

To Your Health

November 2015

A publication of the Pinellas County Employee Wellness Program 464-4049 www.pinellascounty.org/hr/wellness



It's
time to
Eat Well,
America!™

#EatWellAmerica
diabetesforecast.org/adm



November is American Diabetes Month

American Diabetes Month takes place each November and is a time to come together as a community to **Stop Diabetes®!**

There is no cure for diabetes, but it can be managed. Balancing the food you eat with exercise and medicine (if prescribed) will help you control your weight and can keep your blood glucose in the healthy range.

This can **help prevent or delay complications**. Many people with diabetes live long and healthful lives.

Earn the preferred health insurance premium for 2016

Completing a biometric screening and online health assessment will save you from paying an extra \$500 in 2016.

The end of the year is almost here and so is the opportunity to **avoid an additional premium of \$500** in 2016. To make sure you maintain your preferred premium of as little as \$7.74 per pay period for single coverage (the biweekly premium amount for other coverage tiers is higher), it is essential to complete a biometric screening and the online health assessment prior to December 31, 2015.

If you're not sure if you've completed both these activities, log into myuhc.com and review your 2015 wellness incentive activity. For tips on how to do that, **view the Help Guide**. The My Rewards page will display the date in 2015 that the activity(s) were completed. If no dates are displayed, then take action now to complete these two activities and keep your 2016 preferred premium.

To get your numbers, contact your doctor's office to schedule an annual biometric screening, or visit a **convenience care clinic** such as those located at select Walgreens and CVS locations. Once you have the results of your biometric screening, log into your account on myuhc.com and complete your health assessment.

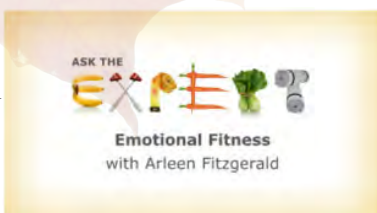
Normal Blood Sugar Levels Chart

Timing of Blood Sugar	Normal Range (mg/dl)
When you wake (before eating)	80 to 120
Before eating a meal	80 to 120
Taken 2 hours after eating	Less than 140
Bedtime blood sugar range	100 to 140

Source: <http://commonsensehealth.com/normal-blood-sugar-levels-chart>

UHCTV | Tips for Families on Reducing Holiday Stress

The holiday season can be a stressful time. You may find it helps to plan simple family activities that don't involve spending a lot of money. **Watch the video** to get more information.



Discover what your
biometric numbers
mean to you.

BenefitsU

Know Your Numbers. Know Your Health.



Australia's "top chef" Michael Moore didn't give up good eating because of his diabetes.

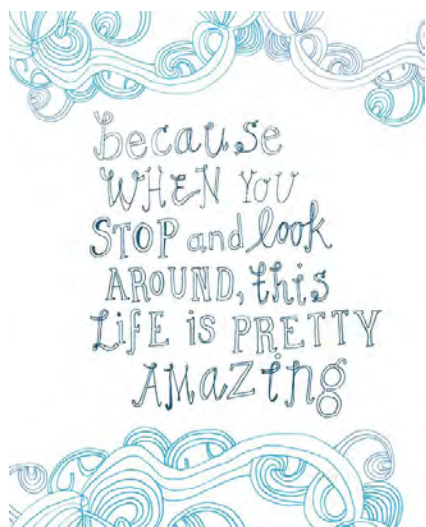
Like most chefs, Australia's own "top chef," Michael Moore, loves food. Even when he was diagnosed with diabetes in 1999, that love never diminished. And not even when a stroke forced him to slow down back in 2009. That's because Michael has learned you can enjoy great food and great health at the same time. It's proven at his iconic Sydney restaurant, *O Bar and Dining*, and on the pages of his new cookbook, *Blood Sugar The Family*.

"I have this philosophy that if you begin and end each day in good order, the rest of the day takes care of itself," says Michael, who at 47 starts his day with a good breakfast and rides his bike to work.

"My goal is to have a full, rich and positive life," says Michael, who cites his diabetes diagnosis as his number one wake-up call: "The stroke was like a car crash—a scary event, but you recover and move forward. But diabetes is a life-threatening disease. It's 24/7. My thought process is always around managing my diabetes."

"I used to eat one meal a day, which started when I woke up and ended at bedtime," jokes Michael, who now eats breakfast, lunch and dinner at the same time each day. "It's all about keeping your blood sugar under control and enjoying the best ingredients that will help you maintain good health."

Source: www.healthmonitor.com/diabetes/food-fitness/written-article/eating-well-diabetes



Thanksgiving Recipes

Try one, two or ALL of these recipes for healthier fare for your holidays.

Herb Roasted Turkey

The only turkey recipe you'll ever need - no basting necessary.



Apple Cider Gravy

Gravy gets a bad rap, but this tasty sauce can be made with almost no fat.



Zesty Orange-Cranberry Relish

Toss the canned cranberry jelly and use this homemade version instead. It's ready in no time, and it's full of healthy fruit!



Healthy Stuffing

Make this at Thanksgiving time and it's simply delicious, healthier and has a lot less sodium than boxed stuffing with seasonings.



Don't forget to eat the recommended servings of vegetables and fruit each day!

Seasonal Produce

Cress	Almonds	Kiwi
Ginger Root	Rosemary	Endives
Pistachios	Taro Root	Cucumbers
Cauliflower	Red Kuri	Dandelion
	Squash	Greens

[See full list of seasonal produce](#)



The American Cancer Society's **Great American Smokeout** event is your chance to triumph over addiction. Every November, they set aside the third Thursday to encourage smokers to go the distance, and to finally give up smoking.

About 42 million Americans still smoke cigarettes, and tobacco use remains the single largest preventable cause of disease and premature death in the United States. As of 2013, there were also 12.4 million cigar smokers in the US, and over 2.3 million who smoke tobacco in pipes — other dangerous and addictive forms of tobacco.

YOU CAN BE TOBACCO-FREE

Better oral health starts here

Using tobacco hurts your body, including your mouth. It's one of the biggest risk factors for gum disease. Many who use tobacco show the obvious signs of smoking like receding gums, chronic bad breath and stained and/or loose teeth. Find out why [it's good to be a quitter](#).

By quitting — even for one day — you will be taking an important step toward a healthier life — one that can lead to reducing your cancer risk. It's a race for your health, and it starts today. Today's the day that quitters win. Find out how to [quit like a champion](#).



2015 Tampa Bay Heart Walk



Invite your family and friends!

Event takes place on
Saturday, November 7, 2015
Festivities begin - 8:00 a.m.
Walk begins - 9:00 a.m.

[Register Pinellas County Government teams here!](#)

United Healthcare Health4Me® Mobile Application

United Healthcare's [Health4Me](#) app provides instant access to you and your family's critical health information – anytime/anywhere. Whether you want to find physicians near you, check the status of a claim or speak directly with a nurse, [Health4Me](#) is your go-to resource for everything related to your health.

[Download the free app](#) from United

Healthcare to search for doctors, clinics, or the closest emergency room—plus directions to get there. Also access your ID card, claims data, medical services pricing, and healthcare plan info.



How to Walk with Proper Form and Technique

The Art and Science of Fitness Walking

Walking comes naturally to humans. It's one of the earliest skills we develop, long before we learn how to talk (or invent excuses to avoid walking). And given good, basic health, it's something you can do throughout your life without worry about overdoing it. Prior to the last century, walking was the primary mode of day-to-day transportation for most people, and often involved much more time and distance than most of us spend at it today.

So in honor of those participating in the **WalkingU** program this year, [here are some tips](#) to keep you motivated, injury-free and having fun!

Employees looking pretty in pink to raise breast cancer awareness.
October 2015



Wellness Center Orientation

The Pinellas County Wellness Center is free for all permanent employees of the County. To join, you must attend an orientation. During this orientation you will tour the facility, receive information about available programs and classes, and complete the necessary paperwork. Please contact Melissa Reyes at 464-4049 or wellness@pinellascounty.org to schedule an orientation.

November Exercise Class Schedule*

Monday	Tuesday	Wednesday	Thursday	Friday
	6:15 a.m. - 7:15 a.m. <i>Spin</i> Instructor: Nancy	6:15 a.m. - 7:15 a.m. <i>Spin</i> Instructor: Nancy	6:15 a.m. - 7:15 a.m. <i>Spin</i> Instructor: Nancy	6:15 a.m. - 7:15 a.m. <i>Spin</i> Instructor: Nancy
12:10 p.m. - 1:00 p.m. <i>Circuit Training</i> Instructor: Melissa	12:45 p.m.-1:15 p.m. <i>30 min. interval training</i> Instructor: Ashley	12:10 p.m. - 1:00 p.m. <i>Zumba</i> Instructor: Melissa	12:45 p.m.-1:15 p.m. <i>30 min. interval training</i> Instructor: Ashley	12:10 p.m. - 1:00 p.m. <i>Circuit Training</i> Instructor: Melissa
	5:15 p.m. - 6:15 p.m. <i>Zumba</i> Instructor: Melissa	5:15 p.m. - 6:15 p.m. <i>Yoga</i> Instructor: Kelli	5:15 p.m. - 6:15 p.m. <i>Circuit Training</i> Instructor: Melissa	

* View [class descriptions](#) and [satellite locations](#).



Understanding Diabetes

This podcast provides basic awareness and understanding of diabetes. Participants will learn the differences between Type 1, Type 2, gestational and prediabetes. They will also learn about the lifestyle choices that may place them at risk and steps they can take to help prevent Type 2 diabetes.

Source4Women®

Eat to Control and Prevent Diabetes and Prediabetes

November 10, 2015 – 12:30 p.m. (ET)

Kathleen Zelman, MPH, RD

[Register now](#)

Whether you are newly diagnosed with diabetes, have had it for years or are trying to prevent it, this seminar is for you. Learn about the disease that affects 29 million Americans and an estimated 86 million who are prediabetic and may not even know it. Preventing and/or managing the disease is so important because diabetes is the leading cause of blindness and kidney failure in adults, it increases risk for heart disease, can lead to circulation problems and is the 7th leading cause of death in the U.S. The good news is that type 2 diabetes, the most common form, is largely preventable. This seminar will focus on the diet and lifestyle changes and tips that may help you prevent the onset of diabetes or manage the condition with greater success.

Find your cause and run your race! Local races throughout the month of November.

(Click the link to register.)

- **[PurpleSTRIDE 5K Run](#)**, November 7 – Albert Whitted Park
- **[Honeymoon Half Marathon](#)**, November 7 – Honeymoon Island
- **[Ronnie's Run Family 5K](#)**, November 7 – Fort De Soto Park
- **[Bay Area Brew Runs](#)**, November 14 – St. Pete Brewing
- **[Shipyard Brewery Half Marathon & 5K](#)**, November 15 – Palm Harbor
- **[MADD Dash 5K](#)**, November 21 – Largo Central Park
- **[2015 Tampa Bay Times Turkey Trot](#)**, November 26 - Clearwater High School