



## TELL IT WELL EMPLOYEE FEATURE

Meet **Rebecca Wayne** (*Medical Billing Specialist, Ambulance Billing & Financial Services*) who will tell you that change is possible if you want it.

As a former ballroom dancer, it was always easy for “Becca” to stay trim as a teenager. But her 20’s snuck up on her and other life hurdles emerged. Like so many of us do, Becca turned to food as comfort. Eventually she found herself eating out often. In her work environment, going out to lunch was the norm, and sitting is a necessary part of her job.

Already feeling the effects of being unhealthy, Becca found her motivation via an unfortunate



*Becca, before and after*

incident where a man made an insulting comment about her weight on Instagram. After that moment she vowed to change her life and get healthy for herself and for her future. She couldn’t stand feeling limited by her weight anymore and wanted to be able to do what everyone else could—including a high speed zip line in Vegas!

To start, Becca focused on cleaning up her diet, cutting out the fast food and meals out, and focusing on whole foods. She noted that, “It’s 90% what you eat that changes you.” Soon she began to realize that she was losing a pound or two a week from just changing her food choices. When her

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## It's National Prostate Health Month

Prostate cancer is the third most common cause of cancer-related death in men of all ages – although it’s rare in men under 40. Symptoms may include:

- ▶ The urge to urinate frequently
- ▶ A weak urine flow
- ▶ Breaks in urine stream
- ▶ Dribbling
- ▶ Blood in urine
- ▶ Blood in semen
- ▶ Low back pain
- ▶ Pain with ejaculation

If you experience any of these symptoms, see a doctor as soon as possible. Treatment generally depends on how fast and how much the cancer has grown. Visit the [Prostate Cancer Foundation](http://ProstateCancerFoundation.org) website for detection, diagnosis and treatment information and much more. View this [UHC web page](#) to learn more about men's health.

## September is Also National Cholesterol Education Month

Too much cholesterol in the blood is one of the main risk factors for heart disease and stroke—two leading causes of death in the United States. One way to prevent these diseases is to detect high cholesterol and treat it when it is found.

### What is cholesterol?

Cholesterol is a waxy, fat-like substance that your body needs. But when you have too much in your blood, it can build up on the walls of your arteries and form blockages. This can lead to heart disease, heart attack, and stroke.

Seventy-one million American adults have high cholesterol, but only one-third of them have the condition under control. September is a good time to resolve to get your cholesterol screened.

[Learn what steps you can take](#) to prevent high cholesterol or to reduce your LDL “bad” cholesterol level.



**Your  
UHC  
Nurse**  
*Amy*

## Can You Hear Me Now?

By Amy Hertog, RN, BSN, Clinical Nurse Liaison

While more than 30% of people over age 65 have some type of hearing loss, 14% of those between 45 and 64 – *people in the workforce* – have hearing loss.

Hearing loss can occur for a number of reasons: aging, exposure to loud noise, infections, heart conditions, stroke, head injuries, tumors, and even the use of certain medications. Adults should be screened at least every decade through age 50 and at 3 year intervals thereafter.

### Medical Evaluation

Good health practice requires that a person with a suspected hearing loss have a medical evaluation by a licensed physician (preferably a physician who specializes in diseases of the ear such as an otolaryngologist) before purchasing a hearing aid. The purpose of a medical evaluation is to assure that medically treatable conditions that may affect hearing are identified and treated *before* the hearing aid is purchased.

Following the medical evaluation, the physician will give you a written statement that states that your hearing loss has been medically evaluated and that you may be considered a candidate for a hearing aid. The physician will refer you to an audiologist or a hearing aid dispenser, as appropriate, for a hearing aid evaluation.

The Food and Drug Administration (FDA) regulates the condition for sale of hearing aids. Federal law requires that patients intending to buy hearing aids must either have a medical exam or sign a waiver saying they do not want a medical exam to rule out a medical reason for their hearing loss before buying hearing aids.

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## September is National Ovarian Cancer Awareness Month

Ovarian cancer is one of the most deadly of women's cancers. Each year, approximately 21,980 women will be diagnosed with ovarian cancer.

This cancer typically occurs in women in their fifties and sixties with the median age being 63. Many women who are diagnosed with ovarian cancer have a genetic history that may include carrying the BRCA mutation gene and having a strong family history of ovarian cancer.

Unfortunately many women don't seek help until the disease has begun to spread, but if detected at its earliest stage, the five-year survival rate is more than 93%. The symptoms of ovarian cancer are often subtle and easily confused with other ailments.

[Get the facts. Recognize the signs.](#)

## Smile Through Your Golden Years

Today's older adults are keeping their natural teeth longer. It's all thanks to scientific developments and the dental industry's emphasis on prevention. Here is some information to help you keep your teeth and gums healthy.



### Dental challenges as you grow older but wiser.

While adults of all ages can have cavities, seniors can face unique dental challenges, such as:

- › Increased risk of developing decay around older fillings, and decay of the tooth root itself, if the gum tissue has receded.
- › Plaque may build up faster and in greater amounts.
- › Reduced dexterity and mobility may make daily oral hygiene habits more difficult.
- › Medical or mental conditions may present additional challenges to maintaining or receiving regular care.
- › Vision or hearing loss may reduce a patient's ability to cope with stress or to communicate clearly.

Learn more about [how to keep your teeth happy.](#)



## Insurance Coverage

Your medical insurance plan with Pinellas County Government covers hearing aids that are purchased as a result of a written recommendation by a physician, including both the hearing aid and charges associated with fitting and testing. Under the United Healthcare POS plan, 100% is covered. If you have the HSA plan, 80% of eligible expenses are covered after satisfying the deductible.

### **"My hearing loss is probably minor. I can get by."**

Hearing loss has effects beyond just "not hearing." It can make communication difficult and can lead to decreased ability to think and remember, depression, social withdrawal, and even dementia. Denial is not a river in Egypt. If you are between the ages of 40 and 65 and have not had your hearing checked in 10 years or more, get it done.

For details, contact UHC at (888) 478-4752 or visit [myuhc.com](http://myuhc.com), or speak to your provider.

*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.

body adjusted to that, she started to learn more about portion sizes and the science of losing weight. That kick-started her body again and she began to shed even more weight and felt comfortable enough to start going to the gym.

Over the span of a year and a half, Becca lost 1 to 2 pounds per week, a total of 72 pounds, and continues to maintain now that her food choices and daily physical activity have become a lifestyle. She shared some key pieces of advice that were essential to her commitment to a long, healthy life.

"First, find what motivates you to change. If you don't have a motivator, then you're not going to commit and nothing will change. For me, it was wanting to spend my hard earned money on vacations and fun experiences, rather than medical bills for the rest of my life. For someone with a family history of heart disease, this is very possible.

"Next, be honest about your food tracking and be accountable about everything you put in your mouth ...you're only cheating yourself if you don't.

"Don't restrict yourself when changing your lifestyle. It creates feelings of deprivation which will result in failure. I still eat burgers and pizza, but I eat them in moderation and always paired with fresh vegetables.

"Lastly, have fun with fitness. Do things that you enjoy and look forward to—get excited about it."

### **A typical day's worth of Becca's meals:**

Breakfast: Hard boiled eggs or cereal and fruit

Snack: Freshly popped popcorn or chopped veggies with a yogurt-based dressing for dipping

Lunch: Greek-style chicken over a salad or Fajita style chicken and veggies over rice

Snack:  
Fiber One  
bar

Dinner:  
Steak or  
chicken  
and roasted  
vegetable,  
or a Greek  
salad wrap.

**TAKE IT DAY BY DAY.  
RESULTS DON'T COME OVERNIGHT.  
CHANGE DOESN'T HAPPEN IMMEDIATELY.  
KEEP WORKING TOWARDS YOUR GOALS.**

*well-being | thrive*





## New Study on Wellness in the Workplace

Pinellas County has been asked to assist in a new research study on workplace wellness. The study is funded by the National Institutes of Health (NIH) and run by Organizational Wellness & Learning Systems (OWLS).

Pinellas County employees are invited to participate in evaluating a new online program. Participation is confidential, voluntary and is to be completed while off-duty. Participants will be compensated.

The program begins October 31 and slots are limited. If you are interested, you will find [more information here](#).



## Be a Better Cook



### Source4Women® Online Seminar

**September 13, 2016, 12:30 p.m.**

You don't need culinary school. You don't need expensive equipment. You don't even need that much experience. All you need to help you be a better cook today is a little bit of kitchen know-how, a well-stocked kitchen and the desire to enhance your cooking skills. Join us for this seminar to get inspired, learn a few tricks and tips of the trade, tips, and begin mastering the art of healthy, delicious cooking just like a pro!

[Register here.](#)



## Stay tuned

Stay tuned for a **New Diabetes Prevention Program** starting at the Criminal Justice Center, 14250 49th St. N. Contact Wellness Champion **Kearsten Baxter** at [kbaxter2@pinellascounty.org](mailto:kbaxter2@pinellascounty.org) for more information.

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

**TELL DIABETES, "NOT ME."**

## UnitedHealthcare PODCAST



### The Truth About Dietary Fat

Understand the four major types of dietary fat and their sources. Learn how much fat is needed for a healthy balanced diet and how to avoid unhealthy fats.

[View podcast.](#)

For nutritious options between meals, see *Real Simple's* list of [25 tasty and healthy snacks](#).

## SNACKS



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



## Tobacco Cessation Series Available!

*If you are ready to quit using tobacco, help is available.*

Tobacco Free Florida Area Health Education Center (AHEC) offers free IQuit classes to employees and their covered spouses/partners. You must attend a minimum of five classes to be eligible for the wellness incentive of 25,000 reward points or \$100 cash.



- ▶ Six weekly one-hour classes.
- ▶ Free nicotine replacement patches, gum and lozenges are available while supplies last and if medically appropriate.
- ▶ View the [Tobacco Cessation flyer](#).
- ▶ [Register here](#).

### **Mondays at Utilities**

Beginning September 12  
12:00 - 1:00 p.m.

14 S. Fort Harrison Ave.  
4th Floor Conference Room  
Clearwater

### **Tuesdays at the EpiCenter**

Beginning Oct. 4  
5:30 - 6:30 p.m.

13805 58th St. N.  
Largo

*If you don't see a location near you,  
contact your [Wellness Champion](#) to  
request a series.*

## Meet Smart, Eat Smart

*How to plan healthy meetings at work*

Most adults spend half their waking hours at work and often many of those hours are spent sitting in meetings. The [Meet Smart, Eat Smart](#) guide highlights healthy food and beverage options and provides tips on how to plan and host healthy meetings, events, and office gatherings.



There are also tips for integrating movement into meetings to help keep people motivated. Check it out before your next office meeting.

## 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.

To learn more about the Wellness Incentive Program, visit [www.pinellascounty.org/hr/incentive](http://www.pinellascounty.org/hr/incentive).



## Seasonal Produce

*It's Squash Season!*



Acorn  
Butternut  
Delicata

Buttercup  
Chayote  
Sweet Dumpling

*Also available:*  
Sweet Potatoes and Turnip

2 + 3

*for a Healthier Me*

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

[Learn more](#)

## Fruits & Veggies—More Matters®

Fruits & Veggies—More Matters is here to help you focus your attention on eating MORE fruits and vegetables! Add one more. Try something new. Educate yourself. Teach the kids. Try a new recipe.

### Ways to Add More Fruits & Veggies to Your Day

Everyone can benefit from eating [just one more serving](#) of fruits or veggies.



## California Cheeseburger

*Your favorite burger gets a West Coast makeover (6 servings)*

### Ingredients

- 1 pound extra lean (93%) beef
- 1 medium white onion, diced
- 3 cloves garlic, minced
- 1 jalapeño, minced (optional)
- 2 T. cilantro, chopped (optional)
- 1 t. salt-free seasoning blend, such as Mrs. Dash
- 6 whole-wheat hamburger buns

### Directions

- Preheat a grill or skillet over medium-high heat.
- Gently combine the beef with the onions, garlic, jalapeño, cilantro, and seasoning blend.
- Form into six patties.
- Cook until the juices run clear and the centers are no longer pink. (The burgers should be 160 degrees F in the center when cooked.)
- Toast the burger buns, if desired. Layer on the burger, lettuce, tomato, onion, cheese, bacon, and guacamole.
- Serve immediately.

### Toppings

- 1/2 cup guacamole
- 6 slices onion
- 6 leaves Romaine lettuce
- 6 slices reduced-fat Cheddar cheese
- 6 slices reduced-sodium bacon, cooked

Source: Spark Recipes



### Nutritional Info

Servings Per Recipe:	6
Amount Per Serving:	
Calories:	422.1
Total Fat:	16.0 g
Cholesterol:	56.8 mg
Sodium:	684.5 mg
Total Carbs:	36.4 g
Dietary Fiber:	7.0 g
Protein:	36.7 g

View full nutritional breakdown of **California Cheeseburger** calories by ingredient

RECIPE OF THE MONTH





# September Exercise Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>6:15 - 7:15 a.m.</b> <b>Spin</b> Instructor: Nancy	<b>6:15 - 7:15 a.m.</b> <b>Spin</b> Instructor: Nancy	<b>6:15 - 7:15 a.m.</b> <b>Spin</b> Instructor: Nancy	<b>6:15 - 7:15 a.m.</b> <b>Spin</b> Instructor: Nancy
	<b>12:15 - 12:45 p.m.</b> <b>Spin</b> Instructor: Melissa K.	<b>12:15 - 12:45 p.m.</b> <b>Spin</b> Instructor: Melissa K.		
<b>12:10 - 1:00 p.m.</b> <b>Upper-Body Circuit</b> Instructor: Melissa 9/19 <b>Killer Abs &amp; Back</b> Instructor: Isiah 9/12, 9/26	<b>1:45 - 2:15 p.m.</b> <b>Full Body Blast</b> Instructor: Ashley	<b>12:10 - 1:00 p.m.</b> <b>Killer Abs &amp; Back</b> Instructor: Isiah 9/7, 9/14 <b>Zumba</b> Instructor: Melissa 9/21, 9/28	<b>1:45 - 2:15 p.m.</b> <b>Full Body Blast</b> Instructor: Ashley	<b>1:10 - 2:00 p.m.</b> <b>Lower-Body Cardio Circuit</b> Instructor: Melissa 9/2, 9/9, 9/16 <b>Killer Abs &amp; Back</b> Instructor: Isiah 9/23, 9/30
	<b>5:15 - 6:15 p.m.</b> <b>Killer Abs &amp; Back</b> Instructor: Isiah, 9/6 <b>Total Body Circuit</b> Instructor: Melissa, 9/20 <b>5:30 - 6:30 p.m.</b> <b>Step &amp; Stretch</b> Instructor: Lisa, 9/13, 9/27	<b>5:15 - 6:15 p.m.</b> <b>Yoga</b> Instructor: Kelli	<b>5:15 - 6:15 p.m.</b> <b>Mat Pilates</b> Instructor: Melissa, 9/1, 9/8 <b>Zumba</b> Instructor: Melissa, 9/15, 9/22 <b>Killer Abs &amp; Back</b> Instructor: Isiah, 9/29	

## 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](#).

