

Visit www.pinellascounty.org/hr/wellness or contact Wellness staff at 464-4049 or wellness@pinellascounty.org. July 2016

July is Park and Recreation Month



This July, discover your **super powers** at your local parks and rec! When we work together to further health and wellness, conservation and social equity efforts, awesome things happen!



There are plenty of places to get active in Pinellas County. On your own or with family and friends, find a park or a trail and go! Check out the [Parks & Recreation Finder](#)

which includes County and municipal parks, dog parks, and islands, and includes information about the facilities available at each location.

Tips for Staying Cool When Exercising in the Summer Heat from UnitedHealthcare

It's time to take your winter treadmill routine outdoors to the parks. The days are long and warm. The trails radiate heat. Summer is here and you're prepared to sweat! But before you lace up your running shoes, read these eight tips to keep your cool.

Safety tips

Heat-related illness is serious. But that doesn't mean you're doomed to a summer spent exercising in the air-conditioned gym. Learn these safety tips before you step out in the sun:

- Exercise in the early morning or late evening hours.** The temperature is the coolest at this time. Avoid exercising midday because it's the hottest part of the day.
- Drink up!** Do not wait until you are thirsty to start hydrating. Drink two to four glasses of water each hour. If you are exercising for an

Continued on page 3.

Changes to the Nutrition Facts Label

On May 20, 2016, the Food and Drug Administration announced the new Nutrition Facts label for packaged foods to reflect new scientific information, including the link between diet and chronic diseases such as obesity and heart disease. The new label will make it easier for consumers to make better informed food choices.

Manufacturers will need to use the new label by July 26, 2018. However, manufacturers with less than \$10 million in annual food sales will have an additional year to comply.



NEW LABEL / WHAT'S DIFFERENT

Servings:
larger,
bolder type

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories

230

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving sizes
updated

Calories:
larger type

Updated
daily
values

Actual
amounts
declared

New
footnote

New:
added sugars

Change
in nutrients
required

Serving sizes updated
Calories: larger type
Updated daily values
Actual amounts declared
New footnote



Your UHC Nurse *Amy*

Who Has Your Back?

By Amy Hertog, RN, BSN, Clinical Nurse Liaison

Back pain can plague your workdays and free time. You're not stuck with it, though. Take time to examine and address situations that might aggravate your back.

Many activities- either at work or at home- can place significant demands on your back. A number of factors can contribute to back pain. For example:

- ▶ **Force.** Exerting too much force on your back — such as by lifting or moving heavy objects — can cause injury.
- ▶ **Repetition.** Repeating certain movements can lead to muscle fatigue or injury.
- ▶ **Posture.** Slouching exaggerates your back's natural curves, which can lead to muscle fatigue and injury.
- ▶ **Lifestyle.** Obesity, sleeping position, poor physical condition, smoking, and stress can contribute to back pain.

You can take steps to prevent back pain and injuries:

- ▶ **Include physical activity in your daily routine.** Maintaining a healthy weight minimizes stress on your back. Most healthy adults need at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity spread throughout the week and strength training exercises (to strengthen and stretch back and abdominal muscles) at least twice a week. Your [Wellness Center](#) is a free benefit to you. The center offers both classes and equipment for aerobic and strength training.
- ▶ **Pay attention to posture.** When standing, keep your weight balanced on your feet and don't slouch. For good posture when sitting, choose a chair that allows you to rest both feet flat on the floor while keeping your knees level with your hips. If necessary, prop your feet with a footstool or other support. If the chair doesn't support your lower back's

[Continued on page 3.](#)

Pinellas County Earns American Heart Association Award

Pinellas County has been recognized as a [Fit-Friendly Worksite](#) for promoting employee health and fitness. Among 126 Bay worksites, the County was recognized for championing the health and wellness of its employees and integrating healthy living into the workplace where people spend the majority of their time.



Wellness Learning Series "Lose & Win"

This four-part series focuses on achieving healthy habits related to weight, exercise and stress. Every participant will receive a binder with all materials on Day 1, including recipes.



Week 1: On Your Way to Healthy Weight – Determine a healthy weight range, review portion sizes, and discuss goal setting.

Week 2: Move to Lose – Understand the benefits of physical activity and review common exercise myths.

Week 3: Healthy Habits – Identify common triggers that lead to unhealthy behaviors and review strategies for healthier habits.

Week 4: Managing Stress – Identify sources of stress, discuss solutions for dealing with stress, and practice problem-solving techniques.

You must attend all four sessions in the series to be eligible for the wellness incentive of 25,000 reward points or \$100 cash.

[Register now](#) for the series and win!



curve, place a rolled towel or small pillow behind your lower back.

- ▶ **Lift properly.** When lifting and carrying a heavy object, lift with your knees and tighten your core muscles. Hold the object close to your body. Maintain the natural curve of your back. If an object is too heavy to lift safely, find someone to help you.
- ▶ **Modify repetitive tasks.** Use lifting devices, when available, to help you lift loads. Try to alternate physically demanding tasks with less demanding ones. If you work at a computer, make sure that your monitor, keyboard, mouse and chair are positioned properly. If you're on the phone most of the day, use a headset. Avoid unnecessary bending, twisting and reaching. Limit the time you spend carrying heavy briefcases, purses and bags. Consider using a rolling briefcase or cart.
- ▶ **Listen to your body.** If you must sit for a prolonged period, change your position occasionally, stand up or stretch whenever you feel tired.

United Healthcare offers the *Healthy Back* program for low back pain. United Healthcare also offers the *Treatment Decision Support (TDS)* program to help you actively explore treatment options and engage in treatment decisions should you require a medical intervention. Please contact your Nurse Liaison for more information.

Amy Hertog, UHC's Nurse Liaison (a.k.a. Nurse Amy) is here to educate and counsel employees and to help connect employees with needed healthcare resources. [Visit Amy's web page](#) or contact her at 464-5579 or by email at amy_hertog@uhc.com.



We want to hear from you!

TELL IT WELL

EMPLOYEE FEATURE

If you or your spouse/domestic partner has improved their life by making healthy changes, *To Your Health* wants to feature and congratulate you! Contact Crystal Lockwood at clockwood@pinellascounty.org for details on how to share your story.

extended period of time, drink a sports beverage to replace the salt and minerals you lose through sweat. If you are on diuretics or a low-salt or fluid-restricted diet, talk to your doctor first about your specific fluid needs.

3. **Wear lightweight, loose-fitting clothing.** Consider dressing in clothes made with moisture-wicking fabric.
4. **Protect yourself from the sun.** Wear a hat, sunglasses and sunscreen with an SPF 15 or higher. Try to exercise in the shade. Play tennis on a court shaded by the trees or take a walk in a wooded park.
5. **Rest early and often.** Take breaks in shady areas.
6. **Gradually get used to the heat.** It takes seven to 10 days for your body to adapt to the change in temperature. Start by exercising for a short time, at a low intensity. Save long, hard workouts until after you're acclimated to the summer air.
7. **Mind the weather.** Do not exercise on the hottest days. Keep an eye on the heat index. The heat index is a calculation of the temperature and humidity. It measures "how hot it really feels" outside:
 - ▶ Heat index 80 to 90 degrees: fatigue during exercise is possible. Heat exhaustion is a possibility even at these temperatures.
 - ▶ Heat index of 90 to 105 degrees: heat cramps and heat exhaustion or heat stroke are possible.
 - ▶ Heat index of 105 or higher: heat exhaustion is likely and heat stroke is possible.

Consider working out indoors. Walk around a shopping mall or do a workout DVD in your air-conditioned home.

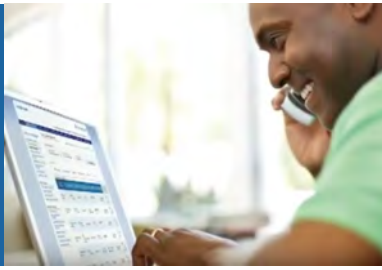
Stop if you don't feel well. If you have any of the warning signs of heat-related illness, stop your workout right away.

How the heat hurts you

We each have our own personal air-conditioning system inside our bodies. When we get hot, we sweat. Perspiration is our body's way of cooling off. As sweat evaporates, our body releases heat. But when you get extremely hot, sweat doesn't evaporate. The body then has to work extra hard to keep its temperature down. In time, our body will be unable to rid itself of the excess heat. This leads to a high body temperature and heat-related illness.

[Continued on page 4.](#)

myClaims Manager



Managing your health care benefits on myuhc.com just got easier with **myClaims Manager**. The enhanced "Manage My Claims" section on myuhc.com provides more information to help you understand and track your health care claims.

With "Manage My Claims," you can see how claims are processed, make notes and flag claims for follow-up, and view simple explanations of the services you received. You can pay health care providers online for any claim that has a 'You May Owe' amount using the 'Make Payment' feature.

In addition to claim information, myClaims Manager provides a detailed display of your Account Balances. If you have a Health Reimbursement Account, Flexible Spending Account, or Health Savings Account, the balances are shown at the top of the page.

If you would like to review a history of payments you've made to your health care providers, select the "My Claim Payments" link to open the InstaMed site. From here you can sort by payment date and family member and also export the data to be viewable in Microsoft Excel.

Log into myuhc.com to access resources, like myClaims Manager, to help you take control of your health care benefits.

FREE Vision & Leg Vein Screenings

There will be FREE vision and leg vein screenings for Pinellas County employees in Largo, St. Petersburg, Clearwater, and Palm Harbor during July and August. [Schedule your 10-minute screening today.](#)

[Stay Cool, continued from page 3.](#)

Recognize warning signs

The heat can take its toll on your body and make you sick. Heat-related illness can even be life-threatening. Learn how to spot signals of heat-related illness. They range from cramps to muscle spasms due to lost nutrients to more serious signs like dizziness or fainting.

Heat exhaustion is a warning sign that your body cannot keep itself cool. Stop exercising right away. Heat exhaustion is dangerous and may lead to heat stroke. Symptoms include:

- ▶ Weakness
- ▶ Dizziness
- ▶ Confusion or disorientation
- ▶ Headache
- ▶ Cramps
- ▶ Nausea or vomiting
- ▶ Dehydration

Heat stroke is life-threatening. Stop exercising right away and call 9-1-1 for any of the following symptoms:

- ▶ Unusual behavior, hallucinations or confusion
- ▶ Fainting
- ▶ Seizures
- ▶ Fever of 104 degrees F or greater

Seek immediate medical attention if you or someone else:

- ▶ is vomiting and unable to keep fluids down
- ▶ has dizziness or lightheadedness
- ▶ looks very ill or is not getting better

Heat illness is more likely to occur in people who are:

- ▶ 65 or older
- ▶ chronically ill
- ▶ pregnant

Always check with your doctor before you take your exercise routine to the great outdoors.

Source: www.uhctools.com/july2





Eggs in a Muffin Pan

Try this alternative to frying eggs in a pan on top of a stove. It's easy, great for crowds — and no butter is required!

Ingredients

- Nonstick cooking spray
- 12 large eggs
- 1/2 cup finely-chopped onions
- 1/4 cup finely-chopped chives
- Freshly ground black pepper, to taste

Source: myUHC.com

Directions

- Preheat oven to 350 degrees F. Spray muffin tin cups with cooking spray.
- Break one egg into each muffin cup. Distribute onions and chives evenly across all cups. Top with a grind of fresh black pepper, to taste.
- Bake eggs for approximately 15 minutes, checking for desired doneness. Make sure that eggs are no longer runny in the middle.
- Allow eggs to cool for about 5 minutes before removing eggs from tins.
- Tip: If making less than 12 eggs, fill the remaining cups halfway with water to help the eggs bake evenly.

Nutrition Facts

Yield 12 servings

Amount Per Serving

Calories 75

Fat 5 g

Saturated fat 1.5 g

Cholesterol 186 mg

Protein 6 g

Carbohydrates 1 g

Fiber 0 g

Sodium 71 mg

The Term “Miniature Golf” Takes on New Meaning



Apparently, the organizers of the Golf Scramble (Pinellas County's semi-annual golf fundraiser) needed help carrying that BIG DONATION CHECK (\$1,100) to the [Chi Chi Rodriguez Youth Foundation](#). These mini-golfers lent a hand and gave away smiles, too. County employees in the back row are Becky Batten, Justin Taylor, Jonathan Ferguson, and Chris Labiak, all of BTS.



RESTORING YOUR TEETH AND SMILE

An at-a-glance view of today's dental restoration methods.

Dental cavities are holes in your teeth caused by tooth decay. They can lead to pain, tooth loss or infection – not to mention an unsightly smile. Thankfully, dentists have many ways to treat and restore decayed or damaged teeth, so you can have a natural looking, healthy smile even if you've had cavities.

Inlays, onlays, veneers, crowns? [What is best for you](#)? Your dentist will recommend a method depending on how many teeth need to be fixed, where they're located in your mouth and how much of each tooth needs to be restored. Be sure to have an open discussion with your dentist about any questions or concerns you might have, so you can both feel confident in the final decision.



Group Dental

Frequently Asked Questions About Preventive Dental Care



MetLife

What is preventive dental care?

Preventive dental care is all the things you do (or should do) to take care of your teeth and gums: brushing, flossing, eating a healthy diet, and seeing your dentist regularly to help avoid dental disease.

Seasonal Produce



Blackberries	Cherries
Cucumbers	Corn
Zucchini	Hearts of Palm
Jackfruit	Tomatillos
Green Beans	Rasberries

2 + 3
for a Healthier Me

Eat at least 2 servings of fruit and 3 servings of veggies each day!

[Learn more](#)

Lose the Muffin Top



Source4Women® Online Seminar
Tuesday, July 12th at 12:30 p.m.

Many women discover bodily changes like the dreaded muffin top after hitting menopause. Hormonal changes along with routine aging may cause many women to struggle with weight gain. During this seminar, we will review the latest science and research on this critically important topic. We will also showcase strategies that may help women in their pre and post menopause years to keep their bones strong, hearts healthy and waistlines trim.

[Register here.](#)

Wearing Blue for Men's Health Month



Many employees wore blue to raise awareness about men's health during the month of June. Thanks to BTS for sending a photo!



Meet Your Nurse Liaison and Wellness Manager

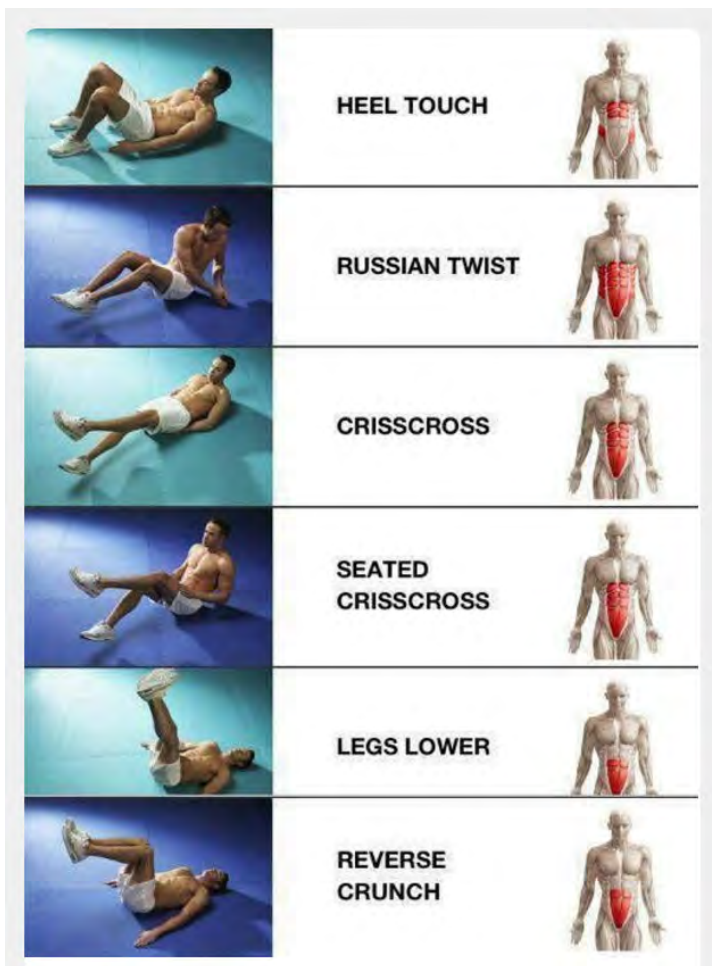


Amy Hertog (UHC Nurse Liaison) and Crystal Lockwood (Wellness Manager) are on the road and may be scheduled for your conference room soon. They want to meet you and find out what you need to become or stay healthy. Don't pass up the opportunity to:

- Ask questions about your wellness habits
- Learn about new and upcoming wellness programs
- Get tips on Rally's survey, missions, and sweepstakes
- Check your blood pressure
- Receive educational materials
- Get to know them a little better

So keep an eye out for them. Better yet, talk to your wellness champion or your supervisor and ask them to schedule Crystal and Amy at your location.

10 Minutes to Bikini-Ready Abs!



www.pinterest.com/pin/89438742578186430/

1 OUT OF 3 U.S. ADULTS HAS PREDIABETES, ONLY 7% KNOW THEY HAVE IT.

TELL DIABETES, "NOT ME."

Pinellas County Government, the YMCA and United Healthcare have teamed up to offer the Diabetes Prevention Program for you!

[Find out more](#) about the program and how to enroll.

[Learn about](#) how to manage diabetes from UHC.



July Exercise Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
	6:15 - 7:15 a.m. Spin Instructor: Nancy	6:15 - 7:15 a.m. Spin Instructor: Nancy	6:15 - 7:15 a.m. Spin Instructor: Nancy	6:15 - 7:15 a.m. Spin Instructor: Nancy
	12:10 - 12:40 p.m. Spin Instructor: Melissa K.	12:10 - 12:40 p.m. Spin Instructor: Melissa K.	12:10 - 12:40 p.m. Spin 7/7, 7/21, 7/28 Instructor: Melissa	
12:10 - 1:00 p.m. Circuit Training Instructors: Melissa (Isiah 7/11)	12:45 - 1:15 p.m. Circuit Training Instructor: Ashley	12:10 - 1:00 p.m. Mat Pilates 7/6, 7/20 Circuit Training 7/13 Instructor: Isiah Zumba Step 7/27 Instructor: Melissa	12:45 - 1:15 p.m. Circuit Training Instructor: Ashley	12:10 - 1:00 p.m. Circuit Training Instructors: Melissa (Isiah 7/15)
	5:15 - 6:15 p.m. Mat Pilates 7/5, 7/19 Instructor: Melissa 5:30 - 6:30 p.m. Step & Stretch 7/12, 7/26 Instructor: Lisa	5:15 - 6:15 p.m. Yoga Instructor: Kelli	5:15 - 6:15 p.m. Circuit Training 7/7, 7/21 Instructor: Melissa (Isiah 7/14) Zumba Step 7/28 Instructor: Melissa	

Wellness Center Orientation

Exercise classes are held at the Pinellas County Wellness Center in downtown Clearwater. The facility is free for all permanent employees. To join, you must attend an orientation during which you will tour the facility, get information about programs, and complete paperwork. Contact Melissa Reyes at 464-4049 or wellness@pinellascounty.org to schedule an orientation. Also see [exercise class descriptions](#) and [satellite fitness center locations](#).



Local Races: Summer, Sunshine & Smiles

(Click the links to register.)

- [Shark Week 5k](#), July 9th, Palm Harbor Ale House, 3419 Alt. US 19.
- [Sunsets @ Sand Key Beach 5k Series](#), July 15th, Sand Key Park.
- [St. Pete Road Runners Beach Series](#), July 22nd, Pass-A-Grille, St. Pete Beach.

UnitedHealthcare PODCAST



Staying Healthy While Traveling

Learn practical tips on how to achieve and maintain a healthy eating and exercise plan while traveling.

[View podcast.](#)



You are invited.



Wellness Center Open House

Friday, July 22, 8 a.m. to 5 p.m.

324 S. Fort Harrison Ave., Old Courthouse, Basement, Clearwater

Door opens at 8 a.m. - No ID card required.

Enjoy this free benefit offered to all Pinellas County employees, retirees and volunteers.

- ▶ Come see the new layout
- ▶ Meet the instructors
- ▶ Raffle prizes including a FitBit®!
- ▶ Snacks and water available all day

Schedule of Events

DEMONSTRATIONS

Bring your sneakers!

- ▶ 8:30 a.m. & 3:00 p.m. - Spin
- ▶ 10:30 a.m. - Mat Pilates
- ▶ 11:00 a.m. - Step Zumba
- ▶ 11:30 a.m. - Zumba
- ▶ 12:00 p.m. - Killer Abs and Back
- ▶ 12:45 p.m. - Full Body Blast
- ▶ 3:00 p.m. - Step
- ▶ 3:30 p.m. - Afternoon Yoga Stretch

- ▶ 8 a.m. - 4:00 p.m. - Chair massages.
[Email wellness@pinellascounty.org](mailto:wellness@pinellascounty.org)
to request an appointment.*


Minimum 10 minutes.

*One dollar per minute fee.

ORIENTATIONS

- ▶ 8:30 & 12:30 - Wellness Center Orientations
- ▶ 9:30 & 2:30 - Spin Orientations

INFORMATION AND DEMOS

-  ▶ 11:00 a.m. - 2:30 p.m. A YMCA rep will be there to talk about and demonstrate the *Enhance Fitness* program. You can even sign up right then!
- ▶ 11:30 a.m. - 1:00 p.m. A 9Round Fitness rep will be there to talk about their program and demonstrate kickboxing