



## Gym Discount Program Open House

**March 12th, 10 a.m. – 2 p.m.,  
Chinook Building Room 123**

Choosing a gym can be hard. That's why we're bringing gym representatives to King County. Compare facilities and see which ones suit your needs. **Free BMI testing and fitness demonstrations. Free trial passes for some facilities.**

Can't make the Open House? Search for participating gyms online: [www.kingcounty.gov/HealthMatters](http://www.kingcounty.gov/HealthMatters) -

click on Gym Discount Program or call 206-263-6085.



*Health Hero Helen Ivory at the Sheriff's office talks to us about joining a gym and setting her health goals. Read her story online at [www.kingcounty.gov/HealthMatters](http://www.kingcounty.gov/HealthMatters).*

## Spring into your individual action plan

If you're one of the thousands who met the Feb. 9 deadline for taking the wellness assessment, well done! Healthways will be contacting you about your next step to gold – your individual action plan.

If you're still waiting, please be patient – Healthways is processing more than 18,000 participants this year and is on schedule to get in touch with everyone by Mar. 31. If you don't receive a letter or phone call from Healthways by Mar. 31, please contact Healthways toll-free at 1-877-279-0624.

Complete an action plan by June 30, 2009, and you'll earn the gold out-of-pocket expense level for your 2010 medical expenses. Remember: to reach gold, your covered spouse/domestic partner must complete a plan as well.

Questions? [www.kingcounty.gov/employees/gethealthy](http://www.kingcounty.gov/employees/gethealthy)

## King County makes eating healthier easier

March is *National Nutrition Month* — Just 100 extra calories a day can add up to 10 pounds of extra weight in a year, so choosing wisely is important to avoid future health problems.

Thanks to the King County Board of Health's nutrition labeling requirements it's now easier to make informed food choices. Large chain restaurants are now required

to provide nutrition information at the point of ordering. Quick service restaurants must provide calorie information on the menu board or visible sign. Information about carbohydrates, saturated fat, and sodium should be



readily available. Chain restaurants must provide information about calories, carbohydrates, saturated fat and sodium next to each menu item.

When eating out, choose wisely. Eating about one-third of your total daily calories at a meal is a reasonable goal. [www.kingcounty.gov/health/healthyeating](http://www.kingcounty.gov/health/healthyeating)

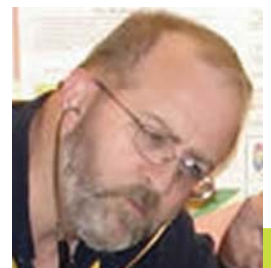
## Tom Moore will be missed

Tom Moore, part-time Transit Operator for King County Metro Transit since 1983, passed away on Feb. 16th after battling cancer. Tom was known for his work with MetroFit, testing blood pressure and helping ease back pain for thousands of fellow employees. Tom even helped save a life at King County's Health & Benefits Fair: "My doctor took an EKG, put me on an

immediate medical treatment, and told me that getting my blood pressure checked that day saved my life. Thank you Tom!"

Family, friends co-workers and the Health Matters staff will miss him.

Read more [www.kingcounty.gov/HealthMatters](http://www.kingcounty.gov/HealthMatters).



## HWFI no more

The Healthy Workplace Funding Initiative (HWFI) was discontinued for 2009 due to budget considerations. These funds allowed for purchases to support Eat Smart, Move More and Stress Less programs in the workplace. While HWFI is no longer available, the county stills support healthy worksites through Health Matters programs.

For a list of tools available to you, go to [www.king-county.gov/HealthMatters](http://www.king-county.gov/HealthMatters)



and click on HWFI or call 206-263-6085. If your workgroup needs help addressing a particular health issue, call us at 206-263-6085.

## Logon and Learn:

### Reduce the (financial) discomfort of colonoscopy.

Sure, colonoscopies are uncomfortable. But paying more than you have to just adds insult to injury. Colonoscopies are recommended for most folks over 50. When detected early, chances of surviving colon cancer improve dramatically. Depending on where you go, the cost of a colonoscopy varies by as much as \$2,000. That's a lot of money for you and the county.

King County has free online resources to help you quickly find the best care in your area, at a cost you can accept. Visit [www.kingcounty.gov/HealthMatters](http://www.kingcounty.gov/HealthMatters) and click "Logon and Learn."

## Diabetes worry? Sign up for a free screening

More than 150 employees and dependents are projected to contract diabetes this year. More will become pre-diabetic. Early detection is critical. King County and the American Diabetes Association are holding free diabetes events for employees. Use the American Diabetes Associations' Diabetes Risk Calculator [www.diabetes.org/risk-test.jsp](http://www.diabetes.org/risk-test.jsp) and consider getting screened.

**King County Diabetes ID Day**  
(Thursday, April 2, 2009)

7 a.m. to 11 a.m. – Chinook Building, rooms 121 & 123

Consultation, free health screenings (blood pressure, BMI, blood glucose, and cholesterol). Open to all employees health screening slots are limited.

Register: [www.kingcounty.gov/HealthMatters](http://www.kingcounty.gov/HealthMatters)

**Diabetes Expo**  
(Saturday, April 18, 2009)  
10 a.m. Qwest Field Event Center

Free health screenings, attend

workshops and participate in cooking/fitness demonstrations.

Register: [www.diabetes.org](http://www.diabetes.org)

Can't make the event? Talk to your primary care physician about your diabetes risk factors.



## King County Employee Resources

**Eat Smart** — Get St. Patrick day recipes (colcannon anyone?) and learn how new menu labeling options help you make healthier choices dining out. Go to the e-newsletter for the full story.

**Move More** — Try something new in March. Go online for a listing of local events ranging from bird watching and nature walks to yoga, gardening and bike intro classes. Click on Move More from the web site.

**Stress Less** — March is National Sleep Awareness Month. Did you know that not enough sleep can have a bad effect on your waistline? Read tips for

getting more sleep and recent studies about sleep and health. Go to the e-newsletter for the full story.

**Quit Tobacco** — King County offers comprehensive benefits to help you make March your time to quit. Get free nicotine replacement therapy, 100% coverage for prescription drugs, covered visits with your medical provider, online and phone support and more. Click on Quit Tobacco from the web site or call 206-263-6085.

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