



King County Walks April 6-9th

Walk with your co-workers and get a free health calendar. You and your co-workers decide your route and how long you walk, but aim for 10 minutes or more. Studies show that just 10 minutes of exercise at a time can provide health benefits. Teams can be any size and from any worksite. Walk during whatever break time fits your schedule, just be safe!

Register a team by calling 206-263-6085 by 3 p.m.

April 9th. King County Walks recognizes Public Health Week (April 6-12) and the American Heart Association Start Walking Day (April 8) but you can walk any day that week to get a calendar.



Transit employees from Central Base took a stroll through Pioneer Square as part of the 2008 Walks.

Logon and Learn about Diabetes

Almost 1,300 King County employees and their family members are being treated for diabetes. Statistics say 150 more of us will contract diabetes this year. Your decisions today can help beat the odds, and ensure the best quality care for you and your family. The county has free online tools to help.

The **Puget Sound Health Alliance**

Community Check-Up Report details which hospitals and clinics in our region follow treatment guidelines for the best quality care.

MyGroupHealth.com helps you keep track of your blood glucose, cholesterol and blood pressure.

Aetna KingCareSM lets you create a personal health record to track your treatment and lab results.

Aetna SmartSource finds information from the most credible medical web resources including: local doctors who treat diabetes, its diagnosis and treatment, and the estimated cost of care.

To find links to all these tools, go to **www.kingcounty.gov/HealthMatters** and click on **Logon & Learn**

Diabetes made simple

King County is partnering with the American Diabetes Association and Group Health to raise awareness about diabetes, its effects, and how to prevent or treat it.

Here's what's happening this month:



April 16 -- Dr. David McCulloch, national diabetes expert and author of *The Diabetes Answer Book* at Chinook Building, room 123, Noon – 1 pm.

April 18 -- Diabetes Expo - QWest Field - Free to all, 10am - 5pm

For more information visit **www.kingcounty.gov/HealthMatters**, e-mail FocusOnEmployees@kingcounty.gov or call: (206) 205-5017.

The Recipe Box

The re-vamped Eat Smart pages of the Health Matters Web site now include a tool called the Recipe Box. It's a place where you can share healthy recipes with your co-workers and check out recipes submitted by other King County employees.



Not sure if your recipe is "healthy"? Simply enter your ingredients into the recipe analyzer to get a nutrition breakdown and a letter grade. If your recipe gets a grade of "A" or "B" the Health Matters team will put it in the Recipe Box for others to enjoy! Visit **www.kingcounty.gov/HealthMatters** click "Eat Smart" and "Recipe Box" under Quick Links.

Making life and work easier

King County provides FREE counseling and referrals to help you resolve problems at work and home.

Employee Assistance

Program: Licensed, certified counselors assist you in finding solutions to work-related issues such as performance, conduct, relationships, health, or well-being. Contact Pam Wyss at (206) 684-2103 or Tony Hansen at (206) 263-4572, or visit www.kingcounty.gov/employees/EAP.



Making Life Easier Program: a free program to help you resolve life problems: Child care, aging parents, legal, emotional well-being, domestic violence, grief, addiction. Call 24/7 at 888-874-7290 or visit our new website: <https://www.achievesolutions.net/kcml>.

2010-2012 Health Benefits set

The King County Joint Labor Management Insurance Committee has approved a comprehensive health benefit package for the three-year period beginning January 2010.

The agreement secures a strong set of benefits, promoting better health without the burden of premium share, while saving \$37 million over its term. Key elements include some increased deductibles and co-insurance for King CareSM members, a cap on yearly out-of-pocket expenses, lower co-pays for generic drugs, and 100% coverage for preventive screenings. Group Health rates will stay the same as in 2009. Get all the details: www.kingcounty.gov/employees/benefits/2010.aspx or call Benefits 206-684-1556.

Employee Resources

Eat Smart — Check out the redesigned Web pages, get tips and healthy recipes shared by your co-workers. Click on “Eat Smart” from the Web site below or call 206-205-5017.

Move More — Don’t let April showers keep you inside. Local events for April include free sailing classes, local bike rides, historic walks and community dances. Click on “Move More” from the web site below or call 206-205-5017.

Stress Less — It’s no April Fool’s joke – laughter can help ease stress. For other tips, visit the web site and click on “Stress Less” or call 206-205-5017.

Rev Up For Retirement

April 23rd at King Street Center, 8th Floor
11:30 am – 1:30 pm

In today’s economy, planning ahead for retirement is more important than ever. Whether you are close to retirement or years away, **Rev Up For Retirement** will get you the answers you need for yourself or your loved ones, including parents eligible for Medicare. The two-hour seminar features speakers from the Retired Public Employees Council of Washington and the Statewide Health Insurance Benefits Advisors. Register by email: kc.orientations@kingcounty.gov or phone: 206-263-3696.

Next step — your Individual Action Plan

If you took the wellness assessment by March 22nd, you’re eligible to begin your individual action plan to earn the gold out-of-pocket expense level for your 2010 medical expenses.

Haven’t heard from Healthways about your action plan? Then, it’s time to call Healthways at (877) 279-0624 to find out if you’ll be keeping a log or taking coaching calls. You need to complete your plan by June 30th to earn gold. If your spouse or domestic partner is covered, he or she must also complete an action plan to earn gold for your family. Questions? Contact Benefits, Payroll and Retirement Operations at 206-684-1556 or kc.benefits@kingcounty.gov.

Healthway coaches are ready to help you make positive healthful changes in your life. See a larger photo and meet the coaches in the April e-Newsletter.



Quit Tobacco — Smoking is expensive. Quitting is free. Get free nicotine replacement therapy, 100% coverage for prescription drugs, covered visit with your medical provider, online and phone support and more. Click on “Quit Tobacco” from the web site below or call 206-263-6085.

For more information on these resources and others, go to www.kingcounty.gov/HealthMatters or call 206-205-5017.