



Better Health For Retired Life

VOLUME 9 ISSUE 2

February 2010

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HEALTH SCREENING BEGINS 3/02/10

Call now to schedule your Health Screening appointment!
Call 817-392-2623, 7753 or 2571.

Feb. 25, 2010



Healthy Challenge is our Wellness Program that **pays** you for maintaining or improving your health. By participating in the Healthy Challenge Award Program you can get up to \$250 in cash. Healthy Challenge also offers classes on-site at various City of Fort Worth locations. Healthy Challenge is a voluntary program open to all benefit eligible employees, and retirees, retiree spouses or surviving spouses on the city insurance. The Healthy Challenge program is a year-long program that rewards you for maintaining or improving your health. Therefore, completion of two consecutive health questionnaires is required for payout.

Important Phone Numbers

- Healthy Challenge Wellness Program
Vicki Tieszen, MA, CHPD
817-392-8556
- CFW Retiree Liaison
Maria L. Gray, CEBS
817-392-2897
817-392-8869 (fax)
- AETNA Retiree Customer Service
1-888-397-4537
- AETNA On-Site Rep
817-392-7780 or
817-392-7774
- AETNA Rx Home Delivery
1-800-227-5720
- AETNA Pharmacy Management Svcs.
1-800-238-6279
- Retirement Office
817-632-8900

- **Free** Health Risk Assessment (HRA)
- **Free** Screenings (blood lipid profile, blood pressure, body mass index, height, and weight)
- **Free** Healthy Habits Fitness classes
- **Free** Lifestyle Change classes
- Immediately earn the **New 2010** Wellness T-Shirt for completing the Health Screening in March.
- Eligible retirees may earn Wellness Cash Awards.
- **Free** Personal Health Report

All health information is held confidential. Please keep in mind that false statements about health practices are a serious matter and can eliminate future eligibility and result in revocation of the wellness award. Participants are expected to make a sincere effort to practice healthy behaviors.

Take the 1st step to better health!

* IMPORTANT NOTE *

Even if you complete the health questionnaire online, there will be a set of extra questions to complete at the health screening. **YOU MUST** complete the extra questions to be eligible for the **full** payout. So be sure to schedule your health screening appointment, even if you complete the online questionnaire.

Healthy Challenge—2010

Health Screening Schedule



LOCATIONS	DATE	TIME
<p>City Hall Lower Level, Atrium 1000 Throckmorton</p>	<p>Tues, Wed & Thurs March 2, 3 & 4</p>	<p>7 a.m. — 11:30 a.m. 1:30 p.m. — 4:30 p.m.</p>
<p>Will Rogers South Texas Room 3401 W. Lancaster</p>	<p>Tue, Wed & Thurs March 9, 10 & 11</p>	<p>7 a.m. — 11:30 a.m. 1:30 p.m. — 4:30 p.m.</p>
<p>James Ave. Serv. Center Bldg. 2, ESD Training Room 5021 James Ave.</p>	<p>Tues, Wed & Thurs March 16, 17 & 18</p>	<p>7 a.m. — 11:30 a.m. 1:30 p.m. — 4:30 p.m.</p>
<p>Fire/Police Training Center Activity Room 1000 Calvert</p>	<p>Tues, Wed & Thurs March 23, 24, & 25</p>	<p>7 a.m. — 11:30 a.m. 1:30 p.m. — 4:30 p.m.</p>

WELLNESS AWARD PAYOUT PROGRAM

Payout Eligibility Requirements:

- ♥ Must have participated in 2009 and 2010 to be eligible for the May 2010 Payout.
- ♥ Only retirees or surviving spouses are eligible for payout.

♥	<u>Criteria Met</u>	<u>On City Insurance</u>
	6 Criteria =	\$ 50
	7 Criteria =	\$100
	8 Criteria =	\$150
	9 Criteria =	\$200
	10+ Criteria =	\$250

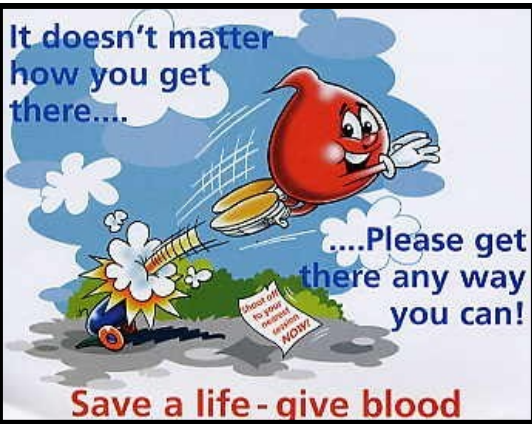
Which Health Criteria Can You Meet?

#1 FAT INTAKE	#5 BLOOD PRESSURE	#9 BODY WEIGHT
#2 CHOLESTEROL / HDL RATIO	#6 FRUITS AND VEGETABLES	#10 ALCOHOL AND DRIVING
#3 EXERCISE	#7 TOBACCO USE	# 11 STRESS MANAGEMENT
#4 SEAT BELT USE	#8 PREVENTIVE SCREENINGS	# 12 MEDICAL SELF CARE

***The program year is the time frame from one health screening to another (March-March).**

For more detailed information go to <http://www.cfwnet.org/wellness/WellnessGuidebook10.pdf>.

City of Fort Worth Blood Drive



No more excuses! Giving blood is safe, convenient and keeps our community blood supply in great shape, which means patients get the blood they need, when they need it.

The next City of Fort Worth Blood Drive will be held Thursday, February 25, 2010. Everyone who gives will receive a free T-shirt.

No more excuses! It's time to give blood and get fit.

If you have questions contact Cyndee Garza at 817-392-2623.

LOCATION	TIME
City Hall	7:30 a.m. — 4 p.m.
Water Field Ops	7:30 a.m. — 3 p.m.
Police/Fire Training Center	8 a.m. — 4 p.m.
James Avenue Service Center	1 p.m. — 5 p.m.
La Gran Plaza	8 a.m. — 11 a.m.
Southside Service Center	2 p.m. — 5 p.m.



THE CITY OF FORT WORTH
HR—WELLNESS PROGRAM

Retiree Health Benefits Advisory Committee List

If you have any questions, issues or concerns about the health plan benefits and premiums, contact the following committee members. Remember, this committee gives all retirees and surviving spouses the opportunity to be represented.

Medicare Committee Representative

Non-Medicare Committee Representative

Cecelia Gilbreath	817-451-3787	Lance Usrey	817-939-4870
Joe Nelson	817-498-2976	Billy Samuel	817-295-5858
Linda Allmand	817-496-6169	Leona Johnson	682-518-1490
Anna Romack Jessup	817-277-5829	Patrick Svacina	817-265-5404
Suellen Matthews	817-246-4294	Sandra Henderson	817-496-5157
Sidney Turney	817-361-8727	John Lampe	817-292-8974
		Tom Hopper	817-269-0354