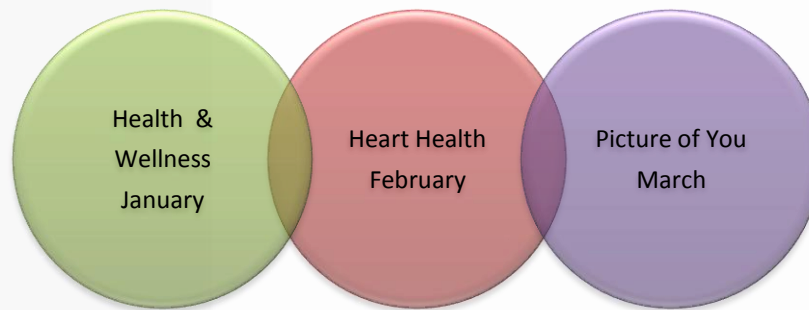




LIVE WELL, WORK WELL

# Achieve Health Garfield Wellness Program 2010



"A simple and engaging way for individuals to achieve better health through Personal Achieve Health"

*Wellness Initiative*

# At-A-Glance 2010

## **JANUARY**

Cervical Health Awareness Month  
Glaucoma Awareness Month  
National Birth Defects Prevention Month  
National Radon Action Month  
Thyroid Awareness Month  
National Folic Acid Awareness Week (4-10)

## **FEBRUARY**

AMD/Low Vision Awareness Month  
American Heart Month  
International Prenatal Infection Prevention Month  
National Children's Dental Health Month  
National Wise Health Consumer Month  
Give Kids a Smile Day (5)  
National Wear Red Day (5)  
Burn Awareness Week (7-13)  
Congenital Heart Defect Awareness Week (7-14)  
Children of Alcoholics Week (14-20)  
National Donor Day (14)

## **MARCH**

National Colorectal Cancer Awareness Month  
National Endometriosis Awareness Month  
National Nutrition Month®  
Save Your Vision Month  
Workplace Eye Wellness Month  
National Patient Safety Awareness Week (7-13)  
National Sleep Awareness Week® (7-13)  
National School Breakfast Week (8-12)  
World Kidney Day (11)  
National Poison Prevention Week (14-20)  
Brain Awareness Week (15-21)  
American Diabetes Alert Day (23)  
World Tuberculosis Day (24)

## **APRIL**

Alcohol Awareness Month  
Foot Health Awareness Month  
Irritable Bowel Syndrome Awareness Month  
National Autism Awareness Month

National Cancer Control Month  
National Donate Life Month  
National Minority Health Awareness Month  
Sexual Assault Awareness Month  
National Public Health Week (5-11)  
World Health Day (7)  
National Alcohol Screening Day® (8)  
National Infant Immunization Week (24-May1)  
2010 March for Babies (24-25)

## **MAY**

American Stroke Month  
Better Hearing and Speech Month  
Clean Air Month  
Healthy Vision Month  
Hepatitis Awareness Month  
Lupus Awareness Month  
Lyme Disease Awareness Month  
Melanoma/Skin Cancer Detection and Prevention Month  
Mental Health Month  
National Arthritis Awareness Month  
National Asthma and Allergy Awareness Month  
National Bike Month  
National High Blood Pressure Education Month  
National Osteoporosis Awareness and Prevention Month  
National Physical Fitness and Sports Month  
Older Americans Month  
Tuberous Sclerosis Awareness Month  
Children's Mental Health Awareness Week (2-8)  
North American Occupational Safety and Health Week (2-8)  
Food Allergy Awareness Week (9-15)  
National Alcohol- and Other Drug-Related Birth Defects Week (9-15)  
National Women's Check-Up Day (10)  
Fibromyalgia Awareness Day (12)  
National Employee Health and Fitness Day (19)  
World Hepatitis Day (19)  
National Senior Health & Fitness Day (26)

World No Tobacco Day (31)

## **JUNE**

Fireworks Safety Month (1-July 4)  
Home Safety Month  
National Scoliosis Awareness Month  
Vision Research Month  
National Headache Awareness Week (6-12)  
Sun Safety Week (6-12)  
National Cancer Survivors Day (6)  
National Men's Health Week (14-22)  
Lightning Safety Week (20-26)  
National ASK Day (21)  
Eye Safety Awareness Week (27-July 5)  
National HIV Testing Day (27)

## **JULY**

Fireworks Safety Month (June 1-July 4)  
International Group B Strep Awareness Month  
Juvenile Arthritis Awareness Month  
UV Safety Month

## **AUGUST**

Cataract Awareness Month  
Children's Eye Health and Safety Month  
National Immunization Awareness Month  
Psoriasis Awareness Month  
National Minority Donor Awareness Day (1)  
National Health Center Week (8-14)

## **SEPTEMBER**

Childhood Cancer Month  
Fruit and Veggies – More Matters Month  
Leukemia & Lymphoma Awareness Month  
National Alcohol and Drug Addiction Recovery Month  
National Atrial Fibrillation Awareness Month  
National Cholesterol Education Month  
National Infant Mortality Awareness Month  
National Pediculosis/Head Lice Prevention Month  
National Sickle Cell Month  
National Yoga Awareness Month

Source: 2010 National Health Observances, National Health Information Center, U.S. Dept. of Health and Human Services, Office of Disease Prevention and Health Promotion.  
Web site: [www.healthfinder.gov](http://www.healthfinder.gov)

# At-A-Glance 2010

Source: 2010 National Health Observances, National Health Information Center, U.S. Dept. of Health and Human Services, Office of Disease Prevention and Health Promotion.  
Web site: [www.healthfinder.gov](http://www.healthfinder.gov)

Ovarian Cancer Awareness Month  
Prostate Cancer Awareness Month  
Reye's Syndrome Awareness Month  
Sports and Home Eye Safety Month  
Whole Grains Month  
National Suicide Prevention Week (5-11)  
National Celiac Disease Awareness Day (13)  
National School Backpack Awareness Day (15)  
National Farm Safety & Health Week (19-25)  
World Alzheimer's Day (21)  
Family Health & Fitness Day USA (25)  
World Rabies Day (28)  
National Women's Health & Fitness Day (29)  
World Heart Day (30)

## **OCTOBER**

Eye Injury Prevention Month  
Halloween Safety Month  
National Breast Cancer Awareness Month  
National Celiac Disease Awareness Month  
National Dental Hygiene Month  
National Disability Employment Awareness Month  
National Domestic Violence Awareness Month  
National Down Syndrome Awareness Month  
National Physical Therapy Month  
National Spina Bifida Awareness Month  
Sudden Infant Death Syndrome Awareness Month  
Talk About Prescriptions Month  
Hearing Aid Awareness Week (3-10)  
Drive Safely Work Week (4-8)  
Mental Illness Awareness Week (4-10)  
National Child Health Day (4)  
National Depression Screening Day® (7)  
World Mental Health Day (10)  
National School Lunch Week (11-15)  
Bone and Joint Decade National Action Week (12-20)  
Metastatic Breast Cancer Awareness Day (13)

National Drug-Free Work Week (18-24)  
World Osteoporosis Day (20)  
National Mammography Day (22)  
Red Ribbon Week (24-31)  
Respiratory Care Week (24-30)

## **NOVEMBER**

American Diabetes Month  
COPD Awareness Month  
Diabetic Eye Disease Month  
Lung Cancer Awareness Month  
National Family Caregivers Month  
National Healthy Skin Month  
National Hospice Palliative Care Month  
Pancreatic Cancer Awareness Month  
Prematurity Awareness Month  
Pulmonary Hypertension Awareness Month  
Great American Smokeout (18)  
Prematurity Awareness Day (18)  
National Survivors of Suicide Day (20)  
Gastroesophageal Reflux Disease (GERD) Awareness Week (21-27)

## **DECEMBER**

Safe Toys and Gifts Month  
National Aplastic Anemia and MDS Awareness Week (1-7)  
World AIDS Day (1)  
National Handwashing Awareness Week (5-11)



Dear Wellness Team Member:

Providing a comprehensive wellness package to you and your eligible family members is important to the hospital. The work you do is important to this community and the people we serve. That is why Garfield County Hospital District has put together this wellness program, as an extra benefit to our employees.

GCHD's wellness program is based on the Health Home model, which is a system that promotes wellness for individuals and families by coordinating care across all health circumstances, underlying conditions and health service needs. Health Home takes the best part of living in a rural lifestyle: family, community, outdoor environment, and social connectedness; and wraps those resources around quality primary medical care. It looks at health as both the statistical measurements of wellbeing (BMI, Cholesterol, glucose) and the social interaction, including community support, access to quality information, and encouragement to make healthy choices.

GCHD's wellness program includes two exciting incentives the Achieve Health Program and wellness lifestyle courses. Our workplace wellness program offer's educational courses and activities that promote healthy lifestyles to you and your families. Examples include such things as health education, internal policies and activities that promote healthy behavior, and any other activities, policies or environmental changes that affect your health.

I encourage you to participate in the 2010 wellness program. Your thoughts and input about the wellness program are welcome; please feel free to discuss them with the wellness committee at any time.

Sincerely,



Andrew Craigie, CEO



## **2009 Review:**

### **Garfield County Hospital's Workplace Wellness Program**

I am pleased to announce that in the year of 2009 we introduced new features to our wellness program as part of the Garfield County Hospital Healthy culture. With a total of over 35 participants in the 2009 program year, we believe that we are well on our way to another great year of wellness at Garfield County Hospital District.

We would like to acknowledge those participants from the 2009 plan year who had received the annual incentives or prizes.

The winners of the 6 Week Wellness Walking Challenge from October – November are as follows:

<b>Week 1: Suzie Bowles</b>	<b>Week 2: Caroline Moore</b>	<b>Week 3: Lisa Barnes</b>	
<b>Week 4: Teri Lytle</b>	<b>Week 5: Emily Heytvelt</b>	<b>Week 6: Mary Allbright</b>	

The overall winner for the whole challenge and therefore winning 2 Nintendo Wii's was Susie Bowles!!

The participants who attended 2 Educational Trainings and 2 Activities, and therefore received a Free Subscription for one year to their choice of SHAPE magazine, FITNESS magazine, or MENS HEALTH magazine, are as follows:

<b>Mary Allbright</b>	<b>Lisa Barnes</b>	<b>Michele Beehler</b>
<b>Megan Berglund</b>	<b>Suzie Bowles</b>	<b>Andrew Craigie</b>
<b>Barb DeHerrera</b>	<b>Emily Heytvelt</b>	<b>Shannon Jones</b>
<b>Teri Lytle</b>	<b>Caroline Moore</b>	<b>Susan Morrow</b>
<b>Nancy Starkweather</b>		

The participants who attended 3 Educational Trainings and 3 Activities, and therefore received either a Free I-Pod Shuffle, or \$50.00 gift card equivalent, are as follows:

<b>Michele Beehler</b>	<b>Barb DeHerrera</b>	<b>Emily Heytvelt</b>	<b>Caroline Moore</b>
<b>Susan Morrow</b>			

The participant who won the Grand Prize of enjoying a trip for themselves and one guest to Seattle, WA where they attended the Washington Health Foundation 2009 Heroes and health Gala was:  
**Barb DeHerrera**

The wellness committee would like to thank all of last years participants & congratulate them on a job well done!! We hope that you will all continue to participate in the 2010 wellness plan year, & we encourage new members to join us as well. This booklet will set the foundation for the 2010 wellness plan year ahead.

If you have any questions or concerns or would like to join the wellness committee please contact Megan Berglund at ext: 142 or at [Megan.Delp@garfieldcountyphd.org](mailto:Megan.Delp@garfieldcountyphd.org).

**Health Reimbursement Account (HRA)**  
**Annual allocation from your employer**

**HRA Allocation\***

\$1000 for Employee Only  
\$2000 for Employee + Spouse  
\$2000 for Employee + Child(ren)  
\$2000 for Employee + Family

**100% of unused HRA funds roll into the next plan year**

*\*HRA dollars can be used for medical and vision claims.*

**Earn Additional HRA Dollars**

✓ Wellness Plan Incentive for **Employee** participation: \$500

✓ Additional Wellness Plan Incentive for participation by **all enrolled family members**: \$500

**Wellness Plan Incentive is given in quarterly increments**

**Bridge Employee portion of the total deductible**

**Bridge Amount\***

\$1500 for Employee Only  
\$3000 for Employee + Spouse  
\$3000 for Employee + Child(ren)  
\$3000 for Employee + Family

*\*Earning additional HRA dollars through the Wellness Program can reduce your out-of-pocket costs.*

**Traditional Health Coverage**  
**Protects you if you need additional coverage.**  
**Begins after you use your annual HRA allocation and pay your Bridge.**

**Traditional Health Coverage**

Plan pays 80% for In-Network providers  
Plan pays 50% for Out-of-Network providers

**Coinsurance Maximum**

\$2,500 for employee only coverage  
\$5,000 for employee + spouse coverage  
\$5,000 for employee + child(ren) coverage  
\$5,000 for family coverage

After reaching the coinsurance maximum, the plan pays 100% of reasonable and customary charges for covered services for the remainder of the year.

# 2010 Medical Plan Recap



## **Garfield In-House Discounts:**

In-House Benefits Bonus (services must be rendered and billed by a Garfield County Hospital facility – PAYER CODE 3038):

- Preventative Care: 2 well-visits per enrolled person paid in full.
- Clinic office visits: per person and each subject to \$10 pre-paid co-pay.
- Immunizations: paid in full.
- Diagnostic Lab and X-ray: Provider referral required. Paid in full through 12/31/09. Effective 1/1/2010 each subject to \$10 prepaid co-pay.
- Physical Therapy and/or Massage Therapy Visits: 15 total per person. Each visit subject to \$10 pre-paid co-pay.
- ER Visits: Each admit subject to \$100 co-pay
- Hospital Inpatient: Each admit subject to \$100 co-pay
- Observation Outpatient: Each admit subject to \$100 co-pay
- Dietary Consultation: 10 visits per person. Each visit subject to \$10 pre-paid co-pay.

# Garfield County Hospital District Workplace Wellness Program Enrollment Directions

Health Home - Windows Internet Explorer

http://www.healthhome.us/

HOME | NUTRITION | EXERCISE | MEDICAL CARE | SUPPORT SERVICES | FINANCIAL RESOURCES | COMMUNITY CONNECTIONS

CHRONIC DISEASE | SENIORS | WOMEN'S HEALTH | MEN'S HEALTH | TEENS | CHILDREN | LIFESTYLE | MENTAL HEALTH

error page

Welcome to the Health Home website featuring up-to-date health information and links to many community resources.

ACHIEVE HEALTH

GARFIELD COUNTY HOSPITAL

WASHINGTON HEALTH FOUNDATION

HEALTH TIPS & FACTS

Step 2

**Step 1: Log onto: [www.healthhome.us](http://www.healthhome.us)**

**Step 2: Click on the Achieve Health Link on the Right Side of the Page**





**Step 3: This is the Achieve Health Website. Use the Right Hand Scroll bar to scroll to the bottom of the Achieve Health Home Page.**

**Step 4: At the bottom of the page you will see the Registration button.**

**Click on this button to enroll! If you were previously enrolled in Accounting for Health DO NOT REGISTER. If you were previously enrolled in Accounting for Health you will receive an e-mail with your password and PIN Number.**



ACHIEVE HEALTH

USERNAME PASSWORD PIN LOGIN

FORGOT YOUR PASSWORD?

Thank You for choosing Achieve Health.  
Once registered you will be able to track Your personal Info!

First Name  Email

Last Name  Pin

Middle Int  Last Login

Address  City

Address2  State

Zip

Height  ft.  in.

Search

HEALTH HOME

GARFIELD COUNT HOSPITAL

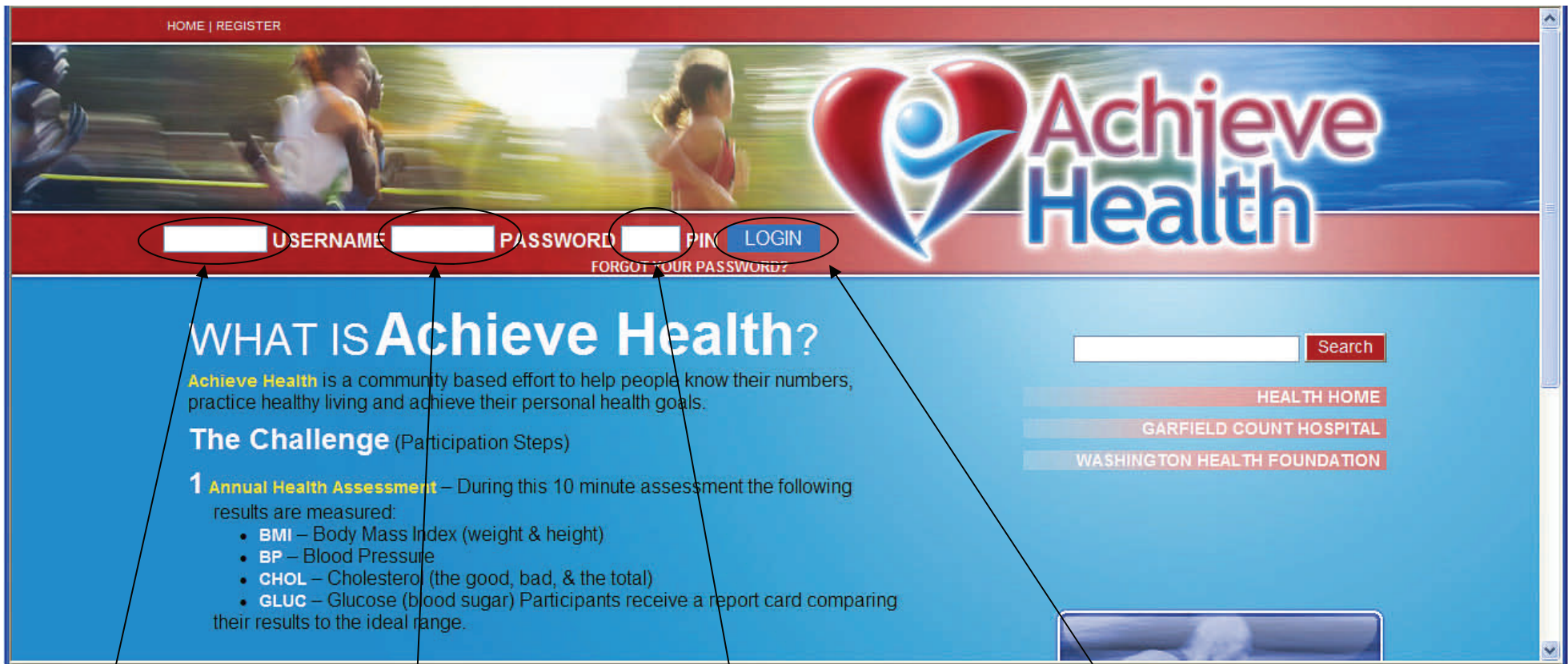
WASHINGTON HEALTH FOUNDATION

**Step 6: Submit Button**

**Step 5: To enroll in the Achieve Health Program fill in the requested information. You will need to submit your name, address, height, e-mail, and you will need to create a PIN number.**

**Step 6: Once you have filled in the above fields click the Submit Button.**

**Step 7: Once you click submit your password will be sent to the e-mail you listed.**



**Step 8: Username:**  
This is your e-mail

**Step 9: Password:**  
This was created and  
e-mailed to you.

**Step 10: PIN: You cre-**  
**ated this when you reg-**  
**istered**

**Step 11: Click the login button**

**Once you have received your password you will be able to login.**

**Step 8: Enter your e-mail as your username.**

**Step 9: Enter your password that you received by e-mail.**

**Step 10: Enter the PIN number that you created when you registered.**

**Step 11: Once you have filled in the three boxes described above, click on the login page.**



DASHBOARD | MY INFO | LOG OUT



Thursday, January 08, 2009

### MY CHOLESTEROL

- HDL
- LDL
- Total

160  
140  
120  
100  
80  
60  
40  
20  
0

No Data

IDEAL RANGES:  
<200 >=40 <100

100 200 300 400

■ HDL ■ LDL ■ Total

WEIGHT:

BLOOD PRESSURE:  /

Submit

HEALTH HOME  
GARFIELD COUNT HOSPITAL  
WASHINGTON HEALTH FOUNDATION

### My Personal Health Totals this Month are:

IDEAL RANGES:  
<=120 <=80

Step 13: Enter your weight and blood pressure here.

Step 14: Submit Button

**Step 12:** This is your personal health information record. This sheet over time will track your Cholesterol, Blood pressure, Blood sugar, and Weight/Body Mass Index.

This record will also scale your Cholesterol, Blood Pressure, Blood Sugar, and Weight/Body Mass Index and show you where it rates against the ideal range for your height and weight.

**Step 13: Reporting Monthly:** This screen is also where you are able to report your totals for the month. All you need to input is your current weight for the month, and your current Blood Pressure for that month.

**Step 14:** Once you have entered your weight and blood pressure, click on the submit button and watch your personal health information recalculate!



# Health & Wellness Fair

## January 25<sup>th</sup> 6am-10am

Resolve to Achieving Health this year



### Prep for Your New Year's Resolution!

Get an early start on your New Year's resolution. In fact, if you can implement some good habits now, it will be that much easier for you to maintain them in the coming months. Here are some suggestions:

- Remove one bad item from your diet entirely. For example, if you consume a lot of soft drinks, try to give them up for a month. If you drink two 12-ounce cans of soda per day, you will be cutting about 300 calories from your daily intake per day.
- Try taking vitamins. Most people do not get the recommended daily allowance of vitamins and minerals each day. Consider taking a multivitamin supplement to stay as healthy as possible.
- Get more sleep. It may not be possible if you're a new parent, for example, but most people simply do not get enough sleep because of unnecessarily busy schedules. Shoot for at least seven – preferably nine – hours of sleep a night... it makes for a much better day!

### Green Machine Smoothie

Change the title to “Green Monster” Smoothie, and it's likely your kids will go wild for this nutritious and energizing drink!

**1 cup of fresh spinach leaves**

**½ cup frozen pineapple**

**1 small banana**

**1 6-oz. container of yogurt** (try to find Greek yogurt, which has twice the protein and fewer carbs than regular yogurt)

**3-5 ice cubes**

**Lemonade or orange juice** (use sugar-free or diet lemonade if possible)

Blend together and serve – and that's it! Perfect for before or after a workout.

Recipe courtesy Chris Freytag; [www.chrisfreytag.com](http://www.chrisfreytag.com)



LIVE WELL, WORK WELL.

January

# Introducing:

## Garfield County Hospital's Workplace Wellness Program

<b>Incentives</b>	<b>Achieve Health Program</b>	<b>Wellness Lifestyle Program</b>
<b>Earn Additional HRA Dollars</b>	<p>Paid in quarterly increments as long as requirements of Achieve Health Program are being completed and reported.</p> <p style="text-align: center;"><b>Grand Total to be Earned Annually</b> <b>\$250.00 HRA Dollars</b></p> <p><small>* All family members over the age of 16 are required to complete the achieve health program. Those under the age of 16 must complete requirements according to WA State Department of Health Child Profile Health Record Booklet.</small></p>	<p>Completed 1 qualified GCHD Educational Training per Enrolled Participant per Year <b>= \$125.00 HRA Dollars</b></p>
Employee participation: <b>\$500</b> All enrolled family members* participation: <b>\$500</b>		<p>Completed 1 qualified GCHD Activity Participation per Enrolled Participant per Year <b>= \$125.00 HRA Dollars</b></p>
	<b>Annual Incentives</b>	
<b>Earn Additional Incentives</b> <small>*Available to all Full Time Employees who participate.</small>	<p>Those who complete the Achieve Health Program, Attend all GCHD sponsored Educational Trainings and Participate in all GCHD sponsored Activities by November 1, 2009 will be entered into a drawing. <b>The drawing winner will enjoy a trip for themselves and one guest to Seattle, WA where they will attend the Washington Health Foundation 2009 Heroes of Health Gala.</b></p>	
	<p>Complete the Achieve Health Program, Attend 2 Education Trainings and Participate in 2 Activities per year = <b>Free Subscription to either SHAPE, FITNESS, or MENS HEALTH Magazine</b></p>	
	<p>Complete the Achieve Health Program, Attend 3 Educational Trainings and Participate in 3 Activities per year = <b>Free I-Pod Shuffle or \$50.00 gift card equivalent.</b></p>	

<b>Educational Trainings/Activity Participation</b>	
GCHD will hold no less than one qualified educational training, and one qualified activity per calendar quarter. These events will be posted 30 days prior to the scheduled event.	
<b>Other Qualified Educational Trainings/Activity Participation</b>	
In addition to the quarterly scheduled educational trainings and activities all participants enrolled in the Workplace Wellness Program may complete one of the following other qualified educational trainings/activity participation at their leisure to count towards their total educational trainings/activity participation. <b>Each</b> of the below programs will only be counted <b>once</b> for a qualified training/activity. Other unlisted options may be approved and qualified at the discretion of the administrator.	
Educational Training	Activity Participation
1. Complete one Dietary Consultation visit	1. One Months Enrollment/Participation at the Pomeroy Gym
2. Attend 4 All Staff Meetings throughout the year.	2. One Month Participation in Weight Watchers
3. One Month Participation in Weight Watchers	3. Lead one scheduled activity with Memory Manor residents
4. Completing all 4 training modules offered at GCHD in the current calendar year (Values, Caring, Communication, Quality)	4. Volunteer/Participation/Coach in a school sports program.

# 12 EASY WAYS to Enjoy Activity at WORK!

1. **WEAR A PEDOMETER AT WORK.** Since every step counts, wearing a pedometer is wonderful motivator to move more during your workday.
2. **WALK AROUND THE OFFICE.** There's no need to sit still while you talk on the phone or think. Pacing and fidgeting are physical activity.
3. **WALK AROUND THE BUILDING.** Sometimes a face-to-face talk is the best way to communicate (and it gets you up and moving around).
4. **WALK UP (AND DOWN) THE STAIRS.** If you have a choice, always take the stairs. If you have stairs, take as many trips up and down as possible.
5. **WALK AROUND THE BLOCK.** Got a coffee break? Got a few free minutes? Take a walk outside and get some fresh air (and extra steps).
6. **WALK AND TALK.** Need to discuss something with a co-worker? A walking meeting can be more productive and healthier too!
7. **LIFT WEIGHTS WHILE YOU TALK.** Keep a weight near the telephone; pick it up when you get a call and pump your arms while you talk.
8. **TAKE A WEIGHT BREAK.** Feeling tired and bogged down? Take five minutes to lift your hand weights and get your blood flowing.
9. **WORK YOUR ABS.** You can strengthen tummy muscles while sitting in a chair. Sit straight, tighten muscles and release. Repeat.
10. **STRETCH YOUR ARMS AND LEGS.** Stuck at your desk? Use a resistance band for a five minute stretch. Your mind and body will be more flexible.
11. **STRETCH YOUR STRESS AWAY.** Tension in your shoulders, neck and back is easy to release with standing stretches and a resistance band.
12. **CHECK YOUR PEDOMETER.** How many steps do you take during a typical workday? Any ideas for adding a few more steps here or there?









January 2010

Brought to you by your wellness committee

## Love Thyself... Practice Self-Care

To avoid unnecessary – and often costly – visits to the doctor’s office, incorporate these self-care techniques into your wellness regime.

- Think about over-the-counter (OTC) medications that could fight off symptoms to common ailments before heading to the doctor.
- Join a virtual support group on the Internet. Seek out resources to common health problems from reputable sources, such as government and educational sites.
- Take a class from a local hospital on caring for common ailments suffered by children such as fevers, burns and bug bites.



January 4-10 is  
Folic Acid  
Awareness Week!

# LIVE WELL, WORK WELL

## Women: Take Folic Acid for Health!

Folic Acid Awareness Week is January 4 through 10. Taking folic acid can promote your baby’s healthy development in the womb. Read on to find out answers to the most common questions regarding this nutrient.

### How does folic acid help a baby’s growth?

This important vitamin assists the body in cell creation. A pregnant woman requires more folic acid because there needs to be enough for her and the baby.

### Does a woman who is not pregnant need to take folic acid?

Yes, especially if she is planning on getting pregnant. The spinal birth defect spina bifida usually occurs in a fetus before a woman even realizes she’s pregnant.

### In what foods can folic acid be found?

Green vegetables, fruits and orange juice all contain the vitamin folate, as well as enriched cereals and breads. Most people do not get enough folic acid through food alone, however, so it’s wise to take a multivitamin.

### How much folic acid is needed daily?

Women who could become pregnant should take 400 mcg (0.4 mg) via a vitamin. Any woman who is already a parent of a child affected with spina bifida should take 4,000 mcg (4.0 mg) for one to three months before getting pregnant again. A prescription will be needed for this amount.

For more information, visit the National Council on Folic Acid at [www.folicacidinfo.org](http://www.folicacidinfo.org).



## Assistance with Assisted Living

Has it come to that dreaded time where you think you may have to place your parent(s) in a facility to help with dressing, bathing, eating and the like? Then assisted living is probably the best choice. This is a residence that helps older adults who should no longer live on their own, yet does not provide full-time nursing services.

Choosing a facility may seem daunting, but the U.S. Department of Health and Human Services (HHS) offers these suggestions to help you get started:

- Think ahead. What will your parent(s) need in the future? Will the residence meet those needs?
- Is the facility close to family and friends?
- Does the facility have limits on allowing residents to remain if their condition deteriorates (such as mental impairment)?
- Visit each facility more than once, sometimes

unannounced.

- Visit at meal times and sample the food.
- Talk to residents – do they enjoy being there?
- Learn what types of training the staff receives and how frequent it is.
- Review state licensing reports.



FLEXIBILITY

HYGIENE

STRENGTH

MENTAL  
HEALTH

GOOD  
DIET



## Still Looking for a Resolution?

Try some of these ideas to start 2010 off right!

- Take a first aid course.
- Go to bed earlier.
- Establish a monthly budget for the whole year.
- Start a daily walking routine with your neighbors or family.
- Donate blood.
- Eat a high-fiber, low-fat breakfast every day.
- Add a fruit or vegetable to every meal.
- Reuse glass and plastic packaging instead of throwing it away.
- Replace light bulbs with energy-efficient compact fluorescent light bulbs (CFLs).
- Volunteer a few hours a week.
- Try a new physical activity, such as cross-country skiing or badminton.

## Satisfy Your Palate the Healthy Way

What's the most popular New Year's resolution? To lose weight/get in shape, of course! Stay on course after your workout with one of these low-calorie, filling dinner ideas from [www.medlineplus.gov](http://www.medlineplus.gov).

### Chicken Dinner = 750 calories

- Entrée: Grill 7 oz. boneless skinless chicken; serve with 1 cup steamed asparagus and 6 oz. cooked brown rice.
- Salad: Combine baby spinach, sliced tomatoes and mushrooms; spritz with low-calorie dressing.
- Dessert: 3 oz. fresh strawberries

### Fresh Shrimp Dinner = 840 calories

- Entrée: Grill 12 oz. fresh shrimp; serve with 2 cups fresh green beans and half a medium steamed sweet potato.
- Salad: Spinach with sliced tomatoes, cucumbers and carrots; spray with low-calorie dressing.
- Dessert: Dark chocolate bar



LIVE WELL, WORK WELL.

# Why Move More?

**There are some serious benefits to moving more and increasing your daily physical activity at work. Moderate amounts of physical activity can greatly improve health and quality of life.**

## **1. Nervous System**

- Improves concentration, creativity and performance
- Reduces stress, anxiety and frustration

## **2. Bones**

- Strengthens bones and improves muscle strength and endurance
- Makes joints more flexible allowing for easier movement
- Reduces back pain by improving flexibility and posture
- Reduces the risk of osteoporosis and fractures

## **3. Heart**

- Reduces the risk of developing heart disease and stroke

## **4. Blood**

- Improves blood circulation to all body parts
- Helps to lower bad (LDL) cholesterol and raise good (HDL) cholesterol
- Helps to lower high blood pressure and prevent high blood pressure from occurring

## **5. Digestive System**

- Helps control appetite
- Improves digestion and waste removal

## **6. Lungs**

- Slows the rate of decline in lung function
- Improves body's ability to use oxygen

## **7. Others**

- Reduces the risk of developing diabetes and some cancers
- Helps to maintain a healthy body weight
- Improves self-image and sense of well-being
- Improves the immune system
- Helps to sleep well and feel more rested

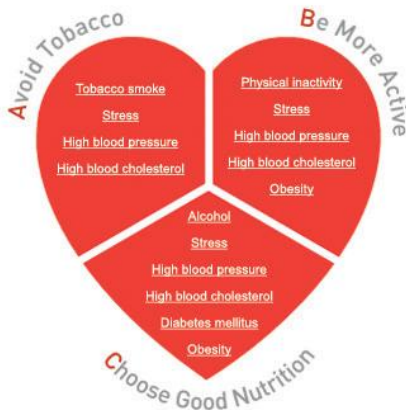






# Heart Health

*"Health is not valued until sickness comes"*



## Can you escape the silent killer?

Do you know what you need to know for healthy living and blood pressure management? What if you don't?

Test your blood pressure IQ, find out your chances of escaping the silent killer, and get the latest scoop on sodium.

<http://www.americanheart.org>

## Pan-Roasted Lemon-Salmon Fillets

### Ingredients

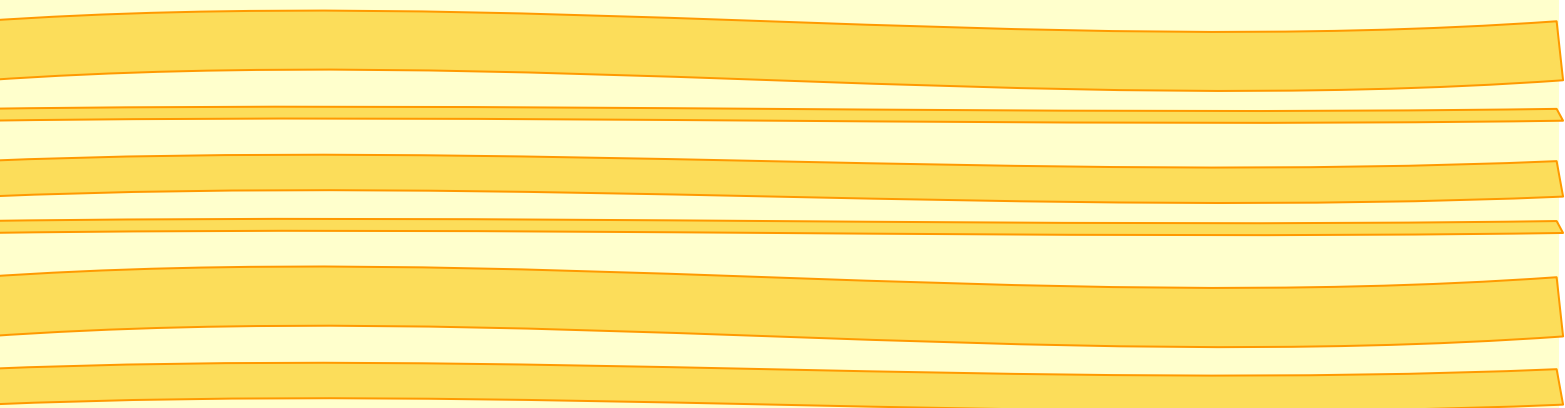
- 4 6-ounce salmon fillets
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- juice of 1 lemon
- 1 1/2 tablespoons olive oil

### Cooking Instructions

1. Season the salmon fillets with salt, pepper and lemon juice, then drizzle with olive oil.
2. Pre-heat the oven to 350°F.
3. Place an oven-proof sauté pan large enough to accommodate all the fillets over medium-high heat. Add the salmon and sear the fillets for 3 minutes per side. Place in the oven to finish cooking about 5 to 10 minutes more, depending on the thickness of the fillet.



# Notes to Self:



# Garfield Wellness Prevention Newsletter

## February Newsletter

*...for the health and well-being of you and your family.*

*Approximately 1 in 3 American adults has high blood pressure, according to the National Heart Lung and Blood Institute. This equates to about 73 million people! Even more troubling, many people live with high blood pressure for years without even knowing it. Often, those with untreated high blood pressure get very sick and some even die. Bring this issue of Prevention Newsletter to your next doctor's visit and discuss what you can do to ensure you live a long, healthy life.*

### **IN THIS EDITION:**

The Numbers..... pg 1  
 What Causes High Blood Pressure?. pg 1  
 Controlling High Blood Pressure ..... pg 2  
 A Word to the Wise..... pg 2

## Control Your Blood Pressure

High blood pressure (HBP), also known as hypertension, is a serious condition which can lead to coronary heart disease, heart failure, stroke, kidney failure and other health problems. HBP is often referred to as the “silent killer,” as it has no symptoms. This is why it is so crucial to get your blood pressure checked at a *minimum* of every 2 years, and keep it under control.

### The Numbers

Blood pressure numbers refer to the systolic (pressure when the heart beats while pumping blood) and diastolic (pressure when the heart is at rest) pressures. Normal blood pressure is usually 120/80 mmHg (millimeters of mercury). The table below illustrates normal numbers for adults and shows which numbers put you at a greater risk for health problems.

CATEGORY	Systolic (top number)		Diastolic (bottom number)
Normal	Less than 120	<b>And</b>	Less than 80
Prehypertension	120-139	<b>Or</b>	80-89
High Blood Pressure Stage 1	140-159	<b>Or</b>	90-99
HBP Stage 2	160 or higher	<b>Or</b>	100 or higher

*The ranges in the table apply to most adults who do not have short-term serious illnesses.*

### What Causes High Blood Pressure?

Blood pressure tends to rise with age, unless you take steps to prevent it. Certain medical problems, medications, and pregnancy can also raise blood pressure. There are also specific factors that may put one more at risk, including older age (over half of Americans ages 60 and older have HBP); being African-American; those who are overweight; being male; having long-lasting stress; and engaging in

*Over half of Americans ages 60 and older have high blood pressure.*



unhealthy lifestyle habits such as eating too much salt, excessive alcohol consumption, not getting enough potassium, not exercising, and smoking.

### Controlling High Blood Pressure

Unfortunately, most people with HBP will need lifelong treatment. Your doctor will outline the best plan for you, but it may include:

#### ■ Lifestyle Changes

Healthy habits will help you control your HBP. You should follow a healthy eating plan, get lots of physical activity, maintain a healthy weight, choose foods low in sodium, quit smoking, lessen or cease your alcohol consumption, and learn effective ways to manage stress.

#### ■ The DASH Diet

DASH, or Dietary Approaches to Stop Hypertension, is an eating plan that focuses on fruits, vegetables, whole grains, and other heart-healthy foods which are lower in sodium. The diet is low in fat and cholesterol and features fat-free or low-fat dairy products, fish, poultry and nuts. The DASH plan suggests limiting your intake of red meat (even if lean), sweets, added sugar, and sugar-laden beverages. Many physicians have recommended this plan for patients that have high blood pressure because it requires no special foods or recipes and is relatively easy to follow.

#### ■ Medicines

Today's blood pressure medicines can safely help most people control their HBP. The side effects typically tend to be minor. These medications work in different ways; some remove extra fluid and salt from the body, while others slow down the heartbeat or relax and widen blood vessels. Sometimes, two or more medicines together work better than just one. The different kinds of medications include:

- *Diuretics* – Also called water pills, they help your kidneys flush excess water and salt from your body.
- *Beta Blockers* – These help your heart beat slower and with less force.
- *ACE Inhibitors* – Your body is prevented from making a hormone called angiotensin II, which narrows blood vessels, with this medication.
- *Angiotensin II Receptor Blockers (ARBs)* – These medications protect your body from angiotensin II and as a result, blood vessels relax and widen.
- *Calcium Channel Blockers (CCBs)* – They keep calcium from entering the muscle cells of your heart and blood vessels, which allows them to relax.
- *Alpha Blockers* – These reduce nerve impulses that tighten blood vessels.
- *Alpha-Beta Blockers* – Much like alpha blockers, these medications reduce nerve impulses, but they also slow the heartbeat.
- *Nervous System Inhibitors* – With these medications, nerve impulses from the brain are relaxed and blood vessels are widened.
- *Vasodilators* – These relax the muscles in blood vessel walls.

### A Word to the Wise

If you currently do not suffer from high blood pressure, keep it that way! Follow a healthy eating plan – perhaps the DASH plan – which incorporates plenty of fruits, veggies and low-fat dairy products. Maintain a healthy weight by being active for at least 1 to 2 hours a day; this can include doing housework or taking the dog for a walk. Finally, put those cigarettes down for good! By changing your lifestyle now, you can be confident you will have a healthy future.



Health Home

# Achieve Health

## Diabetes Risk Test

Please select your age category:

18-44    45-64    65 or older

Please enter your height:

feet  inches — or —  centimeters

Please enter your weight:

pounds — or —  kilograms

I am under 65 years of age AND I get little or no exercise.

True    False

I have a sister or brother with diabetes.

True    False

I have a parent with diabetes.

True    False

I am a woman who has had a baby weighing more than nine pounds (4,100 grams) at birth.

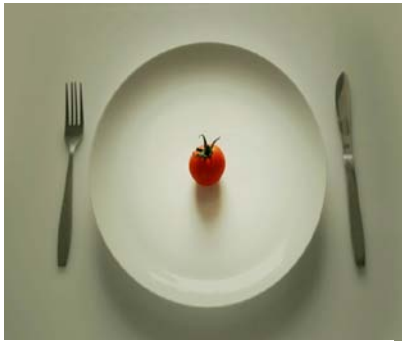
True    False

Name: \_\_\_\_\_

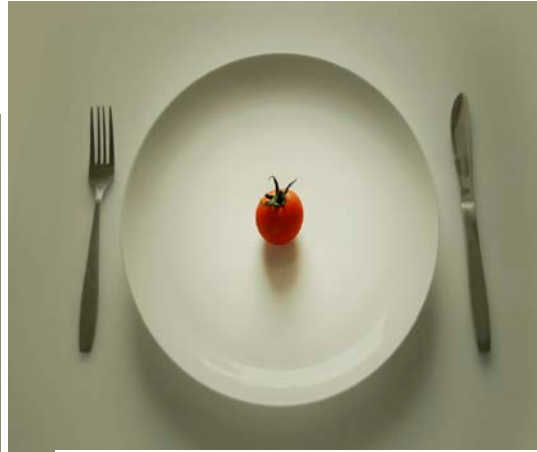
Date: \_\_\_\_\_



## Did you know?



In 1955 the average size plate was 8 inches



In 2009 the average size plate is 12.5

## NOTES:





# Picture of You!

## Presented by Susie Bowles

### March 2<sup>nd</sup> at 7am & 5pm

Attend this educational  
Class and earn \$125.00 towards your  
HRA



The Picture of You

Come join us for an educational class on

- Diabetes
- Cardiovascular Disease
- General Health Maintenance

Well now is the time to learn some interesting details about how your body functions, why those numbers are important to your overall health and wellbeing.

*Is it possible to change? Yes you can!*

Join us in this series of "The Picture of You!"

March 2<sup>nd</sup> at 7am and 5 pm

## Berry Sorbet

- 1/2 cup frozen mixed berries
  - 1 cup ice
  - 1/2 cup water
  - 1 tsp. fruit sugar, or Stevia to taste
- 

Process all the ingredients in a blender until the ice has turned to slush.



# SMART TIPS FOR Moving More

## BEEN INACTIVE FOR A WHILE?

- Start out slowly
- Choose moderate-intensity activities you enjoy the most
- Build up time spent doing the activity gradually
- Vary your activities, for interest and range of benefits
- Explore new physical activities
- Reward and acknowledge your efforts

### IT'S SUMMER

- Drink lots of water before, during and after physical activity.
- Wear loose, lightweight and light colored clothing.
- Choose a cooler time of the day, early morning or evening.
- Allow yourself plenty of cool down time.
- Wear sunscreen and sunglasses to protect from sun.
- Exercise indoors if temperature and humidity are very high.

### IT'S WINTER

- Dress in layers so that you can remove or put back on as needed.
- Wear a hat to minimize the body heat lost from the head.
- Wear gloves or mittens to keep your hands warm.
- Wear comfortable shoes with a good traction.
- Drink plenty of water before, during and after exercise.
- Wear sunscreen and sunglasses to protect from damaging rays reflected by snow.



# How do you compare? Are you surprised?

## But what you are going to do about it?

Weight Category	BMI (kg/m <sup>2</sup> )
Healthy Weight	18.5-24.9
Overweight	25-29.9
Obese	30-34.9
Severely Obese	35-39.9
Morbidly Obese	≥40

\*Please note BMI does not distinguish between fat and muscle. A heavily muscled person could have a BMI in excess of 25 without having any increased health risks.

References: 1. National Institutes of Health/National Heart, Lung and Blood Institute Clinical Guidelines Evidence Report. NIH Publication 98-4083, September 1998. 2. Weight-control Information Network (WIN); an information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). Statistics related to overweight and obesity. October 2006. Available at: <http://win.niddk.nih.gov/statistics/index.htm#table,2003-2004>. Accessed May 2, 2007. P3, 1-2. 3. del Negro A. It's time to treat obesity. Program and abstract presented at: the 73rd Scientific Sessions of the American Heart Association; November 12-15, 2000; New Orleans, LA.

		Height (ft/in)									
		4'9"	4'11"	5'1"	5'3"	5'5"	5'7"	5'9"	5'11"	6'1"	6'3"
Weight (lbs)	154	33	31	29	27	26	24	23	22	20	19
	165	36	33	31	29	28	26	24	23	22	21
	176	38	36	33	31	29	28	26	25	23	22
	187	40	38	35	33	31	29	28	26	25	24
	198	43	40	37	35	33	31	29	28	26	25
	209	45	42	40	37	35	33	31	29	28	26
	220	48	44	42	39	37	35	33	31	29	28
	231	50	47	44	41	39	36	34	32	31	29
	243	52	49	46	43	40	38	36	34	32	30
	254	55	51	48	45	42	40	38	35	34	32
	265	57	53	50	47	44	42	39	37	35	33
	276	59	56	52	49	46	43	41	39	37	35
	287	62	58	54	51	48	45	42	40	38	36
	298	64	60	56	53	50	47	44	42	39	37
309	67	62	58	55	51	48	46	43	41	39	
320	69	64	60	57	53	50	47	45	42	40	

# Your Health...Your Wellness

"A simple and engaging way for individuals to achieve better health through Personal Achievement Health"

## Health & Wellness January

- Body Mass Index Testing # \_\_\_\_\_
- Weight Check \_\_\_\_\_ lbs
- Blood Pressure Check \_\_\_\_/\_\_\_\_
- Cholesterol Check \_\_\_\_\_
- Sugar Check \_\_\_\_\_

## Heart Health February

- Heart Disease Quiz
- Health Heart Newsletter
- BMI Check # \_\_\_\_\_
- Weight Check \_\_\_\_\_ lbs
- Blood Pressure Check \_\_\_\_/\_\_\_\_

## Nutrition/ Weight Management March

- Picture of You - Presentation
- BMI Check # \_\_\_\_\_
- Weight Check \_\_\_\_\_ lbs
- Blood Pressure Check \_\_\_\_/\_\_\_\_

## Wellgo Participation Guidelines

January thru March

Complete all monthly education or activities on this card Jan 1st thru March 31st to receive credit  
Card must be presented to Wellness Committee to receive credit for each completed item (s) and proof of completion.

Cut Here

Get Sign off and submit for drawing  
\*Must be initialed by Nurse, Nurse Asst/ and Physical Therapist (you do not need to fill out numbers here only initials)

BMI Chart \_\_\_\_\_

Height & Weight Check \_\_\_\_\_

Blood Pressure \_\_\_\_\_

Cholesterol \_\_\_\_\_

Blood Sugar \_\_\_\_\_

January Slip

Name: \_\_\_\_\_

Cut Here

Get Sign off and submit for drawing  
\*Must be initialed by Nurse, Nurse Asst/ and Physical Therapist (you do not need to fill out numbers here only initials)

Height & Weight Check \_\_\_\_\_

Blood Pressure \_\_\_\_\_

February Slip

Name: \_\_\_\_\_

Cut Here

Get Sign off and submit for drawing  
\*Must be initialed by Nurse, Nurse Asst/ and Physical Therapist (you do not need to fill out numbers here only initials)

Height & Weight Check \_\_\_\_\_

Blood Pressure \_\_\_\_\_

March Slip

Name: \_\_\_\_\_



## **Insurance Contact Information**

\*Refer to this list when you need to contact one of your benefit insurance companies. For general information contact Human Resources.

### Medical Insurance:

Premera Blue Cross

Customer Service: 800-722-1471

Web Address: [www.premera.com](http://www.premera.com)

### Health Reimbursement Account/Flexible Spending Account:

Choice Care Card

Customer Service: 888-278-2555 ext 2

Claims Fax Number: 802-244-2020

Web Address: [www.choicecardcard.com](http://www.choicecardcard.com)

### Medical and Dental Claims Administration:

Valerie Cadieu

509-946-2647 Direct

509-946-1484 Fax

[VCadieu@ws-bp.com](mailto:VCadieu@ws-bp.com)

### Dental Insurance:

Washington Dental Service

Customer Service: 800-554-1907

Web Address: [www.deltadentalwa.com](http://www.deltadentalwa.com)

Life & Accidental Death & Dismemberment Insurance

Customer Service/ Western States Insurance: 509-946-2647

“Promoting a balanced lifestyle”