of bench.
- Straighten your arms and keep a little bend in your elbows.
- Slowly bend at your elbows and lower your upper body down towards the floor until your arms are at about a 90 degree angle. Be sure to keep your back close to the bench.
- Once you reach the bottom of the movement, slowly press off with your hands, and push yourself straight back up to the starting position.



Lunges:

- Start standing up with feet shoulder width apart.
- Lift your right leg up and put it about half a body length in front of you.
- Lower your body until your left knee is about an inch from the floor.
- Pause for a second.
- Raise back up and repeat with other leg.



Resistance Band:

- Wrap the band around the pole.
- Hold one end in each hand with the arms in front of you, just below chest height.
- Keeping the elbows straight, pull your hands out and back .
- Return to the starting position and repeat.



Employee resources

Eat Smart — Get healthy recipes submitted by your co-workers. Go to www.kingcounty.gov/HealthMatters and click "Eat Smart" or call 206-205-5017.

Move More – Go to www.kingcounty.gov/HealthMatters and click on "Move More" then "Local events"

to see what's happening in October.

Quit Tobacco - King County offers comprehensive benefits to help you make the move. Click "Quit Tobacco" from the *Health Matters* site or call 206-263-6085.