



October 2012

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## Healthy body, healthy mind

This month, let's focus on adopting healthy habits to give your body and mind a boost. Completing your health assessment was the first step. Now it's time to take charge of your health. What changes can you make to help you live a healthier lifestyle? Make a commitment to your health today and participate in wellness activities.

## What's next in Wellness?

### Biometric screenings and health assessments have finished

Now it's time for wellness engagement.

Employees subscribed to a city health plan must complete a wellness engagement requirement by March 31, 2013, or pay an additional \$25 a month starting in May 2013 and ending April 2014. Save yourself \$300 and complete your wellness engagement requirement by completing one of the following wellness activities:

- Speaking with a Cigna health coach over the phone [view instructions](#)
- Attending a health improvement seminar [register for a seminar](#)
- Getting additional preventive care such as a mammogram or dental check-up between May 1, 2012 and March 31, 2013 [report preventive care](#)
- Attending a Weight Watchers introductory class at a city facility [register for class](#)
- Participating in Smart Start at the YMCA [register for class](#)
- Completing your Family Wellness Day Passport and two mile walk [register for Family Day](#)

One size doesn't fit all. With six options, there is something to fit everyone.

Register for seminars, Weight Watchers class, Smart Start and the Family Wellness Day and report preventive care at: [www.houstonwellnessconnection.org](http://www.houstonwellnessconnection.org). Or call 800-997-1406 to schedule your coaching call.

### Who should participate in wellness engagement?

All employees who subscribe to a city health plan are required to complete one wellness engagement activity. All employees are welcome and encouraged to do more than one activity. Retirees, spouses and dependents are not required to complete an engagement activity, but they can participate.

### When is the deadline to satisfy the wellness engagement requirement?

## Prevention Tips



Adopting a healthy lifestyle doesn't happen overnight. Not sure where to start? It doesn't have to be complicated. Making positive small changes every day can help improve your overall well-being and help you live a happy, healthy life. Here are some simple tips to give your body and mind what they need:

### A healthy body

"By getting the right health services, screenings and treatments, you are taking steps that help your chances for living a longer, healthier life." — Centers for Disease Control and Prevention

Stay physically active. The American Heart Association recommends 30 minutes of exercise five times a week.

Focus on good nutrition by avoiding foods high in fat and calories. Make sure to eat healthy snacks between meals to avoid overeating at lunch and dinner.

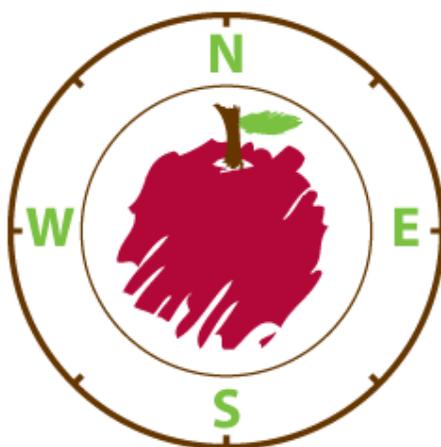
See your doctor regularly. Getting regular screenings and tests helps you be proactive about your health and discover health problems early.

Get plenty of sleep. WebMD recommends getting seven to eight hours of sleep each night. Being sleep-deprived can lead to depression, memory problems and a weakened immune system.

### A healthy mind

Take time to relax. Set aside 15 to 30 minutes a day to meditate, practice deep breathing or listen to relaxing music. This will help you manage daily stress and avoid developing health problems due to chronic stress.

Maintain positive social connections. Studies show that people who maintain positive social connections live longer and healthier lives.



To avoid the \$25 surcharge, at least one wellness engagement activity must be completed by March 31, 2013.

## New city employees

New employees who subscribe to a city health plan with benefit effective dates between Sept. 1, 2012, and Feb. 28, 2013 must complete one wellness engagement activity.

# October is National Breast Cancer Awareness Month

Getting screened for breast cancer helps with early detection and diagnosis of the disease. According to WebMD, "1 in 8 women will develop breast cancer in her lifetime."

Speak with your doctor about your risk of developing breast cancer and what screening is best for you depending on your age and risk factor.

And if you get a mammogram, you can report it as your wellness engagement activity [here](#).

Log on to the [American Cancer Society](#) to learn more about breast cancer symptoms, risk factors, and screenings.



## Weight Watchers



You can sign up for Weight Watchers at a discount with no joining fee, thanks to the city Wellness Connection initiative. You can pay the monthly-pass fee of \$39.99 plus tax with a debit or credit card, and the card information will be used for your pass to be automatically renewed each month until you cancel it.

Interested? Sign up to go to an informational meeting, learn more and satisfy your wellness engagement. [Sign up here for the next session](#).

### Regular meeting schedule

**Every Thursday, 9:45 - 10:45 a.m.**  
1200 Travis St., 24th floor, ADR conference room

**Every Thursday, noon - 1 p.m.**  
900 Bagby St., third floor conference room

### Or sign up today for your monthly pass:

- Log on to <https://wellness.weightwatchers.com>
- Enter the following
  - Company ID: **56929**
  - Company pass code: **ww56929**
- Sign up for a location convenient for you.

If you have any problems purchasing your monthly pass, please call Weight Watchers at 866-204-2885.

## 24-hour health information line

City employees who subscribe to a Cigna health plan can call the Cigna customer service line 800-997-1406 to talk to a



healthier lives.

Read, play board games, start a hobby. Keeping your mind active improves brain cognition and awareness.

### No more flu shot excuses

#### KelseyCare Members

Members enrolled in the Cigna Limited Network KelseyCare have two options for flu shots: (1) Make a nurse-only flu vaccine appointment at a Kelsey-Seybold clinic or get a flu shot at your regularly scheduled doctors appointment. (2) Visit [www.houstontx.gov/ess](http://www.houstontx.gov/ess) to register for one of the free flu shot events below:



**Oct. 9**  
611 Walker  
10 a.m. - 1 p.m.

**Oct. 17**  
611 Walker  
10 a.m. - 1 p.m.

#### Renaissance IPA Members

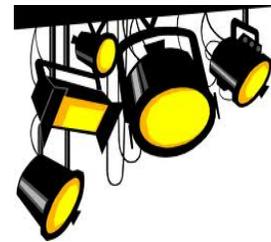
Members enrolled in the Cigna Limited Network Renaissance IPA: Contact your doctor.

#### Open Access and CDHP Members

Members enrolled in the Cigna OAP and CDHP have two options: (1) Contact your doctor. (2) Get a flu shot at HEB or CVS pharmacies.

**If the flu shots are received from HEB or CVS, members will have to pay out of pocket for the vaccine and file a claim for reimbursement.**

### Department spotlight



All departments did a superb job in ensuring that Biometric Screenings at the remote locations were run well and efficiently.

#### Route 66

Route 66 is off to a great start and the heat is on between Houston Parks and Recreation and the Houston Public Library in their virtual walk completion on the legendary Route 66 highway. Library has 257 employees registered on the journey

service line, 800-597-1400, to talk to a nurse about health issues, get assistance, or access a health information audio library to learn about a wide range of health topics.



Registered nurses will speak with you 24 hours a day. They can:

- Help you locate doctors or pharmacies if you're away from home.
- Direct you to call 911 or other area emergency services if you need emergency care.
- Answer questions about your symptoms and advise you on self or professional care.

Call Cigna's customer service line at the above number, which is also on your Cigna health insurance card, and listen to prompts to be directed to the 24-hour nurse line and health information audio library.

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and the Parks and Recreation Department is accompanied by 359 employees on the legendary highway. Continue to encourage employees from both departments as they race to the finish line.

### **UNCF Walk**

Thank you to all those employees who participated in the UNCF Walk. City of Houston had a great time walking to support the UNCF at Tom Bass Park.

### **HR Safety and Worker Compensation Division**

These two departments came together to host a birthday celebration; however instead of the traditional cake and ice cream they had a fresh fruit and cheese tray. We salute them for making Heart Healthy Choices!