



2014 Open Enrollment

Enroll For Benefits Now

The Open Enrollment website is now open. From May 1 to May 31, all non-sworn City of Tulsa employees must re-enroll for all benefits. If you do not enroll, you will not have benefits for the upcoming plan year. Computers will be on hand to enroll in benefits at the Health Fair. Enrollment ends May 31 at midnight –no exceptions. Questions? Call Insurance and Retirement Services at (918) 596-7448. Internal: <http://intranet.cityoftulsa.org/OpenEnrollment/> or External: <https://www.cityoftulsa.org/cot/OpenEnrollment/>

Health Fair – New Location

The City of Tulsa's annual Health Fair for non-sworn employees is **May 14 from 7 a.m. to 7 p.m. at the Exchange Center at Expo Square (Tulsa Fairgrounds)**. Visit with our health vendors, learn about your benefits, enjoy **FREE dental evaluations, FREE massages**, plenty of **FREE parking**, and much more. All employees will receive two hours of paid time to attend the Health Fair (*supervisor approval is required and subject to staffing availability*).

Portion Control and Size Guide

Food portion sizes today are far bigger than they were in the past, which means we're taking in far more calories than we realize. Understanding healthy and correct portion sizes is critical to long-term weight management.

This printable [wallet-size portion control guide](#) will help to keep you on track even when you're on the go. Also, be sure to check out the [fridge-size portion control guide](#), too!

Run for the Time of Your Life

The City of Tulsa and Fleet Feet offer you the chance to get off the couch and get moving. All non-sworn City of Tulsa employees can participate in any of Fleet Feet's summer walking or running programs (regularly \$89) for only \$20! Visit <http://www.fleetfeettulsa.com/training-programs/> and enroll online. Enter COTEMPLOYEEESU14 as the Promo Code. Classes start May 5 – 9. Sign up now.

Employee Spotlight: “Now I’m Working Out and Eating Healthier – I Feel Great!”

Last spring I was determined to lead a healthier lifestyle. I started working out, eating healthier, getting more sleep and drinking more water. For my exercise routine, I joined a gym aerobics class, the City's boot camp and continued playing intramural sports. So far I've lost 41 pounds and would like to lose 17 more. There've been days when I'd cheat on my diet or skip an exercise class, but was back on my routine the next day, pushing to reach my goal. My HRAs greatly improved this spring, which proves you can make a big difference in your health in just one year's time. – *Michelle Allen, City of Tulsa PIO*



Lower Cost Health Plan Requirements for the City of Tulsa's Open Enrollment

Each year all non-sworn employees participating in the City's group health plan must complete certain requirements to qualify for the lower out-of-pocket health plan.

Your Biometric Screening and Health Risk Assessment MUST be completed by May 31 in order for you to qualify. If referred to Wellness Coaching, you must complete the program by Jan. 1, 2015 to continue qualifying for the lower cost plan. See below for more information on this year's requirements:

1. Biometric Screenings

All City biometric screening events have ended. Employees have the option to visit their personal physician to obtain their own biometric screening. However, full lab results must be *submitted to Jayne Stonebarger, CommunityCare at (918) 594-5295, Ext. 6443.*

Be sure to contact Jayne for a screening form (*allow 24 hours for a response*) to take to your physician. **Complete screenings must be submitted by May 31.**

2. Online Health Risk Assessment (HRA)

Your HRA must be completed after the biometric screening has been finished. Information will be on the back of your biometric screening form and **must be completed by May 31.** Submit your HRA to: <http://mhawellnessforlife.com>

3. NEW Wellness Coaching

Employees with three or more out-of-range biometric measures will be asked to get one-on-one help to learn more about their current health status (*measures being considered are LDL, HDL, glucose, and blood pressure*).

Employees will be notified at the time their screening is completed whether they have qualified for the Wellness Coaching program.

Community Care will provide the Wellness Coaching program at no cost to the participant. The program will run for approximately 12 weeks.

Those asked to participate in the wellness coaching will be required to complete the program by Jan. 1, 2015 to continue to qualify for the lower-cost medical plan.

Class Schedule

Monday

Bender Ball – 11:30 a.m. – noon
City Hall – 3rd Floor Wellness Room

Powered Yoga – noon – 1 p.m.
City Hall – 3rd Floor Wellness Room

Core and More – 1 – 1:30 p.m.
City Hall – 3rd Floor Wellness Room

Cross-Training – 4:30 – 5:15 p.m.
City Health & Wellness Center – 9311 E. 2nd St.

Tuesday

Pilates – noon – 12:30 p.m.
City Hall – 3rd Floor Wellness Room

BLT – 12:30 – 1 p.m.
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Boot Camp – 4:30 – 5:15 p.m.
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FUNCTIONAL Strength – 5:30 – 6:15 p.m.
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Note: All City of Tulsa fitness classes are FREE for all non-sworn employees and their dependents!



April: National Stress Awareness Month

Problem Gambling

For some people, gambling can be a harmless recreational activity. For others, it can become a serious problem that affects the gambler, the family, the community and the workplace.

The goal of **Problem Gambling Training*** is to help identify the warning signs of problem gambling and what assistance and resources are available for problem gamblers. *Open to both supervisor and general employees, April 8 – 1:30 – 3 p.m.*

Handling Stress

Stress energizes and strengthens, as well as weakens. Find out how to identify primary sources of positive/negative stress (eustress and distress), warning signs of excessive stress, and additional ways to reduce and/or counter stress.

The workshop will be held at *City Hall, 10-South, April 21, 2 – 3 p.m.* *No registration needed.*

Drug Free Workplace

Sign up for training that's designed to meet the Department of Oklahoma Transportation's two-year training requirements for supervisors. A DOT substance abuse professional will lead **DFW/DOT Training***, *May 6, 1:30 – 4:30 p.m.* Class material includes recognizing drug-related behaviors and the effects of drugs on employees. It also defines "Reasonable Suspicion" and outlines reasons for referrals of employees.

*Training classes for *Problem Gambling and DFW/DOT for supervisors* will be held at CommunityCare, 218 W. 6th St. (southeast corner of 6th and Denver), 8th Floor. Please park in the visitor lot to the south of the building. Registration is required. Contact Amy Maner at (918) 594-5232.

Save the Date

The City of Tulsa's annual Health Fair will be held **Wednesday, May 14 from 7 a.m. – 7 p.m. at the Expo Square Exchange Center (Tulsa Fairgrounds)**. Watch for more details to follow closer to that date. *Please note: there will be no biometric screenings at the Health Fair this year.

Employee Spotlight: "In 2011, I Almost Died At Hillcrest Hospital From Blood Clots."

I knew I had to change my lifestyle if I wanted to live. I was advised to eat right and exercise as much as possible. My doctors said being sedentary was the worst thing I could do. I joined Jenny Craig to improve my health and was taught how to eat correctly and healthily. I've lost 45 pounds and have 55 pounds to lose. It has been an uphill battle, but I'm thrilled to have started clogging again – it's a lot of fun! I'm certain the more I exercise and drink water, the more I'll lose weight and keep it off. My health is improving steadily and slowly, but I'm very encouraged. – *Janet Haskin, Office Administrator Level II, TPD*



Open Enrollment

Beginning April 15, Open Enrollment meetings will be held to discuss any changes to insurance and will continue through the end of the month. If you haven't been notified of a meeting at your location, please check with your supervisor or email Jill Turney for a schedule: jturney@cityoftulsa.org

911 Lunch and Learn

Join us for an info-packed hour with an EMSA specialist. Learn "What to Do" in the event a medical crisis or emergency should arise. Class is *Wednesday, May 7 from noon – 1 p.m.* Sign up online: <http://cot.ccok.com>. Lunch will be served.

Important Insurance Information

The following sections must be completed by **May 31, 2014** (*unless otherwise noted*) to qualify for the lower-cost health plan and/or enroll in any insurance coverage, such as health, dental, vision, legal, etc.:

- 1. Biometric Screenings.** All health plan participants **must participate** in a Biometric Screening to qualify for the lower out-of-pocket health plan. There will be one final screening on April 23 for anyone who has not yet been screened, but wishes to participate.

Final Biometric Screening		
Date	Location	Time
April 23	City Health & Wellness Center 9311 E. 2 nd St.	7 – 10:30 a.m.

Note – this is a fasting screening. Please do not eat or drink anything except water or black coffee 9 – 12 hours prior to the screening. If you take medications, please take them as directed. Employees are encouraged to consume approximately two glasses (16 ounces) of water, 30 minutes before the screening.

- 2. Online Health Risk Assessments (HRAs)** should be completed following the biometric screening. Instructions are on the back of the biometric screening form. If you've lost your biometric screening form, please email Jayne Stonebarger with CommunityCare: jstonebarger@ccok.com
Take your Health Risk Assessment at: www.mhawealthforlife.com

- 3. Wellness Coaching Must Be Completed by Jan. 1, 2015.** Employees with three or more out-of-range biometric measures (LDL, HDL, Glucose, and Blood Pressure) will be asked to get one-on-one help to learn more about their current health status. CommunityCare will provide a Wellness Coaching program at no cost to the participant, which will run for approximately 12 weeks. Those asked to participate in the wellness coaching will be required to complete the program in order to qualify for the lower-cost medical plan.

- 4. Enroll for 2014 Benefits, May 1 – May 31.** All employees MUST re-enroll for benefits each year through Benefits Online. Enroll from your [work computer](#) or visit: <https://www.cityoftulsa.org/OpenEnrollment> from your home computer, Computers will be available at the Health Fair for anyone who would like assistance with the enrollment process.

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Note: All City of Tulsa fitness classes are FREE for all non-sworn employees and their dependents!



Important Open Enrollment Reminders

- Computers will be available for insurance enrollment at the **Health Fair on May 14.**
- Keep a copy of your biometric screening, wellness assessment, and insurance enrollment as a receipt in case of a discrepancy.
- All requirements **must be completed by May 31, 2014**, including insurance enrollment unless otherwise noted. No exceptions!

12 Ways to Reduce Stress

1. Try Progressive Relaxation: All the way from fingers to toes-- tense and then release each muscle group in the body (lower arm, upper arm, chest, back and abdominals, etc.). Once the body is relaxed, the mind will be soon to follow!

2. Meditate: The “mental silence” that goes along with meditation may have positive effects on stress (especially work-related stress).

3. Breathe Deep: Taking a deep breath has been shown to lower cortisol levels, which can help reduce stress and anxiety. Studies suggest deep breathing can also cause a temporary drop in blood pressure.

4. Listen To Music: Research points to multiple ways in which music can help relieve stress, from triggering biochemical stress reducers to assisting in treating stress associated with medical procedures.

5. Laugh It Off: Laughter can reduce the physical effects of stress (like fatigue) on the body.

6. Drink Tea: One study found that drinking black tea leads to lower post-stress cortisol levels and greater feelings of relaxation.

7. Exercise: That post-exercise endorphin rush is one way to sharply cut stress.

8. Chew Gum: Studies suggest the act of chewing gum can reduce cortisol levels, helping to alleviate stress.

9. Take A Nap: Napping has been shown to reduce cortisol levels, which aids in stress relief.

10. Hang With Your Pet: Dog owners have been shown to be less stressed out -- most likely thanks to having a buddy to cuddle.

11. Write It Out: Keeping a journal may be one way to effectively relieve stress-related symptoms due to its meditative and reflective effects. A gratitude journal can really help us put things in perspective, so pick a time every day to write down a few things that make you happy.

12. Take A Walk: A quiet, meditative stroll can do wonders for stress relief, especially when we step outdoors. Try not to rush, and take whatever pace feels most natural.





March: National Nutrition Month

Healthy Balance

All too often we're tempted to follow fads promising quick weight loss or unproven health benefits. Many people may see short-term results from these extreme diets. However, to maintain a healthy body for the long term, there's no substitute for a balanced diet. Here are some general guidelines that apply to most adults:

Calorie Balance	Protein Intake	Fat Intake	Carbohydrates
Vital to maintaining healthy body weight	Helps maintain muscle strength/regulates metabolism	Essential in small quantities Saturated fat is unhealthy, so limit to 20 grams/daily or less. Monounsaturated and polyunsaturated fats are heart healthy**	Major source of fuel for the body. Excessive intake of refined sugars/high processed starches contribute to obesity/diabetes***
Adult Women 1,600 – 2,400 calories/daily*	Adult Women 60 – 200 grams/daily*	Adult Women 60 – 90 grams/daily*	Adult Women 200 – 300 grams/daily*
Adult Men 2,000 – 3,000 calories/daily*	Adult Men 60 – 300 grams/daily*	Adult Men 60 – 120 grams/daily*	Adult Men 250 – 400 grams/daily*

*Depending on age, height, and physical activity level | **Should make up most of fat daily intake | ***Most people should not eat more than 150 to 300 calories from sugar in any given day! Calories in the form of carbs should comprise 45 – 65 percent of total calories and are comprised of fiber rich whole grain complex varieties

Employee Spotlight: “I Came to the City Fresh Out of High School With a Bright Future...”

I worked hard in Public Works and accomplished a lot in life with marriage, kids and several promotions. After the first 10 years, I was less active, gaining 60 lbs. My blood pressure, cholesterol and blood sugar began to spike, but I was too busy to see a doctor. My lack of activity caused me terrible back and knee pain. When I finally went to the doctor, he diagnosed me with diabetes/hypertension/high cholesterol. I went from a high school athlete to watching TV and eating out. One day I stepped off the backhoe wrong and wrenched my knee. Dr. Berry examined me and said I had end stage knee arthritis and needed a knee replacement. Due to my health issues, I couldn't heal right after surgery. At 47, I had no choice but to retire. – I. M. Unwell

The above scenario may seem farfetched, but in reality, happens all too often to City employees. The tragedy is this unfortunate event could have been avoided by eating healthier, getting plenty of exercise and maintaining a healthy weight. Our My Foundation Health & Wellness team provides great information to help you achieve your goals of being healthy. Please take advantage of our healthy and fit programs to make the best “you” possible. – Dr. Phillip Berry, City Physician



Lower Out-Of-Pocket Health Plan Requirements for Open Enrollment

Each year all non-sworn employees participating in the City's group health plan must complete certain requirements to qualify for the lower out-of-pocket health plan. **Your Biometric Screening and Health Risk Assessment MUST be completed by May 31 in order for you to qualify. If referred to Wellness Coaching, you must complete the program to qualify.** See below for more information on this year's requirements:

- 1. Biometric Screenings** will begin soon (*refer to the schedule below*). Employees will be allowed to visit their personal physician after Jan. 1 to obtain their own biometric screening. However, full lab results must be submitted during one of the scheduled screenings. **Contact Jayne Stonebarger, CommunityCare at (918) 594-5295, Ext. 6443** for a screening form to take to your physician. Please allow 24 hours for a response. **Screenings must be completed by May 31.**
- 2. Online Health Risk Assessments** must be completed AFTER the biometric screening has been completed. Information will be on the back of your biometric screening form and **must be completed by May 31.**
- 3. NEW 2014 Wellness Coaching.** Employees with three or more biometric measures out of range will be asked to get one-on-one help to learn more about their current health status (*measures being considered are LDL, HDL, glucose, and blood pressure*).

The Wellness Coaching program will be provided by Community Care at no cost to the participant. The program will begin shortly after the new plan year (July 2014) and will run for approximately 12 weeks. **Those asked to participate in wellness coaching will be required to complete the program in order to qualify for the lower out-of-pocket medical plan.**

Biometric Health Screenings

Date	Time	Location
March 5	7 – 10:30 a.m.	2317 S. Jackson*
March 6	9 – 11 a.m.	Spavinaw/Eucha
March 11, 12, 13	7 – 10:30 a.m.	City Hall**
March 25, 26	7 – 10 a.m.	City Health and Wellness Center, 9311 E. 2 nd St.
March 27	7 – 10:30 a.m.	City Hall**

NOTE: Screenings will not be offered at the Health Fair

*Convention Center and 23rd & Jackson employees can complete their online HRAs immediately following their biometric screenings. All others should see the back of their screening forms for completion instructions.

**Appointments are currently being accepted for City Hall screenings only at <http://cot.cook.com> and all other locations will be on a first-come, first-served basis.

See the next page for Best Biometric Screening Results and more.

Class Schedule

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For Best Biometric Screening Results, it is Recommended that Participants:

- Avoid caffeine, cigarettes, and exercise for at least 30 minutes prior to the test.
- Should not eat or drink for 9 to 12 hours before the screening. However, you should stay hydrated with water before being screened. You are encouraged to consume approximately two glasses or 16 ounces of water, 30 minutes before the screening.
- For health or other reasons, we realize it may not be feasible to fast. However, you need to inform the screening staff prior to your screening. If you take medications, please take them as directed.

Please Note: Biometric screenings must be completed prior to the completion of the online HRA.

All Non-Sworn Employees Must Complete Their Biometric Screenings and HRAs by May 31, 2014.

New Diet Free Class

Learn how to take realistic steps to make weight loss and maintenance a habit, rather than a chore. Signups for *The 8 Habits* start Monday, March 3 and ends March 14. Program kicks off April 2 with a live visit from Zonya herself! Only 50 employees will be accepted into the program. Sign up now: <http://cot.ccok.com>

Health Fair – Save the Date

The City of Tulsa’s annual Health Fair will be held on Wednesday, May 14 from 7 a.m. – 7 p.m. at the Expo Square Exchange Center (Tulsa Fairgrounds).

Watch for more details to follow closer to that date.

Power Up with Breakfast

Breakfast gives you energy to start the day. Eating a healthy breakfast is important for everyone and helps you power through the rest of your day. Try the following quick tips:

Healthy Breakfast Suggestions	
Make instant oatmeal with low-fat milk instead of water. Toss in raisins/dried cranberries/chopped walnuts	Top a toaster waffle with low-fat yogurt/peach slices
Layer low-fat plain yogurt with your favorite crunchy cereal and blueberries	Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese
Blend a breakfast smoothie with low-fat milk, frozen strawberries/banana	Spread a flour tortilla with peanut butter/add a whole banana and roll it up
Make one packet of microwave oatmeal with low-fat milk Mix in 1/4 cup unsweetened applesauce/sprinkle with apple pie spice or cinnamon	Spread low-fat cream cheese on a whole-grain toasted bagel/top with sliced strawberries
	Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin





February: American Heart Month

Are You Doing Enough?

Early recognition and treatment of heart attacks and strokes is essential in preventing death and long-term health consequences. The American Heart Association asks you to do your part by learning the warning signs. Save a life by calling 911 within five minutes of the following:

Heart Attack Warning Signs	Stroke Warning Signs
1. Chest Discomfort that may <i>last more than a few minutes or may go away only to come back later</i> . It may feel like an uncomfortable pressure, squeezing, fullness or pain. Most heart attacks are not sudden and intense, but instead start slowly.	F: Facial Drooping – is one side of the face drooping or numb? Can the person make a smile?
2. Pain or Discomfort in one or both arms, the back, neck, jaw or stomach.	A: Arm Weakness – is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
3. Shortness of Breath with or without chest discomfort.	S: Speech Difficulty – is speech slurred? Is the person hard to understand? Can the person repeat a simple sentence?
4. Breaking Out in a Cold Sweat , nausea or light headedness.	T: Time to Call 911 – if the person shows any of these symptoms, and even if the symptoms go away, call 911 immediately .

Take Your Health to Heart

Concerned about your heart health or have a family history of heart attack/stroke? Sign up online at <http://cot.ccok.com> for this heart healthy lunch and learn. Thursday, Feb. 13, noon to 1 p.m., City Hall – 3rd Floor Theater. Tuesday, Feb. 25, noon to 1 p.m., 2317 S. Jackson – Room S213.

In Memoriam: Pam Atlee

Pam Atlee served the City for 30 years in various positions, most recently as our Manager of Insurance and Retirement Services, and unexpectedly passed away on Sunday, January 12. Pam was committed to improving the health of our employees, one at a time, if that's what it took. She worked to offer a variety of health and wellness programs to our employees and celebrated successes with those who turned their lives around. Pam met the ongoing challenges of keeping an affordable health insurance plan available to our employees during times of skyrocketing healthcare costs and constantly changing government mandates. She also attended to our retirement plan to keep the funding level healthy enough to sustain the City's retirement obligations. On a personal level, Pam was full of life with a smile that would brighten any room. The outpouring of comments and condolences to her loved ones is a testament to that. She was part of our City of Tulsa family and will be greatly missed.



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City Hall – 3rd Floor Wellness Room

BLT – 12:30 – 1 p.m.
City Hall – 3rd Floor Wellness Room

Boot Camp – 4:30 – 5:15 p.m.
City Hall – 3rd Floor Wellness Room

FUNctional Strength – 5:30 – 6:15 p.m.
City Hall – 3rd Floor Wellness Room

Boxing/Kickboxing – 4:30 – 5:15 p.m.
City Health & Wellness Center – 9311 E. 2nd St.

Cross-Training – 5:30 – 6:15 p.m.
City Health & Wellness Center – 9311 E. 2nd St.

Wednesday

Bender Ball – 11:30 a.m. – noon
City Hall – 3rd Floor Wellness Room

Powered Yoga – noon – 1 p.m.
City Hall – 3rd Floor Wellness Room

Core and More – 1 – 1:30 p.m.
City Hall – 3rd Floor Wellness Room

Cross-Training – 4:30 – 5:15 p.m.
City Health & Wellness Center – 9311 E. 2nd St.

Thursday

Pilates – noon – 12:30 p.m.
City Hall – 3rd Floor Wellness Room

BLT – 12:30 – 1 p.m.
City Hall – 3rd Floor Wellness Room

Boot Camp – 4:30 – 5:15 p.m.
City Hall – 3rd Floor Wellness Room

FUNctional Strength – 5:30 – 6:15 p.m.
City Hall – 3rd Floor Wellness Room

Cross Training – 5:30 – 6:15 p.m.
City Health & Wellness Center – 9311 E. 2nd St.

Friday

Yoga – noon – 12:30 p.m.
City Hall – 3rd Floor Wellness Room

Core and More – 12:30 – 1 p.m.
City Hall – 3rd Floor Wellness Room

Note: All City of Tulsa fitness classes are FREE for all non-sworn employees and their dependents!



For Best Biometric Screening Results, it is Recommended that Participants:

- Avoid caffeine, cigarettes, and exercise for at least 30 minutes prior to the test.
- Abstain from eating or drinking for 9 to 12 hours before the screening. However, participants should stay hydrated with water before being screened. You are encouraged to consume approximately two glasses or 16 ounces of water, 30 minutes before the screening.
- For health or other reasons, we realize it may not be feasible to fast. However, you need to inform the screening staff prior to your screening. If you take medications, please take them as directed.

Please Note: Biometric screenings must be completed prior to the completion of the online HRA.

***All Non-Sworn Employees Must Complete Their
Biometric Screenings and HRAs by May 31, 2014.***

New Fitness Classes and Shorter Workouts During Lunch

Class time varies. City Hall 3rd Floor Wellness Room is at the end of the hall directly across from the Blood Pressure machine by the south elevators. The City Health & Wellness Center is at 9311 E. 2nd St. (On Admiral between Memorial and Mingo.)

Yoga – An enticing blend of hatha (any type of yoga that teaches physical postures) and vinyasa (a yoga known for fluid, movement-intensive practices). All levels welcome.

Boot Camp – All the moves and exercises you either love or hate. This class is hard, but fun. (45 minutes)

NEW! Bender Ball – A fun way to strengthen your core, incorporating Pilates and Yoga designed for use on a small green Bender Ball. (30 minutes)

NEW! Core and More – Learn exercises and ways to move that strengthen your core, body, and legs. (30 minutes)

NEW! FUNCTIONAL Strength – Beginner's boot camp course focuses on building strength. (45 minutes)

NEW! Powered Yoga – Focuses on building strength and total body flexibility to challenge both the mind and body. (45 minutes)

NEW! BLT – Total focus on the lower body using bands, dumbbells, ball, etc. that targets the bottom, legs, and tummy. (30 minutes)

Pilates – Focuses on developing strength through the core of the body – the back, abdomen and hips. The concentration is not only on strength, but also flexibility and coordination. (30 minutes)

Cross Training – Strength and conditioning program that delivers full body fitness. Participants will use kettlebells, dumbbells, battle ropes, medicine balls, and many other pieces of equipment for a varied workout. (45 minutes)

Boxing/Kickboxing – Combines both boxing and kickboxing for a fun and effective workout. Boxing gloves are required and are available for purchase at the class for \$10. (45 minutes)

See the **Class Schedule on page 2** – right side of the page – for the dates, times and locations of all of our great fitness classes, designed especially for you!



January: Seize the Moment

Make Healthy Lifestyle Changes

Now that another year is behind us, it's time to take stock of our own personal health and wellness. A wise old philosopher once said, *"We are the sum of all our actions."* When it comes to individual health and wellness, there could be no truer statement. And because wellness means being happy, I challenge you to seize the moment, evaluate how you did last year, and work toward a healthier "YOU" in 2014. – **Dr. Phillip Berry, City Physician**

Feel and Look Better Than Ever

Get 30 minutes of moderate intensity exercise daily at least five days a week.	Eat a sensible varied diet, including plenty of fruits, vegetables, whole grains, dairy products, lean proteins, and essential oils
Get 7 – 9 hours of sleep every night.	Spend time outside (daily) enjoying the fresh air/sunshine. While outside, did I wear a hat/use sunscreen.
Drink at least 8-8 oz. glasses of water daily.	Spend enough time with friends, family, and loved ones.

Stress Management Class

Know the warning signs of excessive stress and ways to reduce and/or counter stressors. Sign up for the next class, **1:30 – 3 p.m., Tuesday, Jan. 7** at CommunityCare, 218 W. 6th St. Open to supervisory and general employees. Contact Amy Maner to reserve space at a training session or to confirm training dates/times: (918) 594-4150 | amanager@ccok.com

Employee Spotlight: "I Was an On-and-Off Walker for Several Years Until..."

I learned the City would pay most of the cost to join Fleet Feet's "No Boundaries" program, so I gave it a try. I started training Feb. 2013 and ran several 5Ks, including the Tulsa Run and Route 66. I've continued Fleet Feet's program because it keeps me motivated to do more. I've also made some great friends I otherwise would've never met. Since I started running, I've dropped several pant sizes and my recent doctor's visit was the best I've had in a long time. This month I'll start training for my first 10K. I plan to join a relay team for the Oklahoma City Memorial Marathon in April. It all just goes to show what you can accomplish if you're willing to invest the time and effort to improve your health.

– Jennie Weathers, Rehab Finance Officer





2014-15 Lower Out-of-Pocket Health Plan Requirements

The following items **must** be completed (if applicable) in order to qualify for the lower out-of-pocket health plan.

1. Biometric Screening

Biometric screenings will begin in Feb. The full schedule will be posted on the intranet and at <http://cot.ccok.com> by Jan. 15. Employees will be allowed to visit their doctor after Jan. 1 to obtain their own biometric screening. However, full lab results must be submitted during one of the scheduled screenings.

2. Health Risk Assessment

An online Health Risk Assessment must be completed AFTER the biometric screening has been completed. Information will be on the back of your biometric screening form.

3. NEW 2014 Wellness Coaching

Employees with three or more biometric measures out of range will be asked to get one-on-one help to learn more about their current health status (measures being considered are LDL, HDL, glucose, and blood pressure). The program will begin shortly after the new plan year (July 2014) and will run for approximately 12 weeks. *Those asked to participate in wellness coaching will be required to complete the program in order to qualify for the lower out-of-pocket medical plan.* This program will be provided by Community Care at no cost to the participant.

Juicy Juice

Need more daily fruits and vegetables? Give juicing a whirl. Join us at the next Lunch and Learn, noon – 1 p.m., Jan. 15 at City Hall, 10-South. Even though juicing is popular, please consider the following before you start: *What are the nutritional advantages/disadvantages?* | *What does the evidence say about the health claims of juicing?* | *What should I do with the leftover pulp?* | *What are the safety precautions when juicing?* | *What are the different types of juicers?* | *What are the best juicing recipes?* Sign up online: <http://cot.ccok.com>

Are You Financially Fit?

Start off fresh in 2014 by making your finances a top priority all year long. **Dream Big, Live Small™** is a financial wellness program to help you achieve financial freedom. Sign up online: <http://cot.ccok.com>

Dates, times and locations for the three-part series are as follows:

1. City Hall, 10-North, Jan. 7, Jan. 21, Feb. 4 – noon – 1:15 p.m.
2. 23rd & Jackson, Field Engr. Conf. Rm., Jan. 8, Jan. 22, Feb. 5 – 7 – 8:15 a.m.
3. 23rd & Jackson, Rm., S-213, Jan. 8, Jan. 22, Feb. 5 – noon – 1:15 p.m.

Class Schedule

Monday

Yoga – 11 a.m. & Noon
City Hall – 3rd Floor Wellness Room

Cross-Training – 4:30 p.m.
City Health & Wellness Center – 9311 E. 2nd St.

Tuesday

Pilates – Noon
City Hall – 3rd Floor Wellness Room

Boot Camp – 4:30 & 5:30 p.m.
City Hall – 3rd Floor Wellness Room

Boxing/Kickboxing – 4:30 p.m.
City Health & Wellness Center – 9311 E. 2nd St.

Cross-Training – 6 p.m.
City Health & Wellness Center – 9311 E. 2nd St.

Wednesday

Yoga – 11 a.m. & Noon
City Hall – 3rd Floor Wellness Room

Cross-Training – 4:30 p.m.
City Health & Wellness Center – 9311 E. 2nd St.

Thursday

Pilates/Core – Noon
City Hall – 3rd Floor Wellness Room

Boot Camp – 4:30 & 5:30 p.m.
City Hall – 3rd Floor Wellness Room

Boxing/Kickboxing – 4:30 p.m.
City Health & Wellness Center – 9311 E. 2nd St.

Cross-Training – 6 p.m.
City Health & Wellness Center – 9311 E. 2nd St.

Friday

Yoga – Noon
Pilates – 12:30 p.m.
City Hall – 3rd Floor Wellness Room

Note: All City of Tulsa fitness classes are FREE for all non-sworn employees and their dependents!

We're celebrating our first year of My Health & Wellness Foundation, so tell us how we're doing. Watch for a link to our My Foundation Survey in mid-January. Completed/returned surveys will be entered into a drawing for a \$25 QT gas card.



December: Get a Handle On Sleep Deprivation

If You Don't Snooze – You Can Lose

Did you know the average adult needs seven to nine hours of sleep nightly? Sleep gives your body down time to **maintain** normal metabolism, **restore** normal joint and muscle function, and **perform** housekeeping chores for a healthy brain. **Insufficient sleep quantity/quality has become a widespread public health crisis.** Sleep disorders are a highly prevalent cause of morbidity, an important contributor to mortality, and a public health hazard that raises the risk of motor vehicle collisions/catastrophic injuries, and accidents in the home and in safety-sensitive occupations. **Insomnia is the most common sleep disorder, affecting approximately one in four workers in the U.S., resulting in 367 million lost work days annually.** Obstructive sleep apnea is another common sleep disorder and if left untreated, can have profound health consequences, including: hypertension; myocardial infarctions; congestive heart failure, strokes; and cardiac arrhythmias. Visit: www.savethepillows.com for more information about sleep apnea. *Also, see the last page to find out the negative effects of poor sleep and how to improve sleep health.*

New Wellness Offering for 2014

Looking for a way to lose weight and keep it off? Try **Diet Free with 8 Habits** by Zonya Foco. Online applications can be found at <http://cot.ccok.com> and must be turned in by Dec. 20. Only 50 applicants will be accepted. The initial program kicks off Jan. 14 and runs through the first of April. *(Includes weekly meetings and support materials.)*

Deductible Reminder

Please note that medical and prescription deductibles start over **Jan. 1**. Medical expenses that apply toward your deductible incurred during the fourth quarter of 2013 (Oct. – Dec.) **WILL rollover** and apply to your 2014 deductible. *The deductible for your prescription drugs will NOT rollover to 2014.*

Employee Spotlight: “We Certainly Don’t Know What We Can Do Until We Try!”

In April 2012 I noticed my biometric numbers were inching up, so I wanted to reverse the trend. My wife and I changed our diet, adding more fruits and vegetables, and less meat and sugar. Last Sept., my wife suggested going to the park: she could walk and I could “wheel” my wheelchair. The first time out I did 1.6 miles. We went three times a week and increased the distance by a half mile and then a mile. *In just nine weeks I completed my first wheelchair marathon of 26.2 miles on Veterans Day, 2012.* I just completed my third marathon, Oct. 12 with a total time of six hours. I have never felt better. We don’t know what we can do until we try! We don’t have to accept the inevitable that things are beyond our control. Just take control and take back your life. – Robert Vaught, Finance Billing Supervisor





2014-15 Lower Out-of-Pocket Health Plan Requirements

The following items **must** be completed (if applicable) in order to qualify for the lower out-of-pocket health plan.

1. Biometric Screening

Biometric screenings will begin in Feb. The full schedule will be posted on the intranet and at <http://cot.ccok.com> by Jan. 15. Employees will be allowed to visit their doctor after Jan. 1 to obtain their own biometric screening. However, full lab results must be submitted during one of the scheduled screenings.

2. Health Risk Assessment

An online Health Risk Assessment must be completed AFTER the biometric screening has been completed. Information will be on the back of your biometric screening form.

3. NEW 2014 Wellness Coaching

Employees with three or more biometric measures out of range will be asked to get one-on-one help to learn more about their current health status (measures being considered are LDL, HDL, glucose, and blood pressure). The program will begin shortly after the new plan year (July 2014) and will run for approximately 12 weeks. *Those asked to participate in wellness coaching will be required to complete the program in order to qualify for the lower out-of-pocket medical plan.* This program will be provided by Community Care at no cost to the participant.

Handling the Holiday Blues

Find out how to identify the difference between “the blues” and clinical depression. CommunityCare Class – **Monday, Dec. 9, 1:30 – 2:30 p.m.** Material includes tips on behaviors that can decrease stress and increase enjoyment during the holidays.

CommunityCare Location – 218 W. 6th St. (6th & Denver). Free visitor parking is available in the CommunityCare parking lot on Denver, between 6th & 7th St. Enter the building through the 6th St. main entrance. Check in with the Security Desk for directions to the classroom. Contact Amy Maner to reserve space at a training session or to confirm training dates/times: (918) 594-4150 | amaner@ccok.com

Sleep Well and Feel Better

Wonder why you wake up tired or feel like falling asleep at your desk during the mid-day? You could be suffering from sleep apnea. Find out the signs, symptoms, and treatment during a lunch and learn class: **Wednesday, Dec. 11, noon at City Hall, 3rd Floor Theater.** Sign up online at: <http://cot.ccok.com>

Class Schedule

Monday

Yoga – 11 a.m. & Noon
City Hall – 3rd Floor Wellness Room

Cross-Training – 4:30 p.m.
City Health & Wellness Center – 9311 E. 2nd St.

Tuesday

Pilates – Noon
City Hall – 3rd Floor Wellness Room

Boot Camp – 4:30 & 5:30 p.m.
City Hall – 3rd Floor Wellness Room

Boxing/Kickboxing – 4:30 p.m.
City Health & Wellness Center – 9311 E. 2nd St.

Cross-Training – 6 p.m.
City Health & Wellness Center – 9311 E. 2nd St

Wednesday

Yoga – 11 a.m. & Noon
City Hall – 3rd Floor Wellness Room

Cross-Training – 4:30 p.m.
City Health & Wellness Center – 9311 E. 2nd St

Thursday

Pilates/Core – Noon
City Hall – 3rd Floor Wellness Room

Boot Camp – 4:30 & 5:30 p.m.
City Hall – 3rd Floor Wellness Room

Boxing/Kickboxing – 4:30 p.m.
City Health & Wellness Center – 9311 E. 2nd St

Cross-Training – 6 p.m.
City Health & Wellness Center – 9311 E. 2nd St.

Friday

Yoga – Noon
Pilates – 12:30 p.m.
City Hall – 3rd Floor Wellness Room

Note: All City of Tulsa fitness classes are FREE for all non-sworn employees and their dependents!



Allstate Critical Illness / Accident Policies

If you elected either the critical illness or accident policy, be sure to file your family's 2013 Wellness or Outpatient Physician visit claims to Allstate before Dec. 31. The \$100 incentive is a calendar year benefit, so you may file additional claims incurred **after Jan. 1, 2014**. For claim forms, visit: <http://www.allstatebenefitsmedia.com/tulsa/>

Sleep Deprivation

General Consequences of Poor Sleep	Ways to Improve Your Sleep Health
Decreased performance and alertness	Establish a quiet dark comfortable environment for sleeping
Memory and cognitive impairment	Don't read, watch television, or use hand-held electronic devices in the bedroom
Decreased quality of life	Avoid exercise or meals at least three hours before bedtime
Stimulates your appetite	Avoid caffeine intake at least eight hours before bedtime
Makes you overly emotional	Maintain a regular sleep schedule; avoid watching the clock or lying in bed more than 20 minutes after attempting to fall asleep
Impairs your muscular coordination	Try to schedule time for thought-provoking or emotional discussions for earlier in the evening, rather than right before bedtime
Weakens your immune system	If you feel tired, a 20 – 30 minute nap during the day is beneficial
Increases stress hormone levels	See your health care professional if you think you may have a sleep disorder

Do you have a suggested topic for an upcoming Health & Wellness newsletter?
 Email your suggestion to: CommunicationDept@cityoftulsa.org





October: Breast Cancer Awareness Month

Early Detection is Key to Saving Lives

Breast cancer is the second leading cause of cancer in American women with more than 210,000 diagnosed with the disease in 2009.

Men are not exempt either – as one percent of all breast cancers are found in men.

Women without health insurance/limited financial resources are encouraged to call Oklahoma Project Woman – (918) 834-7200 or the Tulsa Health Department – (918) 594-4800 to ask about free or low-cost mammograms. See the next page for breast cancer risk factors, screenings, signs and symptoms.

Delta Dental Lunch and Learn

Lunch is on us. We'll discuss the importance of dental health and regular visits to your dentist. Classes begin at noon, Tuesday, Oct. 15, City Hall, 10-South and noon, Wednesday, Oct. 23, 2317 S. Jackson, Room S213. [Register online at: http://cot.ccok.com](http://cot.ccok.com)

Breast Cancer Lunch and Learn

Need to find out the facts and myths surrounding breast cancer? Join us for an informative Lunch and Learn. Classes begin at noon, Thursday, Oct. 24, City Hall-3rd Floor Presentation Theater.

[Sign up online at: http://cot.ccok.com](http://cot.ccok.com)

Employee Spotlight: “High Gas Prices Drove Me to Biking to Work 10 Years Ago”

Back in 2002 or 2003, the first time gasoline hit \$1.63/gallon, I ranted and raved, and swore I wouldn't pay that much money to fill up my car (little did I know). I don't remember why I kept a bicycle at the Mohawk treatment plant, but tried riding it home one Friday afternoon. The Mohawk Plant is essentially located at the corner of Mohawk/North Harvard and I live at 69th W. Ave/Keystone Expressway. Somehow, I got home that day without falling over dead, got up Monday morning and rode back to Mohawk, a distance of about 12 miles one way. Over the years, I've continued to ride and have been joined three days/week by Jeana Davis, who supervises the QA/QC lab at Mohawk. The bike rides are fun! We can see things from a bike we'd never see from a car. When we get to work, we're already loose, the blood is pumping, and we're ready to work. A lot of my best trouble shooting and thinking is done while I'm riding. The bike racks on the Tulsa Transit buses also help a lot. We can still ride part of the way, even if the weather is bad or it's dark in the early hours of the morning. – *Warren Williams, Mohawk Treatment Plant Superintendent*





ARC Blood Drive

The City's regular blood drive is set for Thursday, Oct. 24, City Hall, 10-North. Sign up online: www.redcrossblood.org Be sure to use sponsor code OTC to schedule a donation appointment. Walk-ins are also welcome.

Gear Up Ends Soon

Need new workout gear? Attend 24 City fitness classes/receive a FREE special edition tech fabric T-shirt!* Program ends Oct. 31. Complete your 24th class and contact Jill Turney – jturney@cityoftulsa.org or (918) 596-7445 – to get a T-shirt. *Shirts available while supplies last

Marketplace Exchange Notice Coming Soon

Just a reminder – Insurance and Retirement Services will be sending out the required Marketplace Exchange Notice to all employees. We are simply notifying you of the opening of the insurance exchanges on October 1. Since our coverage meets certain minimum standards, City employees likely will not be able to receive a subsidy for insurance purchased from the exchange. If you have questions after receiving the notice, please contact the number included in the notice.

Get Financially Fit

Tired of living paycheck-to-paycheck? Check out Dream Big, Live Small™, a financial wellness program aimed at helping you achieve financial freedom. Three-part series, coming: Nov. 5, Nov. 19, and Dec. 3 – noon to 1:15 p.m. City Hall – 10-North. Sign up online at: <http://cot.ccok.com>

Breast Cancer Risk Factors

- Family history increases your risk. However, only five – 10 percent of individuals diagnosed with breast cancer have a positive family history.
- Onset of menses before age 12.
- Menopause after the age of 55.
- Mutations of the BRCA1 or BRCA2 genes.
- Drinking more than one alcoholic beverage a day.
- Women who never had children or who had their first child after age 30 are at increased risk.
- Hormone replacement therapy with estrogen increases risk.
- Individuals who received chest radiation therapy for a previous cancer are at increased risk.

Class Schedule

Monday

Yoga – 11 a.m. & Noon

City Hall – 3rd Floor Wellness Room

Cross-Training – 4:30 p.m.

City Health & Wellness Center – 9311 E. 2nd St.

Line Dancing – 6 p.m.

City Health & Wellness Center – 9311 E. 2nd St.

Tuesday

Pilates – Noon

City Hall – 3rd Floor Wellness Room

Boot Camp – 4:30 & 5:30 p.m.

City Hall – 3rd Floor Wellness Room

Boxing/Kickboxing – 4:30 p.m.

City Health & Wellness Center – 9311 E. 2nd St.

Cross-Training – 6 p.m.

City Health & Wellness Center – 9311 E. 2nd St.

Wednesday

Yoga – 11 a.m. & Noon

City Hall – 3rd Floor Wellness Room

Cross-Training – 4:30 p.m.

City Health & Wellness Center – 9311 E. 2nd St.

Line Dancing – 6 p.m.

City Health & Wellness Center – 9311 E. 2nd St.

Thursday

Pilates/Core – Noon

City Hall – 3rd Floor Wellness Room

Boot Camp – 4:30 & 5:30 p.m.

City Hall – 3rd Floor Wellness Room

Boxing/Kickboxing – 4:30 p.m.

City Health & Wellness Center – 9311 E. 2nd St.

Cross-Training – 6 p.m.

City Health & Wellness Center – 9311 E. 2nd St.

Friday

Yoga/Relaxation – Noon

City Hall – 3rd Floor Wellness Room

Saturday

Yoga – 10 a.m.

City Health & Wellness Center – 9311 E. 2nd St.

Note: All City of Tulsa fitness classes are FREE for all non-sworn employees and dependents!



Screening for Breast Cancer

- Breast self- examination monthly should begin at age 18.
- Yearly exams by a licensed health care provider should also begin at age 18.
- Screening mammogram annually at age 40 for those at average risk.
- Screening mammogram annually for those at higher risk, beginning at age 35 or 10 years prior to the age that a relative with breast cancer was diagnosed.
- Certain high-risk patients may also need an MRI screening.

Signs/Symptoms of Breast Cancer

- A change in the size, shape or feel of the breast or nipple.
- A lump in the breast or armpit. Cysts in the breasts are normal for some woman and in general they are firm, rounded, and painful. Breast cancer is often a painless irregular shaped lump.
- Redness, dimpling, or puckering of the skin around the breast.
- Fluid leakage from the nipple.
- Breast pain or chest wall pain around the breast. A new onset of swelling of the entire arm.

Do you have a suggested topic for an upcoming Health & Wellness newsletter?
Email your suggestion to: CommunicationDept@cityoftulsa.org





September: National Immunization Awareness

Free Flu Vaccines

Fall is the time of year we start gearing up for seasonal flu vaccines. **Free flu vaccines will be offered at City Medical and a number of work sites for all City employees.** Look for City Medical to announce when the vaccines will arrive with more details. Also, the Tulsa Health Dept. provides flu shots for CommunityCare members at no out-of-pocket cost – just bring your medical card and a photo ID.

Seasonal flu activity can begin as early as Oct. and continue as late as May. Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever. **See the other side for tips to fight the flu.**

Weight Watchers Open House

Always wondered about Weight Watchers but never checked it out? Now's your chance! Stop by the **Weight Watchers Open House, noon, Tuesday, Sept. 10 – 3rd Floor Presentation Theater.** Our local coordinator can answer questions/introduce you to the program. The City pays half of the monthly fee for employees to participate.

Credit Crunch

Organize your finances. Learn more about basic money management, plus budgeting principles, the importance of having a budget, and techniques to apply these principles. Sign up now to attend an upcoming **Consumer Credit Counseling class* (see below).** Lunch will be served.

Consumer Credit Counseling Classes		
Dates	Times	Locations
Wed., Sept. 11	noon – 1 p.m.	City Hall – 10 South
Tues., Sept. 24	noon – 1 p.m.	23 rd & Jackson – Room S213

** Not intended to provide financial advice, but to give you basic knowledge to apply to your life/situation.*

Employee Spotlight: “I Was a Thin Child, But Gained Weight as an Adult... ”

For more than 20 years I steadily gained weight until my 40th birthday, hovering around 300 lbs. Shortly thereafter I saw a picture of myself and couldn't believe how large I was – it seemed like diet shakes were in my future. A couple of friends wanted to try the City's Naturally Slim program and I reluctantly attended the first meeting with them. Robyn, the instructor said we'd be eating small amounts of foods we love, *like chicken fried steak!* She said the program works by changing when and how we eat, allowing us to take control of our bodies and lose weight. I did exactly what Robyn said to do. **That first week I got full, ate the foods I wanted to, and lost weight!** I've learned the value of: eating slowly to satisfy my mental taste center, which is key to avoiding overeating; to eat only when I'm hungry; and to view sweets as a “treat” instead of a staple. I've since continued to live by those principals. **It's now three years later and I've lost over 60 lbs.** Best of all, I haven't had to choke down a single diet shake! – *John Reel, Equipment Management*





CDC's "Take Three Actions" To Fight the Flu

1. Take Time to Get a Flu Vaccine

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- Everyone six months of age and older should get a flu vaccine as soon as the **current season's vaccines are** available.
- **People at high risk of serious flu complications** include young children, **pregnant women**, people with chronic health conditions like asthma, diabetes or heart and lung disease and **people 65 years and older**.
- **Children younger than six months** are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated instead.

2. Take Everyday Preventive Actions to Stop the Spread of Germs

- Try to avoid close contact with sick people.
- If you're sick with flu-like illness, CDC recommends you stay home at least 24 hours after your fever is gone, except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- **Wash your hands** often with soap and water. If soap and water are not available, use an **alcohol-based hand rub**.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

3. Take Flu Antiviral Drugs If Your Doctor Prescribes Them

- If you get the flu, antiviral drugs can treat your illness.
- Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.

Gear Up

Need some new workout gear? Attend 24 City of Tulsa fitness classes and receive a special edition tech fabric T-shirt for FREE! (*Shirts available while supplies last!*) Program began March 1 and will end Oct. 31. Contact Jill Turney – jturney@cityoftulsa.org – or (918) 596-7445 as soon as you complete your 24th class.

City of Tulsa Health and Wellness Center

Check out our revamped fitness center – 9311 E. 2nd St. on Admiral between Memorial and Mingo (directly behind the Great American Flea Market). Take advantage of kickboxing, line dancing or cross training classes. Full facilities include showers. See the class schedule on the right for available classes.

Class Schedule

Monday

Yoga – 11 a.m. & Noon

City Hall – 3rd Floor Wellness Room

Cross-Training – 4:30 p.m.

City Health & Wellness Center – 9311 E. 2nd St.

Line Dancing – 6 p.m.

City Health & Wellness Center – 9311 E. 2nd St.

Tuesday

Pilates – Noon

City Hall – 3rd Floor Wellness Room

Boot Camp – 4:30 & 5:30 p.m.

City Hall – 3rd Floor Wellness Room

Boxing/Kickboxing – 4:30 p.m.

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Cross-Training – 6 p.m.

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Wednesday

Yoga – 11 a.m. & Noon

City Hall – 3rd Floor Wellness Room

Cross-Training – 4:30 p.m.

City Health & Wellness Center – 9311 E. 2nd St.

Line Dancing – 6 p.m.

City Health & Wellness Center – 9311 E. 2nd St.

Thursday

Pilates/Core – Noon

City Hall – 3rd Floor Wellness Room

Boot Camp – 4:30 & 5:30 p.m.

City Hall – 3rd Floor Wellness Room

Boxing/Kickboxing – 4:30 p.m.

City Health & Wellness Center – 9311 E. 2nd St.

Cross-Training – 6 p.m.

City Health & Wellness Center – 9311 E. 2nd St.

Friday

Yoga/Relaxation – Noon

City Hall – 3rd Floor Wellness Room

Saturday

Yoga – 10 a.m.

City Health & Wellness Center – 9311 E. 2nd St.

Note: All City of Tulsa fitness classes are FREE for all non-sworn employees and | dependents!



Live Healthy and Strong All Summer Long

Stay Hydrated

No matter if it's hot and sultry or a bone-chilling day, you need to stay well-hydrated regardless of the weather. Extreme temperatures act more quickly to dehydrate your body, so make an extra effort to drink water-based beverages. Try drinking **eight, eight-ounce glasses of water daily** and increase your amount for extra activity.

Water does more for your body than just satisfy your thirst. *Nearly every body cell, tissue and organ needs water to function.* Water is the nutrient your body needs in the greatest amount. **While drinks supply a good portion of your water needs, did you know solid foods also provide a surprising amount?** See below for more information provided by Wellness Proposals.

Solid Foods Containing a Substantial Amount of Water

Lettuce – 95% ♦ Watermelon – 91% ♦ Broccoli – 89% ♦ Grapefruit – 89% ♦ Carrot – 88%
Apple – 85% ♦ Yogurt – 85% ♦ Cooked Rice – 70% ♦ Cheddar Cheese – 37%

Fleet Feet Run/Walk Lunch and Learn

Interested in the Fleet Feet programs discounted for City employees or want to run/walk on your own? **Join us for lunch at noon, Aug. 6 at City Hall/10 South.** Fleet Feet will host this informational session. We'll discuss the great programs and cover some basic running/walking information. Sign-up now: <http://cot.cook.com>

Run/Walk Your Way to Fitness

The City of Tulsa and Fleet Feet have united to allow non-sworn City of Tulsa employees to participate in any of Fleet Feet's fall walking or running programs **for just \$20!** *Advanced programs like the triathlon will be discounted by \$69.* Enroll at <http://www.fleetfeetulsa.com/training-programs/> and enter Promotional Code: COTEMPLOYEE

Employee Spotlight: "I'm down about 80 lbs. and think my doctor is jealous."

I got on the scales at my doctor's office one day, decided I was done gaining weight and determined I'd make the numbers go the other way. Back then I took eight pills in the morning/eight pills at night and an insulin shot. I finally decided to join a weight-loss program at work and picked the one that made the most sense for me. The best weight-loss program is the one that works for you and can live with for the rest of your life so the weight stays off. I learned to eat right, walked for exercise and developed a different hobby other than fridge grazing. I've been doing this for three years and am down about 80 pounds. I think my doctor is jealous because I may weigh less than he does now. *As the weight came off, my doctor took me off several medications. I no longer take an insulin shot and am down to two pills in the morning/two pills at night, saving me over \$100 dollars/month in medicine copays.* If you need to lose weight, I encourage you to make the commitment and find a program you like and **just do it.** It will be worth it when you're done. – **Brad Clay, Building Maintenance Foreman**





Gear Up

Need some new workout gear? Attend 24 City of Tulsa fitness classes and receive a **FREE** special edition tech fabric T-shirt. (Shirts available while supplies last.) Program began March 1 and ends October 31. Contact Jill Turney at jturney@cityoftulsa.org or (918) 596-7445 upon completion of your 24th class.

Confused about Healthcare Reform?

Find out about healthcare reform, the healthcare exchanges, subsidies, and what it all means to you. A representative from our insurance broker, Maschino Hudelson, will be holding informational meetings, Thursday, Aug. 29 to help answer some of those questions.

Meetings will be held at 9 a.m., 10:30 a.m., 1:30 p.m., and 3 p.m. at City Hall's 3rd Floor Presentation Theater for anyone interested in attending.

Skin Cancer Awareness

Wonder what kind of damage the summer sun has done to your skin? Learn about skin health and the warning signs of skin cancer. Class will be held from noon to 1 p.m., Aug. 12 at City Hall, 3rd Floor Presentation Theater.

Online sign-ups begin Aug. 2: <http://cot.ccok.com>

Work Out for Free at Select Tulsa Parks

City employees and their dependents (age limits vary by park location) can receive **FREE** entry to the workout facilities at Reed, Lacy, and Hicks parks. Take advantage of this great benefit. Just show your employee ID at the front desk to gain access. Fitness rooms are equipped with weight machines, rowing machines, treadmills, ellipticals, stationary bikes, and more.

Free Minor Illness Clinic

Not feeling well in the middle of the day or have a sick child at home? The City's minor illness walk-in clinic is a great alternative to the crowded doctor's office. Plus, it's **FREE** to all employees and family members covered under the City's insurance. See the schedule below:

<i>Weekdays</i>	<i>Times</i>	<i>Locations</i>
<i>Monday</i>	10 a.m. – 2 p.m.	2401 W. Charles Page Blvd.
<i>Tuesday</i>	10 a.m. – 2 p.m.	City Hall, 3rd Floor
<i>Wednesday</i>	12:30 – 4:30 p.m.	2401 W. Charles Page Blvd.
<i>Thursday</i>	10 a.m. – 2 p.m.	City Hall, 3rd Floor

Class Schedule

Monday

Yoga – 11 a.m. & Noon

City Hall – 3rd Floor Wellness Room

Cross-Training – 4:30 p.m.

City Health & Wellness Center – 9311 E. 2nd St.

Line Dancing – 6 p.m.

City Health & Wellness Center – 9311 E. 2nd St.

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