

HEALTHBEAT

A Newsletter of the Joint Bank Group/Fund Health Services Department • <http://hsd/>

FEBRUARY 2012



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HealthBeat, HSD's monthly newsletter of health news, events and activities is now available by e-mail and on-line. Just type "**healthbeat**" into your browser's address line, where you can sign-up to **receive *HealthBeat* each month by e-mail.**

Understanding and Using Your World Bank Health Benefits and Services

We offer this session for new staff and spouses to attend, but we encourage anyone who wishes to have a better understanding of how to maneuver through the US health care system.

This presentation offers information on the benefits available under the Medical Insurance Plan (MIP) with particular focus on the delivery of health care in the US, understanding billing, selecting physicians, networks, etc. The Health Services Department, will also share information on their services available for staff and families. **Next Offering: Thursday, February 9, 2012 from 10:00-11:30am. Register by sending e-mail: dbrown2@worldbank.org**

HealthBeat is a monthly publication for staff and their families of the World Bank Group and the International Monetary Fund. **HealthBeat** is published by the Health Promotion Office, Joint Bank Group/Fund Health Services Department. Comments are welcome and may be submitted to the Editor at cbennett@worldbank.org

**MINDFULNESS MEDITATION
WEEKLY SESSIONS**
Enjoy weekly lunchtime
Mindfulness Meditation sessions
Thursdays from 12:15-1:00pm, Room MC-2-520
Feb. 2, 9, 16, 23, March 1, 8, 15, 22
All Levels of Practitioners



SPECIAL RATE: Register for 5 or more sessions—sliding rate. Feel good about yourself and your wallet the more you meditate! Remember, you can always make-up any missed class for free! For details and drop-in rates, click the "register" button at www.VisitYourself.net. General questions? Contact healthpromotion@worldbank.org.

INFANT FIRST AID/CPR - Three hour session includes: Rescue Breathing, Heimlich Maneuver, Basic First Aid, and Infant CPR. **Next Offering: Thursday, February 23 from 2:00-5:00pm.** A non-refundable fee of \$40.00 is required upon registration.

CPR - Three hour session includes: first half of the class Adult/Child CPR, second half includes Basic First Aid for adults. **Next Offering: Thursday, February 23 from 9:00am-12:00noon.** A non-refundable fee of \$40.00 is required upon registration.

Special Pricing - register for both Infant First Aid/CPR and CPR pay **\$75.00**.

REGISTRATION: For either class, in order to reserve your place, registration and payment will be processed directly with the provider, *Heartline CPR, Inc.* To register, please contact Matt Streich, the Program Manager, at **(301) 530-5344** or email: matt@heartlinecpr.com. For additional queries, contact healthpromotion@worldbank.org.

How to Find Us?**Clinical Services:**

Main Clinic
458-0822

IFC Satellite
473-2791

**Personal &
Work Stress Counseling Unit**
458-4457

Field Health Services
458-4505

Ergonomics/Work Environment
473-7720

Health Promotion Programs
458-1354

Laboratory
458-1337

Travel Medicine Pick Up:

MC Clinic
458-1373

IFC Satellite
473-2791

Our Web Sites:

Health Services Dept.
<http://hsd>

Travel Health
<http://travelhealth>

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**Healthy Back Class – We’ve Got Your BACK!!!**

Learn how to address the most common health problem affecting staff today—back pain. We’ll cover the basic modules related to back health: “nuts and bolts” about the back and when to seek medical help, ergonomics and feeling better about your posture, exercise and lifting techniques to help strengthen and move freely. Join us at this revised fun, interactive, fast-paced class where everyone will walk away feeling better about managing their back pain.

**NEXT CLASS: Thursday, February 23 from 12:00–1:30pm
with boxed lunch provided!**

Non-refundable fee of \$25 p/p upon registration is required.
Register today at healthpromotion@worldbank.org

WEIGHT WATCHERS AT WORK—New WW Program for 2012!

You can join the ongoing WW Group any time! Join any Wednesday during the month of February from 1:00–2:00pm in Room MC-2-520. For more information email: healthpromotion@worldbank.org

**BLOOD PRESSURE AND SELF-TESTING KIOSKS**

An elevated blood pressure indicates that the heart is working harder than normal, putting both it and the arteries under a greater strain. **High blood pressure, also called hypertension, usually has no symptoms**, so the only way to know if you have it is to get your blood pressure checked. For your convenience, HSD offers a number of self-operated blood pressure machines.

Health Awareness Room	MC Bldg (700 18 th Street), Room MC-C2-374
“C” Health Kiosk	“C” Bldg (600 Connecticut Ave) B level by the elevators
“F” Health Kiosk	“F” (IFC) Bldg (2121 Pennsylvania Ave), Room F-K-102
“I” Health Kiosk	“I” Bldg (1850 Eye Street), outside Room I-B1-058
IMF HQ1 Health Kiosk	IMF HQ1 Bldg (700 19 th Street), cafeteria before Tarragon Rm
IMF HQ2 Health Kiosk	IMF HQ2 Bldg (1900 Pennsylvania Ave), Room HQ2-5B-767
“J” Health Kiosk	“J” Bldg Lobby (701 18 th Street, Room J-1-048

Also, check out HSD Video library with a link to the HSD video on Hypertension at <http://hsdvideo>.

Skiing Can Be Good For You! Every year since 1969, the Fund & Bank Ski Club has offered an ambitious program of ski vacations, from quick-trips to two week holidays. Trips are priced extremely competitively and every effort is made to accommodate the unforeseen problems caused by Fund & Bank staff business preoccupations. Membership is open to all Fund & Bank staff and their families. Individuals not affiliated with either organization are eligible to participate as guest members, if sponsored by an active club member. See www.fundbankskiclub.org for more information and trip schedule.

**YOUR COMMENTS AND SUGGESTIONS, PLEASE...**

HSD has a form on its web site for sending comments or suggestions about the various services and programs we offer. The form is anonymous—your identity is not transmitted with your comments unless you choose to provide your name and contact information. So next time you use one of our services, we’d like to know what you think! Access this form at: <http://hsdfeedback>.