



2010 open enrollment: November 2nd - November 20th

Go online before Friday, Nov. 20, 2009, to make any changes to your benefits for 2010. It's your annual opportunity to choose the health care options best for you and your family.

This year, the decisions you make will impact your pocketbook. KingCareSM out-of-pocket expenses are going up and there's an increase in the benefit access fee for employees covering spouse/domestic partners with access to medical coverage elsewhere.

Be sure to visit www.kingcounty.gov/employees/openenrollment to review the benefit changes for 2010. Then go to www.kingcounty.gov/mybenefits to make your benefit elections for 2010. It's important

that you:

- Remove the benefit access fee if your covered spouse/domestic partner does not have access to medical coverage (otherwise, you'll be charged a non-refundable \$50/month for that coverage beginning in January 2010).
- Re-enroll in a flexible spending account (FSA) if you want an FSA in 2010 (any FSA you currently have does not roll over into next year).

If you have questions or need help with open enrollment, just call Benefits, Payroll and Retirement Operations at 206-684-1556 weekdays, 8 a.m.–5 p.m., except the Veterans' Day holiday.

Liesl Brooks - Metro operator and Quit Tobacco Health Hero

Liesl could always find excuses to smoke and reasons to put off quitting. She tried to ignore the fact that cigarettes were negatively affecting her health. "It happens slowly, but as you get older your body doesn't recover as quickly as it did when you were younger."

Liesl went through several quit attempts before finally quitting for good. Her final motivation came from her six-year-old. "When you are a mom you have responsibilities. It's not just about you anymore. I want to be there for my kids."

After 20 years of smoking Liesl was done making excuses. She met with her doctor, picked a quit date, and decided to use Chantix – a non-nicotine prescription medicine that helps people quit smoking. "This was my first true attempt where it lasted more than a week – and I knew it was going to last. This was the one."



Liesl has now been smoke-free for six months and estimates she has avoided 4,000 cigarettes and saved \$1,500 since then. "That's a lot of cigarettes – and a lot of money." Liesl now enjoys walking, swimming, hiking with her family, reading and singing. "I deal with stress now rather than masking it with a smoke break."

November 19th — Join the Great American Smokeout



November 19th marks the 34th annual Great American Smokeout, presented by the American Cancer Society. Take that day to cut down on cigarettes, go a day smoke-free, or set this as your quit date.

King County's Quit Tobacco site have been redesigned to make it easier for you to see resources and tools available to you. Smoking is expensive – quitting is free with tools provided to you through King County benefits and community resources.

Set your quit date and say goodbye to tobacco. You're not alone. Visit www.kingcounty.gov/HealthMatters and click on Quit Tobacco or call 206-205-5017.

Weight Watchers and Health Care FSAs

You may be able to use pre-tax dollars to pay for Weight Watchers at Work®.

If a physician recommends weight loss to treat an existing condition, Weight Watchers at Work® qualifies as an allowable reimbursement under a King County health care flexible spending account (FSA). To receive reimbursement for participating in Weight Watchers, you will need to submit the following documents to FBMC, the county's FSA administrator:

- Documentation from your physician stating a medical diagnosis of obesity or an obesity-related disease and providing a referral for you to partici-

pate in Weight Watchers.

- Proof of payment, such as paid invoices, receipts or your Weight Watchers Membership Book stamped with your paid attendance.



If you have a health care FSA this year, you must re-enroll during this year's open enrollment, November 2-20, if you want an FSA next year.

For more information about health care FSAs, contact Benefits, payroll and retirement at **(206) 684-1556** or email kc.benefits@kingcounty.gov.

Move More - Help prevent diabetes/improve diabetes outcomes

November is diabetes awareness month. Being active is particularly beneficial for people with diabetes or those who are at risk for type 2 diabetes. Exercise can help prevent type 2 diabetes and can help avoid complications in people who already have diabetes.

Exercise doesn't have to be all at once – ten minutes at a time is fine! Even small changes to your daily routine can increase physical activity and result in better health. Try walking for 10 minutes a day and working up to 30 minutes, take the stairs, stand while you talk on the phone, or park further away when you run errands. Other resources to help you increase physical activity include:

- American Diabetes Association (www.diabetes.org) or 1-888-DIABETES) – free resources, tools and information on diabetes and exercise.
- The Centers for Disease Control diabetes site (www.cdc.gov/diabetes) has lots of information about ways to be active and manage diabetes
- WebMD (www.webmd.com) provides information about diabetes care.



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.

KingCareSM members: 800-556-1555

Group Health members: 800-297-6877

You can go to www.kingcounty.gov/HealthMatters and click on Nurseline for details.

Employee Resources

Choose Well – Currently, 1,300 King County employees and their family members are being treated for diabetes and more than 150 are projected to contract diabetes this year. The county has free online tools to help you make the best decisions about diabetes prevention and care. Go to www.kingcounty.gov/HealthMatters and click Logon & Learn.

Move More – The weather may be cooling down, but there are still many great opportunities to Move More in the Puget Sound region! Click on "Move More" from the *Health Matters* site.

Eat Smart – Eating smart is key to preventing or managing diabetes. Check out Recipe Box for a list of healthy recipes. 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 information on all these resources and others, go to www.kingcounty.gov/HealthMatters or call 206-205-5017.