

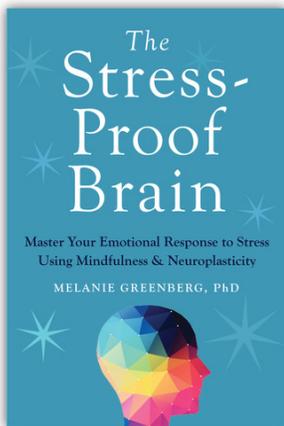
Nine Food Hacks and Swaps to Kick-start Your Best Life

From United Healthcare

Want to eat better? Watch this online slide show to [get some ideas](#) on how to make it happen. It starts with “Embrace plant foods” and goes on to encourage you to “Break up with overeating.”

And watch UHC’s online slide show “[9 Ways to Sneak Produce Into Your Day](#).” It might surprise you!

The Stress-Proof Brain Wellness Series Begins March 20



Our newest Wellness Series “The Stress-Proof Brain” is based on a book of the same title by Melanie Greenberg, Ph.D.

Stress, whether it be of the chronic everyday variety or an isolated traumatic incident, negatively impacts our health. During this series, you’ll learn how stress affects brain physiolo-

gy and the health implications it has on the rest of your body. You’ll also learn practical stress-busters to help manage the stress in your life.

Classes begin March 20. [Register online](#) at one of the many locations across the county. To earn the 25,000 reward points or \$100 cash, you must register and attend all four one-hour sessions.



GET READY TO MOVE

There’s no doubt about it — *EnhanceFitness* gets you moving. And because you’re encouraged to move at your own pace, it’s never more than you can handle. We’ll meet you where you are.

IT’S ALL ABOUT YOU

- *EnhanceFitness* classes are beginner level with a focus on strength, flexibility, movement and balance.
- The classes are open to employees and their spouses or domestic partners.
- Some people will be standing, some will be seated—and some will use chairs to hold onto for support.
- Set your goals, and we’ll help you meet them.

WHEN & WHERE

Classes forming now for 16-week sessions. Participants must register. Anticipated start date in late April.

- Class will be held three times per week on Mondays and Wednesdays from 5:15 to 6:15 p.m. and Fridays from 12:00 to 1:00 p.m.
- 16-week session to begin when 15 participants are registered
- Wellness Center, Rom B107, 324 S. Fort Harrison Avenue, Clearwater

FEE

- \$126 for 48 classes (\$2.63 per class)
- Check payable to YMCA of Suncoast. Bring your check to the first class.
- You can recoup some of the cost by participating in [Get Fit](#). Successful completion of *Get Fit* will qualify you for the \$70 incentive

Space is limited to 18 participants. [Sign up now!](#)





**Your
UHC
Nurse**
Amy

Mysteries of Medical Billing, Part 2

By Amy Hertog, RN, BSN, Clinical Nurse Liaison

Last month we learned about International Classification of Disease (ICD-10) and Current Procedural Terminology (CPT) codes. Now we will learn how those preventive care (“wellness visits”) are coded.

Preventive care focuses on evaluating your current health status when you are symptom-free and taking the necessary steps to maintain your health. Medical evidence indicates that appropriate preventive care, including counseling, education, immunizations and screenings, can help prevent or minimize the effects of many serious health conditions.

Services that are considered preventive and have no patient cost-sharing must be properly coded. Under ICD-10, a “Z” code is used for screening visits (i.e.: for asymptomatic patients with early detection testing for diseases).

Sometimes certain services can be done for either preventive or diagnostic reasons. When a service is provided specifically for preventive screening, and there are no known symptoms, illnesses, or history, the service will be considered preventive care based on age, gender, and other factors.

Services are considered preventive care when a person:

- ▶ Does not have symptoms or any studies indicating an abnormality
- ▶ Has had a screening done within the recommended age, gender and time interval guidelines with the results being considered normal
- ▶ Has had a diagnostic service with normal results, after which the physician recommends future preventive care screenings using the established age, gender and time-interval guidelines
- ▶ Has a preventive service that results in diagnostic

care or treatment being done at the same time and as an integral part of the preventive service (e.g., polyp removal during a preventive colonoscopy), subject to benefit plan provisions

Services are considered diagnostic care when:

- ▶ Services are ordered due to current issues or symptoms(s) that require further diagnosis
- ▶ Abnormal test results on a previous preventive screening or diagnostic test requires further diagnostic testing or services
- ▶ Abnormal test results found on a previous preventive or diagnostic service requires the same test be repeated sooner than the established age- and gender-guideline recommendations

Here’s an example of a visit that will not be covered at 100% as preventive care: A woman has an annual wellness exam and receives blood tests to screen for anemia, kidney, and liver function. If the physician orders lab work during a preventive visit, some of the tests may be covered as preventive care, such as a cholesterol screening. However, other blood chemistry panels such as anemia screening in a non-pregnant woman and kidney/liver function would be considered diagnostic tests and billed as such.

So, if you see your physician for a wellness visit and a problem with your health is discovered, it is possible that you will be billed for diagnostic (or problem focused) services. But that isn’t a bad thing since you are taking care of your health. If you have any questions about how your visit will be coded and billed, it is suggested that you inquire with your physician’s office.

[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 Jane at jgrannis@pinellascounty.org for details on how to share your story.



Heart Health @ Work

You are invited to a program on heart health education. The one-hour program is currently being offered on these dates at these locations:



Utilities General Maintenance Division (GMD)

6730 142nd Ave. N., Largo

April 4, 7:30 a.m.

Solid Waste HEC₃ Facility

2855 109th Ave. N., St. Petersburg

April 11, 7:30 a.m.

Logan Lab

1620 Ridge Rd., Building B

April 16, 12:00 noon

This program is led by a local heart disease survivor trained as a health educator. Although the program's focus is on women, the program is valuable for both men and women.

You will learn about signs and symptoms, risk factors, and get a free blood pressure screening from UHC Nurse Amy Hertog.

[Please register](#) to attend this valuable program.

[View the flyer online.](#)

Additional dates and locations are currently being scheduled. Remember to check back again, or contact the Wellness Center at wellness@pinellascounty.org.

To Your Health

A monthly publication by the Pinellas County Wellness Center and the Human Resources Department.

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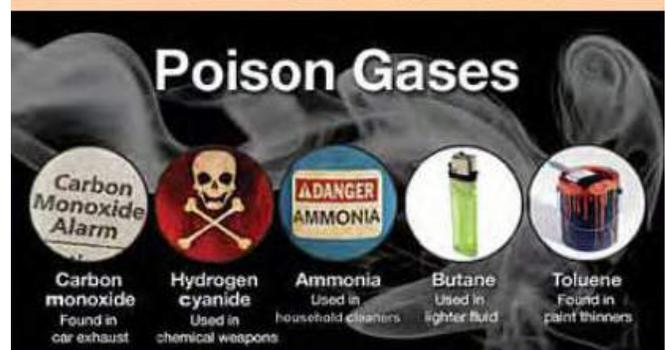
LAYOUT: Mary Sault (Senior HR Associate)



Tobacco Smoke Contains Toxic Chemicals

Tobacco smoke contains a deadly mix of more than 7,000 chemicals. Hundreds are toxic.

About 70 can cause cancer. Here are some of the chemicals.



View a [text-only version of this infographic.](#)

www.smokefree.gov

Source: U.S. Dept. of Health & Human Services

View your [Tobacco Cessation Program Options.](#)



Mini Veggie Frittatas

These easy and healthy mini frittatas are sure to please your brunch guests. They look pretty with green and red vegetables. You can have them for a snack — or for breakfast with some whole-grain toast.

Ingredients

- Cooking spray
- 12 slices zucchini, 1/8-inch thick
- 1/4 cup finely-chopped red bell pepper
- 1 large green onion, white and part green, finely chopped
- 5 large eggs
- 1/4 teaspoon salt, if desired
- 1/4 teaspoon freshly-ground black pepper
- 1/4 teaspoon oregano leaves
- 1/2 cup shredded, reduced-fat sharp cheddar cheese
- 1/2 cup finely-sliced fresh mushrooms

Directions

Preheat oven to 400 degrees F. Spray 12 muffin cups with cooking spray.

Add a zucchini slice to the bottom of each prepared muffin cup. Distribute bell pepper and green onion evenly between the 12 muffin cups.

In mixing bowl, beat eggs, salt (if using), pepper and oregano on medium-low speed until completely blended, about 2 minutes. Spoon about 1½ tablespoons of the egg mixture into each of the muffin cups.

Sprinkle the cheese evenly over the top of the egg mixture. Divide mushrooms evenly across tops.

Bake until frittatas are set, about 10 to 12 minutes. Use a small rubber scraper to remove the frittatas from the pan and serve warm.

Nutrition Facts

Yield 6 servings

Amount Per Serving (2 frittatas)

Calories 83

Fat 4 g

Saturated fat 2 g

Cholesterol 155 mg

Protein 8 g

Carbohydrates 2 g

Fiber 1 g

Sodium 119 mg

From UHC Health Services



Wear Red Photos from February 2



Utilities GMD South

Solid Waste



Human Resources



March 2018 Group Fitness Classes



Monday	Tuesday	Wednesday	Thursday	Friday
<p>12:10 to 1:00 pm Body Circuit Instructor: Melissa (3/5, 3/19, 3/26)</p> <p>Body Circuit Instructor: Jane (3/12)</p>	<p>12:15 to 12:45 pm Spin* Instructor: Melissa K (3/6, 3/13, 3/20, 3/27)</p> <p>5:15 to 6 pm Zumba Instructor: Melissa (3/6, 3/20)</p> <p>5:30 to 6:30 pm Step & Stretch Instructor: Lisa (3/13, 3/27)</p>	<p>12:10 to 1:00 pm Mat Pilates Instructor: Melissa (3/7, 3/21)</p> <p>Killer Abs & Back (3/14)</p> <p>Zumba Instructor: Melissa (3/28)</p> <p>5:15 to 6:15 pm Yoga Instructor: Kelli (3/7, 3/14, 3/21, 3/28)</p>	<p>5:15 to 6 pm Killer Abs & Back (3/8, 3/15)</p> <p>Body Circuit Instructor: Melissa (3/22, 3/29)</p> <p>NO CLASS 3/1</p>	<p>12:10 to 1:00 pm Killer Abs & Back (3/2, 3/16)</p> <p>12:15 to 12:45 pm Body Stretch Instructor: Melissa (3/9, 3/23, 3/30)</p> 

* Separate orientation required for Spin class.

All group fitness classes are held in the Wellness Center located in the basement of the old courthouse at 324 South Fort Harrison Avenue in downtown Clearwater, and are free for all members. If you're not a member yet, contact our staff to schedule an orientation at wellness@pinellascounty.org.

Classes are subject to change.

See [exercise class descriptions](#) and [satellite fitness center locations](#).

Pinellas County Wellness Program
(727) 464-4049

www.pinellascounty.org/hr/wellness

Quarterly Incentive Payouts

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

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

To learn more about the Wellness Incentive Program, visit www.pinellascounty.org/hr/incentive.

