

To Your Health

Human Resources
Helping U Succeed

Pinellas County Wellness Program | *Wellness for Life*

Visit www.pinellascounty.org/hr/wellness or contact Wellness staff at 464-4049 or wellness@pinellascounty.org JULY 2018

Mobile Mammogram

Bringing 3D Mammography to You!

Did you know that 1 in 8 women will be diagnosed with breast cancer? Early detection saves lives. Breast cancer has over a 90% survival rate when caught early.

If you are a woman 40 or over and haven't had a mammogram since November 1, 2017, you should consider signing up for this necessary and convenient screening. The mammogram is typically covered at 100% through health insurance and it should take only 30 minutes out of your day. And the screening qualifies for incentive rewards (7,500 points or \$30 cash).



The Tampa Bay Mobile Mammography staff who perform the screening have 20 or more years of experience and will make the process quick and easy for you. Also, the bus provides privacy throughout the process.

The mammo bus is coming to employees at four locations:

- Justice Center (CJC) - August 14
- Downtown Clearwater - August 23
- Public Works, Clearwater - August 27
- Animal Services, Largo - August 28

[View the flyer](#) for more details, FAQs and a link to schedule your appointment online with Tampa Bay Mobile Mammography.



Taking Care of YOU: Self Care for Family Caregivers

Adapted from Family Caregiver Alliance at caregiver.org
Contributed by Kris Boyle, Wellness Associate

Anyone who has ever flown on an airplane has heard the instructions, "Put your oxygen mask on before assisting anyone else." It makes sense. You along with whomever you want to help are both going to be in trouble otherwise.

This is equally true if you are a caregiver. If you don't care for yourself, you may not maintain the ability to care for someone else. Regardless of your age, if you have taken on the role of caregiver, you are likely to experience worry, stress, exhaustion, and possibly financial strain, all of which over time can lead to depression, chronic illness and a diminished quality of life. Health destructive habits such as sleep deprivation, poor eating habits, lack of exercise, and neglecting medical appointments for oneself have been reported by caregivers.

You may not be able to alter the path of the illness or injury of the person you care for, but there is a lot you can do to take responsibility for your own well-being. A list and explanation of helpful self-care tools and caregiver resources can be found in the [full article](#).

Additional caregiver resources can be accessed through our EAP provider [ComPsych](#).

What Do YOU Think?

We'd like to know.

What do you like about the *To Your Health* newsletter?
What would you do to improve it?
[Take this quick three minute online survey](#). We'll let you know what you said in the August issue.



WELLNESS
for life



Your
UHC
Nurse
Amy

If you could commit less than 30 minutes of your time for a screening that would save your life, would you do it?

Why Choose Mobile Mammography?

By Amy Hertog, RN, BSN, Clinical Nurse Liaison

We often allow time to become a barrier in the management of our own healthcare. There's not enough time, too many hassles like traffic and waiting rooms, and concern that an appointment will drag out for hours. But if you could commit less than 30 minutes of your time for a screening that would save your life, would you do it?

The following is a true story that happened to a patient I knew and a case for why early detection of breast cancer is so important: The patient had noticed a lump near her breast (it was her lymph node) but she hadn't sought any medical attention as she had four children and felt that she was **too busy** to see a doctor. While she ignored that lump, the cancer continued to spread in her body. By the time she finally went to see a doctor, it was too late. She endured surgery, chemotherapy, and radiation but there was nothing else that the doctors could do to help her. She ended up being sent to a hospice facility just a day or so before Christmas and died just 5 months later.

A breast tumor may not be large enough to feel. In this patient's case, she didn't even have a symptom

until the cancer had spread to her surrounding lymph nodes. This is why mammograms are so important in the early detection of breast cancer: **early detection is the key to the probability of survival.**

In order to make screening more accessible, there are now mobile mammography services. Mobile healthcare services are convenient and widely accepted as an alternative to traditional free-standing care facilities. Licensed operators of such mobile units maintain clinical standards of care including but not limited to adherence to the regulations and laws that govern such activities.

Mobile mammography is coming to Pinellas County Government. I encourage all employees who are due for a mammogram to please consider participating in this opportunity.

If you have a question or concern, please do not hesitate to contact the Wellness Department at (727) 464-4049 or email wellness@pinellascounty.org. You may also contact me, Amy Hertog, BSN, RN at (727) 464-5579 or email amy_hertog@uhc.com.

[Visit Amy's web page.](#)

Don't Delay! Biometric Screening and Health Survey

Why wait until the last minute? To get your 2019 health insurance premium discount, get your biometric screening and health survey completed now instead of rushing at the end of the year. United Healthcare covers the screening any time during the calendar year. There is no need to wait until the month it was completed in 2017. For more information, see the [Biometric Screening and Health Survey FAQs.](#)



Eating Healthy at a Summer Party

Contributed by Real Appeal

With summer finally here, chances are sooner or later you'll find yourself at a potluck or barbecue, enjoying the nice weather and the company of family and friends. So how do you stay on track for weight loss and still have fun at your neighbor's barbecue? Here are some tips:

- Replace BBQ sauces, which are high in sugar, with meat seasonings and light salad dressing or olive oil for your salad.
- Skip the chips and opt for grilled or fresh vegetables for your side.
- Sip chilled flavored water or unsweetened ice tea instead of soda or lemonade. Sugary drinks are high on calories and low on nutrients.
- Make fresh fruits your dessert. Watermelon, peaches and strawberries make a great dessert replacement as they satisfy your sweet tooth while skimping on the calories.
- When you're done eating, go for a walk or throw the ball with the kids or the dog.

Looking for more ways to get and stay healthy? [Join Real Appeal](#)



®, the online weight loss and healthy living program available to employees at no additional cost as part of your medical plan benefits. From Transformation Coaches, online group classes, nutrition and fitness guides to food and exercise trackers, Real Appeal offers the support and guidance you need to begin your journey to better health and lifelong wellness.

For the best experience, access Real Appeal using Chrome and from your own device.

You must have a BMI of 23 or higher. This is not a wellness rewards incentivized activity.

Take Advantage of Fresh Summer Produce

The Department of Health has introduced a Farmers Markets Guide

To encourage residents and visitors to eat more vegetables and fruits, the Florida Department of Health in Pinellas County developed a one-page map to help you find your closest fresh-food location.

The [2018 Pinellas County Farmers Markets Guide](#) lists markets by location, times and days of the week the markets are open, as well as links to various websites for more information.

AND THAT'S NOT ALL.

You will also find the [Pinellas County Guide To Fitness Zones](#) on this DOH website. Some locations include Outdoor Fitness Zones, Bottle-Filling Water Fountains, and Bike Fix-It Stations.



Rec Pass

The City of Largo is offering Pinellas County Employees a **Largo Recreation Membership Card** at a rate of **\$10 per year**. No need to be a Largo resident to take advantage of this offer.

A membership includes free and discounted fitness classes, free access to an indoor walking track, fitness room equipment, and an open gymnasium and game rooms. Three recreation centers are included:

- **Highland Recreation Complex and Family Aquatic Center**, 400 Highland Avenue NE
- **Southwest Recreation Complex and Pool**, 13120 Vonn Road
- **Largo Community Center**, 400 Alt Keene Road



[View the online flyer](#) to get more information and learn how to take advantage of this generous offer.





Heart Walk[®]

WE NEED YOU!

Pinellas County needs team coaches and walkers for the 2018 Tampa Bay Heart Walk to benefit the American Heart Association's lifesaving heart disease and stroke research as well as community programs.

WHEN

Saturday, November 10, check in 7:30 a.m.

WHERE

Raymond James Stadium in Tampa

OUR GOAL

100
walkers

\$10,000
donations

There is no registration fee and fundraising for the event is optional.

It's a fun event - bring your family and even pets along! Your support will make a difference in our community.

[View the online flyer](#) to find out how you can help and

your next steps. **To volunteer as a team coach email wellness@pinellascounty.org by August 17.**



Ask a Personal Trainer

Have an exercise question for a personal trainer? Wondering if you're performing an exercise with good form? Email your questions to [Jane Grannis](#), Certified Personal Trainer, and she will answer them. Please include ASK A TRAINER in the subject line. We may even feature your question (and the answer) in a future Ask the Trainer column. All questions are kept confidential unless you allow publication.



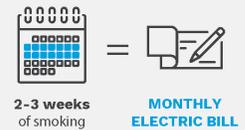
The Cost of Smoking

www.smokefree.gov

THE COST OF SMOKING

1 year of cigarettes = \$2,100

That can add up to **more than \$10,500** in just 5 years.
Based on the average pack-a-day smoker in Florida



Tobacco is expensive, BUT QUITTING CAN BE FREE

tobaccofreeflorida.com



Source: tobaccofreeflorida.com/infographics

Smoking Cessation Class Sign Up Today!

Thursdays, July 12 – August 16

12:00 - 1:00 p.m.

Criminal Justice Center, 2nd Floor Conf. Room
14250 49th St. North, Clearwater

Registration is required.

Contact (813) 929-100 or info@гнаhec.org.

Employees who designated themselves as tobacco users during the 2018 Annual Enrollment period have been assessed the tobacco premium. This premium can be discontinued by completing a [tobacco cessation program](#) during 2018. However, there will be no reimbursements issued for past deductions. Additional information can be found by visiting the [Tobacco Premium FAQs](#).



The Fitness Floor

Your Core is So Much More

Over the last decade, the word “core” has become a buzzword and used often when talking about exercise. We’re told to do core exercises; exercise classes and personal trainers tout their core workouts; all the cool kids are doing it! Strengthening the core offers a long list of benefits, but there’s misunderstanding as to which muscles make up the core.

For all of the buzz, misconceptions about which muscles make up the core are very common. Many assume that “core” is really just a fancy new way of saying “abs.” While abdominals are part of the core, your core is actually so much more. When we move in real life, whether basic daily activities or sports, our core muscles work together to provide stability, strength and power. By engaging in exercises that fire all of these muscles at the same time, rather than isolating one muscle at a time (think bicep curl), we improve posture, balance, strength, quality of movement in everyday living (carrying grocery bags, walking up the stairs) and sport performance. We also reduce our risk of injury.

So just where are all of these super-muscles? Think of the core as the area between your collarbone down just past where your legs meet your hips. Now add your back, your hips and your glute muscles. That’s a lot of muscle groups, big and small. Simply doing traditional crunches and twists does not a core workout make. Crunches isolate only the rectus abdominus (crunching abs) and the obliques (twisting abs).

These exercises engage a myriad of muscle groups. Perform each exercise for 15 repetitions, break, and repeat. Take your time and make sure you pull your belly button in (imagine putting on a tight pair of pants).

Hip Bridge



Superman



Modified Superman



Tree Pose



Wear Blue Day was June 15



To Your Health

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

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Contact To Your Health at wellness@pinellascounty.org.

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.



July 2018 Group Fitness Classes



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>12:15 to 12:45 pm Spin* Instructor: Melissa K (7/3, 7/10, 7/17, 7/24, 7/31)</p>		<p>12:15 to 12:45 pm **NEW** The Workout Buddy Instructor: Melissa K (7/5, 7/12, 7/19, 7/26)</p>	
<p>5:15 to 6:15 pm **NEW** Total Strength Instructor: Kelli (7/2, 7/9, 7/16, 7/23, 7/30)</p>	<p>5:45 to 6:30 pm **NEW** FitMix Instructor: Lisa (7/10, 7/17, 7/24)</p>	<p>5:15 to 6:15 pm Yoga Instructor: Kelli (7/11, 7/18, 7/25) NO CLASS 7/4</p>	<p>5:15 to 6 pm Gentle Yoga Instructor: Amanda (7/5, 7/19) NO CLASS 7/12, 7/26</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](#).

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www.pinellascounty.org/hr/wellness

****NEW****

Total Strength

Total body workout perfect for all fitness levels using dumbbells, body bars, and resistance bands to increase endurance and strength while toning and building lean muscles.

FitMix (formerly Step, Core, Stretch)

Same great class taught by Lisa, with a bit more variety thrown in just for fun. Get your heart rate up on an adjustable step, tone your core and abs with a variety of equipment, and show your muscles some love with a feel-great stretch!

The Workout Buddy

Meet up with Melissa K. and friends to do a fun circuit-style workout video every week. Staying motivated is so much easier when we've got others to keep us accountable!

