



Retiree Health News

January— March Class Calendar



2012 Wellness Discount

To receive the \$30 wellness discount on your health insurance premium, you must attend at least one wellness class between Jan. 1 and Dec. 31, 2012. (This is in addition to having participated in the biometric screening in September, filling out the BCBSNC Health Risk Assessment between Jan. 1 and March 31, 2012, and getting a physical exam during 2012.) Classes are available through the city or online through the Blue Cross Blue Shield NC website. **Class attendance must be documented to receive the discount.**

Instructions for Classes Sponsored by the City

- Go to www.CityofWS.org. Click on **Most Requested**, then select **Retiree Center** from the drop-down menu to view a monthly calendar of classes.
- Pre-register by sending an e-mail to jennifem@cityofws.org or calling 727-2305.
- To receive credit, sign in at the class with your full name, date of birth and "Retiree."

Instructions for Classes Taken Online from Blue Cross and Blue Shield of North Carolina

- Follow the directions in the box on the right side of this page.
- BCBSNC will send a monthly report of each employee/retiree who enrolled in Member Health Partnerships or in On-Line Healthy Living-Healthy Conversations.
- No further documentation is necessary.

Instructions for Classes Taken Elsewhere (including but not limited to community colleges, recreation centers, churches, the YMCA & YWCA, and BestHealth at Hanes Mall)

- Send a copy of a Certificate of Completion to Jennifer Moore, Employee Medical Services, P.O. Box 2511, W-S, NC 27102 or jennifem@cityofws.org.
- If no certificates are issued, ask the instructor to send an e-mail to jennifem@cityofws.org to confirm your participation.

Health Risk Assessments Due by March 31

Retirees must complete a health risk assessment by March 31 to continue to receive the \$30 wellness discount. The assessment can be completed online at the Blue Cross Blue Shield NC website:

- Go to www.bcbsnc.com and log in. (If you do not have a login, register for member services.)
- Under **Focus on Wellness**, click on **Go to the Health Assessment**.
- Click on **Take the Health Assessment**. The assessment takes about 20 minutes to complete.

Retirees who do not have access to a computer or do not read well can make an appointment to complete their assessment at Employee Medical Services. Call 727-2305. Step-by-step instructions for the assessment are posted on the Retiree Center. Go to www.CityofWS.org, click on the **Most Requested** drop-down menu and select **Retiree Center**.

Produced by Employee Medical Services, City of Winston-Salem Mayor: Allen Joines City Council: Vivian H. Burke, Mayor Pro Tempore, Northeast Ward; Denise D. Adams, North Ward; Dan Besse, Southwest Ward; Robert C. Clark, West Ward; Molly Leight, South Ward; Wanda Merschel, Northwest Ward; Derwin L. Montgomery, East Ward; James Taylor Jr., Southeast Ward City Manager: Lee Garrity

How to Participate in Online Health & Wellness Classes Offered by Blue Cross Blue Shield

Online Wellness Courses

- Go to www.bcbsnc.com and log in. (If you do not have a log in, register for member services.)
- Look under **Supporting Your Health** and click on **Explore All Wellness Programs**.
- Under **Taking Care of Yourself**, click on any of these topics:

Asthma	High Blood Pressure
Diabetes	High Cholesterol
Heart Disease	Heart Failure
Migrains	Weight Management
Fibromyalgia	Quitting Smoking
Pregnancy	Stress Management
- Under **Member Health Partnerships**, click on **Find out more and enroll**.
- Click on **Enroll Now**, fill out the form, and select a topic. You can learn more about the topics before enrolling by clicking on **Learn more about the modules we offer**.
- BCBSNC sends the city a report to verify your participation.

Online Healthy Conversations Programs

- Go to www.bcbsnc.com and log in. (If you do not have a log in, register for member services.)
- Look under **Supporting Your Health** and click on **Explore All Wellness Programs**.
- Under **Online Healthy Living**, click on **Healthy Conversations**.
- Read the disclaimer concerning health information and click the **I Understand** box.
- Click on the **Healthy Living** tab and select one of these Healthy Conversations topics:

Getting Active	Healthy Eating
Healthy Weight	Healthy Thinking
Sleeping Well	Quitting Smoking
Dealing with Low Back Pain	
- Participate in the program.
- BCBSNC sends the city a report to verify your participation.

Health & Wellness Class Schedule January—March 2012

JANUARY 2012

- Jan 4:** Financial Series: **CreditAbility** Terry Edwards, WSCECU, 1 – 2 pm, Public Safety Center
- Jan 10:** **Tobacco Cessation** 2 – 3 pm, Employee Medical
- Jan. 11:** Financial Series: **Building a Basic Budget** Terry Edwards, WSCECU, 1 – 2 pm, Public Safety Center
- Jan. 12:** **Mindful Eating: The How and Why of Eating** Debra Benfield, RD, 11 am – noon, City Hall, Room 239
- Jan. 17:** **Tobacco Cessation** 2 – 3 pm, Employee Medical
- Jan. 18:** Financial Series: **Wealth-Building Tools** Terry Edwards, WSCECU, 1 – 2 pm, Public Safety Center
- Jan. 20:** **Mindful Eating: When to Say “When”** Debra Benfield, RD, 11 am – noon, City Hall, Room 239
- Jan. 24:** **Tobacco Cessation** 2 – 3 pm, Employee Medical
- Jan. 25:** Financial Series: **Identity Theft** Terry Edwards, WSCECU, 1 – 2 pm, Public Safety Center
- Jan. 26:** **Mindful Eating: What’s Eating You?** Debra Benfield, RD, 11 am – noon, City Hall, Room 239
- Jan. 31:** **Tobacco Cessation** 2 – 3 pm, Employee Medical

FEBRUARY 2012

- Feb. 7:** **Diabetes Academy** Darby Graves, RD, 10 – 11 am, Stuart Municipal Building, Room 530
Tobacco Cessation 2 – 3 pm, Employee Medical
- Feb. 14:** **Diabetes Academy** Darby Graves, RD, 10 – 11 am, Stuart Municipal Building, Room 530
10 Things You Should Know About the Law Mike Wells, 11 am & 1 pm, City Hall, Room 239
- Feb. 16:** **Talking Cancer with Friends & Family: What TO SAY & What NOT TO SAY** Julie Lanford, Cancer Services, 1– 2 pm, Manson Meads
- Feb. 17:** **Women’s Heart Health Lecture** Dr. Stephen Hubbard, 9 – 10 am, Stuart Municipal Building, Room 530
- Feb. 21:** **Diabetes Academy** Darby Graves, RD, 10 – 11 am, Stuart Municipal Building, Room 530
Heart & Stroke Education/Awareness Dr. Chere Chase-Gregory, 2:30 – 3:30 pm, Employee Medical
- Feb. 23:** **Heart & Stroke Education/Awareness** Dr. Chere Chase-Gregory, 1 – 2 pm, Public Safety Center
- Feb. 28:** **Diabetes Academy** Darby Graves, RD, 10 – 11 am, Stuart Municipal Building, Room 530

MARCH 2012

- Mar. 6:** **Personality Plus** 8:30 am – 9:30 am, Employee Medical Services
- Mar. 7:** **Stress Management** Dr. Katherine Kelly 3 – 4 pm, Public Safety Center
- Mar. 13:** **Personality Plus** 8:30 am – 9:30 am, Employee Medical Services
- Mar. 14:** **Stress Management** Dr. Katherine Kelly 3 – 4 pm, Public Safety Center
- Mar. 20:** **Personality Plus** 8:30 am – 9:30 am, Employee Medical Services
- Mar. 21:** **Stress Management** Dr. Katherine Kelly 3 – 4 pm, Public Safety Center
- Mar. 22:** **Colon Cancer Facts** Julie Lanford, Cancer Services 11am – noon, City Hall, Room 239
- Mar. 28:** **Stress Management** Dr. Katherine Kelly 3 – 4 pm, Public Safety Center

For more information go to the Retiree Center.

Remember to register in advance by sending an e-mail to jennifem@cityofws.org or calling 727-2305.