

City of Cincinnati

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Flu Shots—Provided by Cincinnati Health Department

The 2012 Flu Shots will be provided on-site by The Cincinnati Health Department. The schedule and information on appointments is listed below. For general questions regarding the clinics please call Risk Management at 352-2418. Healthy Lifestyles has approved a \$10 incentive for a yearly flu shot. Please make sure you sign in at the on-site event and remember to enter your incentive into your 2012 account online.

If you can not make it to any of the clinics listed below, please schedule a flu shot appointment by calling the Kroger Pharmacy (1-888-242-5841). Please bring your Medco Insurance card with you to your flu shot regardless of where you receive your vaccination.

Date	Time	Location	Appointment Information
Tues., Oct 16th	7:00AM - 9:00AM	MSD - 225 W. Galbraith Rd.	No appointment necessary
Wed., Oct 17th	6:30AM - 8:30AM	Public Services (NOD) - 3320 Millcreek Rd.	No appointment necessary
Thurs., Oct 18th	2:00PM - 5:00PM	Police—310 Ezzard Charles Dr.—3rd floor	No appointment necessary
Tues., Oct 23rd	6:30AM - 10:00AM	Police—310 Ezzard Charles Dr.—3rd floor	No appointment necessary
Wed., Oct 24th	7:00AM - 10:00AM	Parks - Maple Ridge Lodge in Mt. Airy Forest	Call Renee Tyree @ 357-2605 to schedule
Thurs., Oct 25th	8:00AM - 12:00PM	Water Works - 4747 Spring Grove Ave.	Register on the "TAP" or call Patty Herlinger at 591-7921
Tues., Oct 30th	8:00AM - 12:00PM	MSD - Admin Bldg - 1061 Woodrow	Call Kathy Johnson @ 244-5103 to schedule
Wed., Oct 31st	8:00AM - 12:00PM	Centennial Plaza - 805 Central Avenue	No appointment necessary
Thurs., Nov 1st	9:00AM - 10:00AM	Water Works - 5651 Kellogg Avenue	Register on the "TAP" or call Patty Herlinger at 591-7921
Tues., Nov 6th	8:00AM - 12:00PM	Health Department - 3101 Burnet Avenue	Call Reanna Heis @ 357-7419 to schedule

Lite Entertaining—Healthy Lifestyles Classes

Join us to learn some new 'lite' appetizer recipes for the holidays. A good way to enjoy the holiday season without expanding the waistband. In partnership with Cincinnati State, healthy Lifestyles will be providing it's last series of health education classes to all Healthy lifestyles participants starting at the end of October. Pre-registration is required as always and you can sign up on the Healthy Lifestyles Online Registration (access the online registration from www.cityofcincinnati.trihealth.com). Participants of this class will be awarded a \$10 Wellness Program Event Incentive. We hope you have enjoyed the education classes this year!

Last class of the year!

Please Remember...

Healthy Lifestyles would like to remind you that you can still get your biometric screening completed for 2012. Schedule an appointment with the Kroger Pharmacy by calling 1-888-242-5841.

All Healthy Lifestyles paperwork must be submitted by December 15th, 2012. Please note that the only paperwork accepted after December 15th are appointments that participants have between 12/15 and 12/31. That paperwork must be submitted by 12/31/2012 to be counted for this incentive year. Please be pro-active and make sure you are staying on top of submitting your paperwork so you are not scrambling in December!

Free Week @ YWCA Fitness

The YWCA Fitness Center is a Co-Ed fitness center downtown and they are offering all City of Cincinnati Employees and Spouses 1 free week at the fitness center. All you have to do is print the pass and bring it into the fitness center. The YWCA Fitness Center is managed by TriHealth and members are able to work with a degreed health and fitness professional to develop a personal workout. This is a great perk for anyone who may be struggling with their personal fitness. For more information on the YWCA Fitness Center you can call 361-2116.

Healthy Lifestyles Website
www.cityofcincinnati.trihealth.com

A Whole Lot about Whole Grains

Whole grains. You see these mysterious words on packaging and hear health experts talk about them. You're even supposed to make whole grains at least half the grains you eat. And you may know



that eating whole grains as part of a healthy diet has been linked to a lower risk of some cancers and other chronic diseases. But what are they? And how can you tell which products really contain whole grains? A "grain" is any food made from wheat, rice, oats, barley, or another cereal grain. Some examples are bread, breakfast cereal, oatmeal, and corn tortillas. Grains are divided into two categories: whole grains, which include the entire grain kernel, including the bran, germ, and endosperm; and refined grains, which are processed to remove the bran and germ. But it's those parts that are removed that help bring about the health benefits. At the grocery store, read labels to make sure you buy whole-grain products. The very first ingredient on the list should be a whole grain, including 'whole wheat,' 'oatmeal' or 'whole oats,' 'whole-grain cornmeal,' or 'whole rye.'

Don't be fooled by healthy-sounding terms like '100% wheat,' 'seven grain,' or 'bran' that often appear in the name of the product. Read the ingredient list to know for sure what is in the product. You can also add whole grains to your diet by choosing brown rice instead of white; quinoa or bulgur instead of regular couscous. Add barley or bulgur to soups, and eat popcorn without added salt and butter for a good whole-grain snack. (From: American Cancer Society)

ywca
— CO-ED —
FITNESS CENTER **ONE WEEK**
FREE



Limit one per person.

The YWCA Fitness Center is a COED, downtown facility managed by TriHealth.

- Flexible annual memberships
- Full range of cardio & strength equipment
- Largest indoor pool in the downtown area

513.361.2116 www.ywcacin.org/cincinnati/fitnesscenter

Your Health Matters

Questions To Ask About Medical Tests and Test Results

One important thing you can do to improve your health is to take an active role in all decisions that affect your health. Following are questions you can ask about tests and test results.

If you are scheduled for medical tests, you should ask:

- What is the test for?
- How is the test done?
- Will the test hurt?
- How accurate is the test?
- Is this test the only way to find out that information?
- What are the benefits and risks of having this test?
- What do I need to do to prepare for the test?
- How many times have you performed the test?
- When will I get the results?
- What will the results tell me?
- What's the next step after the test?

If you are going to see a doctor about a diagnosis or results of tests, you should ask:

- What is my diagnosis?
- What is the technical name of my disease or condition, and what does it mean in plain English?
- What is my prognosis (outlook for the future)?
- What changes will I need to make?
- Is there a chance that someone else in my family might get the same condition?
- Will I need special help at home for my condition?
- Is there any treatment?
- What are my treatment options?
- How soon do I need to make a decision about treatment?
- What are the benefits and risks associated with my treatment options?
- Is there a clinical trial (research study) that is right for me?
- Will I need any additional tests?
- What organizations and resources do you recommend for support and information?

For more information about how to stay healthy and get good quality care in Greater Cincinnati, go to YourHealthMatters.org