



November 2012

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An active lifestyle = health + happiness

This month, let's focus on living an active lifestyle and enjoying its benefits. Take a walk, go for a run, or join an exercise class. Get moving to improve your health and quality of life.

What's happening in wellness?

We are now in the engagement phase of wellness.

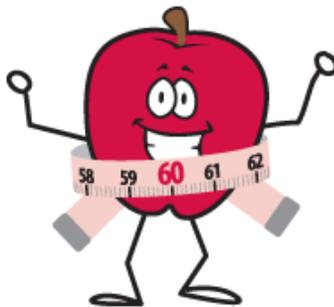
Employees subscribed to a city health plan must complete a wellness engagement activity by March 31, 2013, or pay an additional \$25 a month from May 2013 to April 2014.

Don't wait. Complete your wellness engagement before March 31, 2013, and save yourself \$300.

Not sure how to complete a wellness engagement activity?

City employees now have six options for completing their wellness engagement.

- Speak with a Cigna health coach over the phone. [view instructions](#)
- Attend a health improvement seminar. [register for a seminar](#)
- Get additional preventive care such as a mammogram or dental checkup between May 1, 2012, and March 31, 2013. [report preventive care](#)
- Attend a Weight Watchers introductory class at a city facility. [register for class](#)
- Participate in Smart Start at the YMCA. [register for class](#)
- Attend Family Wellness Day on November 17, 2012 at Hermann Park. [Register for Family Day](#)



Prevention Tips



Being physically active is just another way to ensure you live a long and healthy life. Getting started can be difficult, but once you have overcome the initial mental hurdle, it will be easier for you to get on a routine. Here are a few helpful tips:

Realize the rewards. Being physically active can help you in many ways. The Centers for Disease Control and Prevention lists the following benefits of being physically active:

- Control and manage your weight.
- Help you live longer.
- Reduce your risk of heart disease.
- Reduce your risk of some cancers.
- Improve your mental mood.
- Reduce stress.
- Reduce your risk for Type 2 diabetes.

Talk with your doctor. It's best to speak to your doctor before starting any workout plan. He or she can tell you what you need to focus on to improve your health.

Set some goals. If you are not currently active, starting small is best. Try going for a 15-minute walk twice a day. As you build your endurance, you can slowly move up to a 30-minute walk five times a week. Get your friends and family to help you reach your goal.

New city employees



New employees who are subscribed to a city health plan with their benefit effective dates between September 1, 2012, and February 28, 2013, must complete one wellness engagement activity.



Help stop diabetes

November is National Diabetes Month.

The American Diabetic Association estimates that 1 in 3 adults will have diabetes by the year 2050.

While there is no cure for diabetes, proper screenings, an active lifestyle and a healthy diet can help reduce your risk of developing diabetes. Speak with your doctor about your risk of developing diabetes, being screened, and the best treatment plan if you have been diagnosed with diabetes.



Do you smoke? Want to quit? The American Cancer Society wants to help.

On November 15, the 37th annual Great American Smokeout will encourage smokers across the country to quit. According to the American Cancer Society, more than 45 million Americans still smoke. Tobacco use is the largest preventable cause of disease and premature death in the United States. As of 2010, the US had 13.2 million cigar smokers, and 2.2 million Americans who consumed tobacco via pipes. Cigna offers programs to assist with smoking cessation via mycigna.com or a Personal Health

Advocate. You can go to mycigna.com. You can also contact a Personal Health Advocate at 1-800-997-1407.



November health seminars

Come learn more about leading a healthier lifestyle. To meet the needs of city employees, we have a variety of health improvement

Participation in this

Know your options. Walking is a great exercise. But it's not the only way. Adding cardio or strength training exercises or activities to your health plan can give you maximum benefits. Try a low-impact aerobic DVD or visit your local gym or YMCA to learn about group exercise classes. Working out with dumbbells can also help build your strength over time. Also, try biking and sports, or enjoy some outdoor activities with the family.



Route 66 is still underway. The Houston Parks and Recreation Department is leading the way, with Library employees trailing closely. Continue to encourage and salute both departments as they journey along the famous Route 66 Highway.

Department Wellness Spotlight



We did it! Employees took the challenge to beat last year's health assessment numbers, and we did. In 2011, 87 percent completed their health assessment. This year, 90 percent successfully completed their health assessment. This is truly outstanding!

Family Wellness Day

seminars at different times and locations. [Register for a seminar](#) here. Attend a seminar that focuses on one of the following health topics:

- Cancer - Learn about cancer risk factors and treatment options.
- Diabetes 101 - Learn the ins and outs of diabetes including how to prevent and manage diabetes for you or your loved ones.
- Heart Health - Participants will learn how to read their blood pressure and the necessary steps to maintain a healthy heart.
- Stress Management 101 - Learn ways to manage and minimize stress.
- Weight Watchers introductory class - Participants will learn important steps in achieving weight loss and how to develop effective goals for weight loss success.



Subscribed to a city health plan? Attending a health improvement seminar fulfills your wellness engagement activity. [Register for a seminar](#) here.

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.

Come to one of the following meetings to find out more and talk with a Weight Watchers instructor.

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.

Join us November 17 for Family Wellness Day. Check in between 10 a.m.-noon. The event will be held at Hermann Park, Miller Outdoor Theater East Plaza and Picnic Area. Free admission to the Houston Zoo with a completed passport and 2-mile walk.

Public Works and Engineering's information technology division

Hats off to the Public Works and Engineering Department's information technology division for offering a healthy lunch as part of their Combined Municipal Campaign fundraiser!

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

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.