



Deadline extended for online wellness assessment

The deadline for taking the wellness assessment online has been extended through **Monday, Feb. 9, 2009**. Don't miss your chance to get healthier and save big: www.kingcounty.gov/employees/gethealthy.

You've taken the wellness assessment – now what?

Congrats! You are now ready to take the next step to earn the gold out-of-pocket expense level for your 2010 medical expenses. You and your eligible spouse/ domestic partner must complete an individual action plan by June 30, 2009. Get all the info at www.kingcounty.gov/employees/gethealthy.



Questions about the wellness assessment?
Call Benefits & Retirement
206-684-1556 or e-mail
kc.benefits@kingcounty.gov

Health Hero Mike "Bucky" Buchanan

Mike "Bucky" Buchanan -- a 22-year veteran at Central Base's vehicle maintenance facility -- lived a pretty normal life until a few years ago when he had to

have heart surgery. Twice. "I have always been a fairly fit person, but I had a little genetic bad luck called congestive heart failure." With his doctor's help, Buchanan reviewed his family history and got on a regular program to eat right and control his weight. He now rides his bike to his local Park n' Ride, and joins co-workers in a "footbuster" from his downtown stop to work. "I'm getting in about 20 miles a week. And I feel the

difference."

Along the way Buchanan has found out he was not alone in his quest to bring big changes to his life. "I can't say enough about the people I work with and the support I received here. Unbelievable. They got me through this very difficult time."

Go to www.kingcounty.gov/employees/healthmatters/newsletter/feb09 and click on Bucky's photo to watch his video.



The Fighting Flavonoids

While no single food is a magic bullet, eating foods rich with flavonoids (a plant compound) may help protect your heart. Numerous studies link dark chocolate (70% cocoa) to a decrease in blood pressure. Soy protein was associated with lower blood pressure and lower cholesterol, and drinking green tea also lowered cholesterol. Other foods high in flavonoids include dark-colored fruits and vegetables like spinach, blueberries, purple grapes, onions, garlic, Brussels sprouts, and cranberries.

Source: American Journal of Clinical Nutrition



Want more heart healthy tips and recipes? www.kingcounty.gov/HealthMatters and click on "Eat Smart".

Move More upcoming events

For more info on local events:
www.kingcounty.gov/HealthMatters
and click on "Move More."



Greg LeMond & PAO's Rebecca Steiner

Sign up now for the Tour de Cure

Ride with us on May 16, 2009 at Marymoor Park. Register at <http://tour.diabetes.org/>

King County employees are invited to organize teams. FIVE different routes, for every type of rider. Contact Andy Willmer at the American Diabetes Association at awillmer@diabetes.org.

Sign up Feb. 10 for the Danskin Women's Triathlon Series

The largest and longest-running multi-sport series in the world Structured for both first time and veteran triathletes.

Race Date - Aug. 16th

Registration Opens - Feb. 10th
<http://www.danskinsheroxtri.com/Seattle.htm>

King County members rack up savings with generics

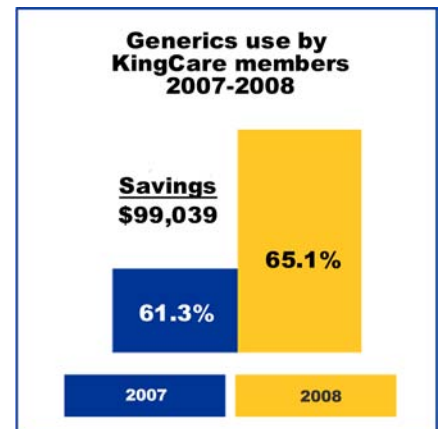
Congratulations— you're choosing generic drugs more than ever. In 2008, employees and their families enrolled in the KingCare plan saved over \$99,000 in out-of-pocket expenses compared to 2007 – by switching to generic drugs.

that replacing the high-priced brands with generic prescriptions can significantly lower your co-pays.

Want to keep saving? Use generic drugs whenever possible. For more info: www.kingcounty.gov/HealthMatters and click on "Choose Generics."

Smart move when you consider

Source: Express Scripts Inc. report on KingCare enrollees



King County Employee Resources

Quit Tobacco

QuitNet - Free customized information to support quitting tobacco. Call BROS at 206-684-1556 for your access code, then logon at www.quitnet.com/kingcounty.

Free Telephone Support – King County Tobacco Quit Line (877) 279-0624.

Support for the patch and other nicotine replacement treatment – Free or reimbursed over-the-counter drugs (patch, gum etc.) Go to www.kingcounty.gov/Healthmatters and click on "Quit Tobacco," or call 206-684-1556 for details.

See your doctor – Visit with your doctor for help including developing a quit plan, and available medications.

Logon & Learn for heart health

King County has online tools to help you make the most informed decisions about your health. Check out www.kingcounty.gov/HealthMatters and click "Logon and Learn."

Find out which hospitals and clinics in our region follow medical guidelines for the most effective treatment of heart disease.

Find out which doctors in your area treat heart disease, what the symptoms are and how it is diagnosed and treated.

Find out how generic alternatives and home delivery of medications can save you money.

Create a personal health record to track numbers that can be vital to heart health: cholesterol, blood glucose and other lab tests.