



## TELL IT WELL EMPLOYEE FEATURE

*This month our featured employee is our Human Resources Director, **Holly Schoenherr**. She has a message—and a challenge—for all.*



I imagine many of us have heard all of the reasons why we should try to be healthy. But if not, here it is again from the new HR Director! When we are healthy physically, mentally, and spiritually, we have more energy, are more productive, spend less on healthcare, and just feel better.

One of the things that attracted me to Pinellas County was its outstanding employee wellness programs. The broad array of services and incentives that are offered to keep our workforce moving in a healthy direction is truly amazing.

It was good to see so many employees at the Wellness Center Open House on July 22nd. Kudos to Crystal Lockwood, Melissa Reyes, and Nurse Amy Hertog for coordinating a fun and educational event. I learned a lot about the Clearwater Wellness Center and the multitude of programs that are offered to employees.

Just like many employees, I struggle with incorporating healthy habits into my workday, and I love to eat! Years ago I got into the habit of exercising for 15-20 minutes as soon as I get up in the morning and for another 30 minutes in the evening. I have found that when I don't get my exercise in, I can really feel the difference. Sometimes I do high-intensity exercising like running or kick-boxing, but not always. I find that incorporating yoga and strength-training into my weekly routine gives me the best results ... not to mention that it keeps me from getting bored! My kids have also been great motivators for me. Running or biking with them always challenges me to kick it up a notch.

## Mammogram Screening August 15th

Pinellas County is proud to offer a mammogram screening event for our female employees.

**When:** Monday, August 15, 8 a.m.–4:45 p.m.\*

**Where:** Susan Cheek Needler Breast Center  
Morton Plant Hospital, Axelrod Pavilion  
400 Pinellas St., Suite 100, Clearwater

*\*Appointments are scheduled every 15 minutes.*

As a Pinellas County employee using an in-network provider, your screening is covered at 100% as an annual wellness screening once per calendar year. Those eligible [earn 12,500 rewards points](#) or \$50 cash for having this preventative screening.

Another mammogram screening event will occur:

**When:** Thursday, October 20th, 12:30 - 4:45 p.m.

Friday, October 21st, 8 a.m. - 4:45 p.m.

**Where:** BayCare Outpatient Imaging (Carillon)  
900 Carillon Parkway, St. Petersburg

*\*Appointments are scheduled every 15 minutes.*

[View the flyer](#) for more details and to register.

According to [recent research](#) by the Centers for Disease Control and Prevention (CDC), there are five key health-related behaviors that ward off heart disease, cancer, and other chronic illnesses:

1. Not smoking
2. Exercising regularly
3. Drinking in moderation, or not at all
4. Keeping a healthy weight
5. Getting at least seven hours of sleep a night

Sounds pretty simple, but it's not. According to the CDC, most adults report that they manage only two or three of these behaviors. Fortunately, I have not ever struggled with a serious or chronic health condition, but I know many who have. When we're feeling good, it's easy to become complacent and neglect to do some

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## Your UHC Nurse *Amy*

### Updates

*By Amy Hertog, RN, BSN, Clinical Nurse Liaison*

In the few months that I have been on-site at Pinellas County Government, I have had the pleasure of meeting with many of the employees. Thank you for the warm welcome! I have enjoyed the time we have spent together and I hope you have as well.

I will continue to identify more needs, but right now I'd like to tell you about a few little known services available to you.

**Supplies for diabetics:** If you or your family members are **diabetic** and have health insurance through Pinellas County Government, you can get a **free glucometer and testing strips**. Please contact me (464-5579) if you have been purchasing your testing strips. I will help you to save your money and maximize your benefits.

**Managing chronic illness:** If you are managing an illness, there are **Optum programs** that are available and free to you. Some of these programs are for asthma, cancer, coronary artery disease, chronic obstructive pulmonary disease (COPD), heart failure, renal disease, and diabetes. While there are a few exclusions, many people qualify and a few programs even offer free biometric equipment.

**Back pain:** Some employees are surprised to learn that they may be eligible to enroll in the **Healthy Back program**. This program targets low back pain and seeks to improve self-care/care-seeking patterns for individuals with recurring and chronic back conditions. It is a good source for back-related information, support, and guidance in navigating the health care system while improving access to high-quality care and reducing out-of-pocket expenses.

**Help with important decisions:** There are also other programs such as **Treatment Decision Support (TDS)**. TDS serves to assist you should you have the need to make a decision about surgery or treatment

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## PRODUCTIVE AGING AND WORK

An [article](#) from the National Institute for Occupational Safety and Health (NIOSH)

### What is Productive Aging?

Productive aging is an approach that emphasizes the positive aspects of growing older and how individuals can make important contributions to their own lives, their communities and organizations, and society as a whole. In the context of work, productive aging involves providing a safe and healthy work environment for everyone through comprehensive strategies that allow workers to function optimally at all ages.

### Four attributes of the Center's approach to productive aging include:

- ▶ [A Life-Span Perspective](#) that considers the patterns of change and transition that occur in different domains (e.g., biological/physical, cognitive, social) from the first day on the job to the last. This perspective extends the concept of productive aging to workers of all ages and views the aging process as dynamic, adaptive, and influenced by the environment.
- ▶ [A Comprehensive and Integrated Framework](#) for improving worker safety, health and well-being in a coordinated program that utilizes a range of education and intervention strategies. These strategies draw from a growing knowledge base of factors that have particular significance for an aging workforce where people are working longer (e.g., ergonomics, injury prevention, chronic disease management, healthy lifestyles, workplace flexibility, etc.).
- ▶ [Outcomes that Recognize the Priorities of Both Workers and Organizations](#). A productive aging approach targets both types of outcomes with the understanding that each type of outcome can potentially influence the other. These outcomes may range from improving safety and well-being (worker-centered) to reducing health care costs and maintaining job performance (organization-centered).
- ▶ [A Supportive Work Culture for Multi-Generational Issues](#) that arise when up to four generations (World War II Generation, 1925-1945; Baby Boomer



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[Nurse Amy, continued from page 2.](#)

for certain conditions. TDS focuses on back pain, knee replacement, hip replacement, benign prostate disease, prostate cancer, breast cancer, benign uterine conditions, coronary disease, and obesity.

**Terminology:** Speaking of surgery, there have been many conversations about some of the terminology that comes up when we look for physicians or specialty services. Please refer to the following definitions:

- ▶ **Premium Tier 1** is designated to doctors who meet quality and cost efficiency guidelines. These doctors meet national standards for quality and local market benchmarks for cost efficiency, as well as engaging consumers in the health care decision-making process. There are 27 recognized types of medical practice that can receive this designation. You can find a doctor's Premium designation on [myuhc.com](http://myuhc.com).
- ▶ **Center of Excellence (COE)** is designated to health care providers (such as hospitals) that specialize in costly, complex, or catastrophic conditions and have demonstrated proven experience and statistically successful track records. There is an annual rigorous evaluation process using criteria developed in conjunction with a national panel of industry experts and practitioners.

Finally, I would love to hear from you! If you are in need of assistance, please call me or drop me a line so that we can create a roadmap for your health and well-being.

*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](mailto: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](mailto:clockwood@pinellascounty.org) for details on how to share your story.

[Tell It Well, continued from page 1.](#)

fairly simple and easy things that could make a positive difference.

I'm a believer in the saying, "Practice what you preach." Now that I've preached, I am publicly committing to taking one step to improve my health. Given my affinity for bread, sweets, and a good challenge, this week I signed up for the [Nutrition Challenge](#) to help me better understand the food choices that I am making and to learn strategies for making healthier choices. If you are not currently participating in any of the many [Wellness Incentives](#), I challenge you to register for one today. Let's get healthier together!

## Wellness Center Open House

July 22 was the day of the Wellness Center Open House. Employees, retirees and volunteers were invited to see the new layout, meet the instructors, watch demonstrations and maybe even get a massage.

About 100 people came down during the day and the follow up survey indicates they were impressed with the offerings and upgrades.

The new EnhanceFitness® program, a partnership with the YMCA of the Suncoast, drew a lot of attention. The program is designed to increase strength, boost activity levels, and elevate mood. It's perfect for people who haven't been active for a while. The class begins August 22. Find out how to [sign up](#).



The Killer Abs & Back demonstration, led by volunteer and employee Isiah Waller, was well attended and many thought they would sign up if the class was offered. Other demonstrations were provided including Spin, Yoga, step, Pilates, kickboxing, and Zumba.

Attendees were generous with feedback in the online survey and offered a variety of suggestions. One thing was consistent: all are grateful for the facility and the staff and instructors.



If you would like information about any of these programs or have suggestions, please contact the wellness staff at 464-4049 or [wellness@pinellascounty.org](mailto:wellness@pinellascounty.org). We want to hear from you!





## United Healthcare's Health4Me® Mobile Application



United Healthcare's Health4Me 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.

► **Fast.** Use the Easy Connect service to tell us how we can help you. Simple navigation allows you to quickly tell us you'd like us to give you a call. A representative will get back to you with answers about claims, benefits and more without having to wait on hold.

► **Easy.** Add your most commonly used contacts to the "Favorites" tab. Searching for your child's pediatrician or your nearest Urgent Care clinic is simply a touch away. You can even add notes.

► **Personal.** From emailing your Member health plan ID card information to checking on medical spending accounts and refilling your prescriptions, Health4Me is the resource that works for you. And with optimum level security, you can rest assured that your information is absolutely confidential.

The Health4Me app is available from the Apple® iTunes® App Store<sup>SM</sup> as a free download for the iPhone. It is also available as a free download in the Android marketplace for Android® phones.

[Health4Me App](#). Instant access to you and your family's critical health information – anytime, anywhere.

## Life Changes Worth Making



### Source4Women® Online Seminar

August 9, 2016, 12:30 p.m.

You may have heard it said, "It's the little things in life." And perhaps you may have asked yourself "Why can't life be easier?" Well, you may enjoy those little things at the same time you make your life simpler and easier. It will take some effort on your part to help challenge your thought process in regards to the things that could be reduced or changed in order to bring simplification to your life. This seminar will explore some key practices to put into place as well as suggestions for doing things differently that may all add up to a calmer, more stress-free life. Some changes in life may be worth making.

[Register here](#)

## UnitedHealthcare PODCAST



### Preventing Type II Diabetes

Learn about characteristics of type 2 diabetes and assess your risk. Learn dietary and exercise improvements as well as tips to help you prevent type 2 diabetes.

[View Podcast](#)

## Tone Up With a 15-Minute Workout

Who doesn't love a quick fix, especially when it comes to fitness? Unfortunately, no workout can work miracles overnight. But if you lead a busy life, finding a routine that's fun and fast can be just the ticket to getting started on the path to a fitter you. Here's one that fits the bill. It can be squeezed in during a busy day, but it helps strengthen every major muscle group in your body.

### The no-hassle, no-excuses workout

All the moves in [this workout](#) can be done at home. Following the brief warm-up, do 8 to 12 repetitions of each of the exercises. Each of these reps should take about 90 seconds to complete.





# LOW IMPACT CLASSES. HIGH IMPACT RESULTS.

**Sign up now** for the **EnhanceFitness** program to be held at the Wellness Center in Clearwater.

These classes are designed to get you moving but at your own pace. It's great for people who haven't been active for a while.

Class will be held three times a week beginning August 22. There is a nominal fee the amount of which depends on how many people sign up.

To find out more and to sign up, visit [www.pinellascounty.org/hr/enhancefitness](http://www.pinellascounty.org/hr/enhancefitness).

If you have questions, call the Wellness Center at 464-4049 or email us at [wellness@pinellascounty.org](mailto:wellness@pinellascounty.org).



## FREE Vision & Leg Vein Screenings

There are still openings at the **FREE** vision and leg vein screenings in August for employees in:

- ▶ Largo
- ▶ St. Petersburg
- ▶ Clearwater, and
- ▶ Palm Harbor.

[Schedule your 10-minute screening today.](#)

## Quarterly Incentive Payouts

The wellness incentives are reported and processed quarterly. (It takes about six weeks to process once a quarter ends.) See the break down of the time frames below:

### *Activities completed within:*

|                      |   |
|----------------------|---|
| Jan-March (1st qtr.) | Incentive rewarded in May                     |
| Apr-Jun (2nd qtr.)   | Incentive rewarded in August                  |
| Jul-Sept (3rd qtr.)  | Incentive rewarded in November                |
| Oct-Dec (4th qtr.)   | Incentive rewarded February of following year |

It's important to note that Rally only reflects the percentage you've accomplished towards your maximum wellness incentive goals, not whether you are receiving points or cash.



# Food Personality Quiz

The Food Personality tool is a fun, creative way to determine how you prefer to cook and prepare meals.

Meal planning can be easier if you understand how your food personality influences the way you cook. Whether you love cooking or dread walking into the kitchen at mealtime, this Food Personality Quiz will help you better understand your food and cooking style and will provide strategies to help you prepare healthy meals.

Your Food Personality Quiz results include our recommendations for recipes and healthy lifestyle tools that best match your food and cooking style, as well as tips and suggestions that can be saved to your My Home page. Saving your food personality quiz results allows you to come back and find your healthy food recipes and suggestions anytime you are ready to cook or plan meals.



The Food Personality Quiz will also generate a list of recipes based on your food preferences – making healthy food choices at mealtime a snap.

[Start the Food Personality Quiz](#) now and find your food personality!

Find more great tips on the [wellness resources webpage](#).



RECIPE OF THE MONTH

## Fresh Fruit Popsicles

*Summer's freshest fruit becomes a frosty seasonal treat that's as delicious and refreshing as it is nutritious!*

### Ingredients

- 4 wooden popsicle sticks
- popsicle molds
- 1 kiwi, peeled and sliced
- 1 cup strawberries, hulled and sliced
- 1 peach, peeled and sliced (or 1/2 cup frozen or canned slices)
- 1/2 cup blueberries
- 16 ounces coconut water or lemonade

Source: Spark Recipes

### Directions

- Place thinly sliced fruit into the popsicle molds.
- Place a stick into each mold.
- Pour coconut water, lemonade or water into each mold, leaving 1/2 inch of space at the top for expansion.
- Freeze for at least four hours.

### Tip

Swap in any fruit you like—pitted and halved cherries, mangoes, melon and fresh mint would be great in this!

### Nutritional Info

|                        |
|------------------------|
| Servings Per Recipe: 4 |
| Amount Per Serving     |
| Calories: 64.8         |
| Total Fat: 0.3 g       |
| Cholesterol: 0.0 mg    |
| Sodium: 14.6 mg        |
| Total Carbs: 15.5 g    |
| Dietary Fiber: 2.5 g   |
| Protein: 0.7 g         |

View full nutritional  
breakdown of **Fresh Fruit  
Popsicles** calories by  
ingredient

**Yield:** 4 servings



## Seasonal Produce



**Bell peppers**   **Lychee**  
**Lima beans**   **Peaches**  
**Strawberries**   **Plums**  
**Watermelon**   **Sapote**  
**Passion Fruit**

**2 + 3**  
**for a Healthier Me**

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

[Learn more](#)

[Productive Aging, continued from page 2.](#)

Generation, 1946-1964; Generation X, 1965-1980; Millennial Generation, 1981-2001) are working side-by-side. Although often subtle, differences between generations can include attitudes toward work and supervision, preferred communication style, training needs, and work habits. Learning to manage these differences and build upon the unique strengths of each generation creates an inclusive workplace culture that also contributes to productive aging.

In summary, the Center's approach to productive aging emphasizes the importance of the work environment and organizational programs or strategies designed to meet the changing needs of workers across the life-span.

## WebMD® Portion-Size Guide (wallet size)

In the age of super-sizing, it's all too easy to misjudge portion sizes. WebMD has created some easy guidelines to help you figure out how many servings are on your plate—and they're in a handy wallet size so you can keep them with you when you're dining out.

**WebMD Portion Size Guide**

| BASIC GUIDELINES                     | GRAINS                            | DAIRY & CHEESE                       |
|--------------------------------------|-----------------------------------|--------------------------------------|
| 1 cup = baseball                     | 1 cup of cereal flakes = baseball | 1 ½ oz cheese = 3 stacked dice       |
| ½ cup = lightbulb                    | 1 pancake = compact disc          | 1 cup yogurt = baseball              |
| 1 oz or 2 tbsp = golf ball           | ½ cup cooked rice = lightbulb     | ½ cup of frozen yogurt = lightbulb   |
| 1 tbsp = poker chip                  | ½ cup cooked pasta = lightbulb    | ½ cup of ice cream = lightbulb       |
| 3 oz chicken or meat = deck of cards | 1 slice bread = cassette tape     |                                      |
| 3 oz fish = checkbook                | 1 bagel = 6 oz can of tuna        | <b>FATS &amp; OILS</b>               |
|                                      | 3 cups popcorn = 3 baseballs      | 1 tbsp butter or spread = poker chip |
|                                      |                                   | 1 tbsp salad dressing = poker chip   |
|                                      |                                   | 1 tbsp mayonnaise = poker chip       |
|                                      |                                   | 1 tbsp oil = poker chip              |

Fold Here

**WebMD Portion Size Guide**

| FRUITS & VEGETABLES                   | MEATS, FISH & NUTS               | MIXED DISHES                              |
|---------------------------------------|----------------------------------|---|
| 1 medium fruit = baseball             | 3 oz lean meat = deck of cards   | 1 hamburger (without bun) = deck of cards |
| ½ cup grapes = about 16 grapes        | 3 oz fish = checkbook            | 1 cup fries = about 10 fries              |
| 1 cup strawberries = about 12 berries | 3 oz tofu = deck of cards        | 4 oz nachos = about 7 chips               |
| 1 cup of salad greens = baseball      | 2 tbsp peanut butter = golf ball | 3 oz meatloaf = deck of cards             |
| 1 cup carrots = about 12 baby carrots | 2 tbsp hummus = golf ball        | 1 cup chili = baseball                    |
| 1 cup cooked vegetables = baseball    | ¼ cup almonds = 23 almonds       | 1 sub sandwich = about 6 inches           |
| 1 baked potato = computer mouse       | ¼ cup pistachios = 24 pistachios | 1 burrito = about 6 inches                |

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# August Exercise Class Schedule



| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
|  | <b>6:15 - 7:15 a.m.</b><br><b>Spin</b><br>Instructor: Nancy   | <b>6:15 - 7:15 a.m.</b><br><b>Spin</b><br>Instructor: Nancy   | <b>6:15 - 7:15 a.m.</b><br><b>Spin</b><br>Instructor: Nancy              | <b>6:15 - 7:15 a.m.</b><br><b>Spin</b><br>Instructor: Nancy                                  |
|  | <b>12:10 - 12:40 p.m.</b><br><b>Spin</b><br>Instructor: Melissa K.  | <b>12:10 - 12:40 p.m.</b><br><b>Spin</b><br>Instructor: Melissa K.  |  |  |
| <b>12:10 - 1:00 p.m.</b><br><b>Circuit</b><br>Instructor: Melissa<br>(Isiah 8/8, 8/15) | <b>12:45 - 1:15 p.m.</b><br><b>Full Body Blast</b><br>Instructor: Ashley  | <b>12:10 - 1:00 p.m.</b><br><b>Zumba Step</b> 8/3<br>Instructor: Melissa<br><b>Step</b> 8/24, 8/31<br>Instructor: Melissa<br><b>Circuit</b> 8/10, 8/17<br>Instructor: Isiah | <b>12:45 - 1:15 p.m.</b><br><b>Full Body Blast</b><br>Instructor: Ashley | <b>12:10 - 1:00 p.m.</b><br><b>Circuit</b><br>Instructor: Melissa<br>(Isiah 8/5, 8/12, 8/19) |
|  | <b>5:15 - 6:15 p.m.</b><br><b>Zumba Step</b> 8/2, 8/30<br>Instructor: Melissa<br><b>Circuit</b> 8/9, 8/16<br>Instructor: Isiah<br><b>5:30 - 6:30 p.m.</b><br><b>Step &amp; Stretch</b> 8/23<br>Instructor: Lisa | <b>5:15 - 6:15 p.m.</b><br><b>Yoga</b><br>Instructor: Kelli   | <b>5:15 - 6:15 p.m.</b><br><b>Circuit</b><br>Instructor: Isiah           |  |

## 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](mailto:wellness@pinellascounty.org) to schedule an orientation. Also see [exercise class descriptions](#) and [satellite Fitness Center locations](#).



## Local Races

(Click the links to register.)

[Madeira Beach 5K Sunset Series](#) - August 5th, 12901 Gulf Blvd. Madeira Beach.

[The Great Brainwash](#) - August 6th, North Vinoy Park, St. Petersburg.

[5K Beach Series Race #3](#) - August 19th, St. Pete Beach.

[Summer Sizzler Beach 5K](#) - August 27th, Pier 60, Clearwater Beach.

[Sea Dog Brewery 5K and 1 Mile Dog Walk](#) - August 28th, Clearwater.

## Discounts on Local Gyms

Did you know Pinellas County employees are offered discount from some local gyms? To access these savings, visit the [YouDecide Employee Advantages](#) Program.

