



Department of Finance  
Benefits Management Division  
333 South State Street - Room 400  
Chicago, IL 60604-3978  
Benefits<sup>h</sup>elp@cityofchicago.org  
www.cityofchicago.org/benefits

City of Chicago  
Richard M. Daley  
Mayor

Steven J. Lux  
City Comptroller

# BENEFITS BULLETIN

June 1, 2009

## Ready To Stop Smoking? New Program Starts June 9th



The Chicago Department of Public Health in collaboration with the Center for Integrative Medicine and Wellness at Northwestern Memorial Hospital will be sponsoring a Smoking Cessation Program for City Employees.

The class is held once a week on Tuesdays for 9 weeks at the Department of Health (De Paul Building). The next program starts June 9th.

For more information and to register, please contact Donna Scrutchins in the Department of Health at 747-2138 or Jo Ann Camacho in the Benefits Management Division at 744-6561.

## It's Never Too Late To Quit

The 1982 United States Surgeon General's report stated that "Cigarette smoking is the major single cause of cancer mortality (death) in the United States." This statement is as true today as it was in 1982.

About half of all Americans who keep smoking will die because of the habit. Each year about 443,000 people in the United States die from illnesses related to cigarette smoking. Cigarettes kill more Americans than alcohol, car accidents, suicide, AIDS, homicide and illegal drugs combined.

People who stop smoking when they are young get the greatest health benefits from quitting. Those who quit in their 30s may avoid most of the risk due to tobacco use. But even smokers who quit after age 50 largely reduce their risk of dying early. The argument that it is too late to quit smoking because the damage is already done is not true. It is never too late to quit smoking! **Source: The American Cancer Society Healthy Living Newsletter (May 2009)**

Visit [www.cancer.org](http://www.cancer.org) or call the American Cancer Society at 1-800-227 (ACS) -2345 to find out more about available services and resource assistance.

## Do You Know Your Numbers?

A **confidential** health risk assessment tool for your blood pressure, body mass index, cholesterol and more is available on-line to all City of Chicago employees and their eligible dependents enrolled in either the Blue Cross PPO medical plan, Blue Advantage HMO plan or Unicare Performance HMO plan.



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## Do You Know Your Numbers? (continued)

This easy to follow **confidential** health risk assessment tool will help you do the following:

- Identify many health risks, including family history and lifestyle behaviors
- Compare your health status to national averages of your peers
- Be a catalyst to help improve your health and lifestyle

Here are some important questions you will be asked:

### (1) Blood Pressure: Do you know your blood pressure? Why is this important?

Blood Pressure is the force of blood pushing against blood vessel walls. High Blood Pressure can be dangerous because it makes the heart work harder to pump blood to the body and it contributes to hardening of the arteries or atherosclerosis and the development of heart failure. **Source: Center for Disease Control and Prevention (CDC)**

For additional information go to: [www.cdc.gov/bloodpressure/](http://www.cdc.gov/bloodpressure/) and [www.americanheart.org](http://www.americanheart.org)

Blood Pressure:	120/80	Normal
	120-139/80/90	Pre-Hypertension
	140/90	Stage 1 Hypertension
	160/115	Stage 2 Hypertension

### (2) Body Mass Index (BMI) is a number calculated from a person's weight and height. Do you know if your weight is within the normal range for your height? Why is this important?

BMI provides a reliable indicator of body fat and is used to screen for weight categories that may lead to health problems.

For a BMI calculator go to: [www.cdc.gov/healthyweight/](http://www.cdc.gov/healthyweight/)

Body Mass Index:	Underweight	18.5 or under
	Normal weight	18.5-24.9
	Overweight	25-29.9
	Obesity	BMI of 30 or greater

### (3) Cholesterol: Do you know your good numbers? Why is this measure important?

An excess of either total or LDL cholesterol in the blood is a risk for heart disease and atherosclerosis. Cholesterol is a type of fat called a lipid. **Source: Center for Disease Control and Prevention (CDC)**

For more information go to: [www.cdc.gov/cholesterol/](http://www.cdc.gov/cholesterol/) and [www.webmd.com/cholesterol-management](http://www.webmd.com/cholesterol-management)

HDL Cholesterol/Good	60 or more
LDL Cholesterol/Bad	100 or less

Visit: [www.bcbsil.com](http://www.bcbsil.com) for both Blue Advantage HMO and The Blue Cross PPO medical plans. Log in to Blue Access for members, under Quick Links go to Take your Health Risk Assessment.

Visit: [www.unicare.com](http://www.unicare.com) for Unicare HMO Performance. Go to MemberAccess, click on Full Circle Health then Health Extras. The Health Risk Assessment can be found in Health Extras.

## Maternity Education Available

Each City of Chicago medical plan offers a Maternity Management Program that provides support, health assessments with education for both high risk and non-high risk pregnancies and post delivery follow-ups. Visit your provider's website or call for additional information:

Unicare HMO Performance  
**MaterniCall**  
[www.unicare.com](http://www.unicare.com)  
1-866-664-5404

Blue Advantage HMO  
**Member Services**  
[www.bcbsil.com](http://www.bcbsil.com)  
1-800-892-2803

Blue Cross Blue Shield of Illinois PPO  
**Encompass Health Management System**  
[www.encompassonline.com](http://www.encompassonline.com)  
1-800-373-3727

