



To Your Health

Human Resources
Helping U Succeed

Pinellas County Wellness Program | *Wellness for Life*

Part of Pinellas County's Total Rewards Programming.

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

August is Immunization Awareness Month

Vaccines are an important step in protecting adults against several serious and sometimes deadly diseases. The need for vaccinations does not end in childhood. Vaccines are recommended throughout our lives. Specific recommendations are based on age, lifestyle, occupation, travel destinations, medical conditions and vaccines received in the past.

Every year, thousands of adults in the U.S. become needlessly ill from infectious diseases. Many adults are hospitalized and some even die from diseases that could be prevented by vaccines.

- The CDC estimates that flu has resulted in between 9.2 million and 35.6 million illnesses, between 140,000 and 710,000 hospitalizations and between 12,000 and 56,000 deaths annually since 2010.
- About 900,000 people get pneumococcal pneumonia every year, leading to as many as 400,000 hospitalizations and 28,000 deaths.
- About 10% to 13% of people who get shingles will experience a painful complication called post-herpetic neuralgia (PHN). People with PHN have severe pain in the areas where they had the shingles rash. This pain can last from weeks to years.
- 850,000 to 2.2 million people suffer from chronic hepatitis B, with complications such as liver cancer.

Vaccination is important because it not only protects the person being vaccinated, but also helps prevent the spread of diseases to others — especially those who are most vulnerable to serious complications, such as young children, older people and people with certain chronic conditions or weakened immune systems.

Every year, thousands of adults in America suffer serious health problems from diseases they could be vaccinated against like shingles, whooping cough, hepatitis A and B, flu, and pneumococcal disease. Some even die.

Talk with your healthcare professional about which vaccines are recommended to protect you and your loved ones.

Learn more at cdc.gov/vaccines/adults or call 1-800-CDC-INFO (1-800-232-4636).

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

3/2014

Vaccines are safe

- Vaccines are thoroughly tested before licensing and carefully monitored even after they are licensed to ensure that they are safe.
- Side effects from vaccines are usually mild and temporary.
- Some people may have allergic reactions to certain vaccines or their ingredients, but serious and long-term side effects are rare.

For more information on vaccine schedules for every stage of life, please follow the links below.

- [Adult Vaccines: A Checklist for Your Doctor Visit](#)
- [Infant Immunizations](#)
- [Child Immunizations](#)
- [Teen Immunizations](#)

Immunity: Step by step

THE SCIENCE BEHIND VACCINATIONS

Vaccines save lives by preventing deadly diseases. But do you know how they work? It's a combination of medical science and the body's own immune system — and it works in three steps.

- 1 You get a vaccine.** It contains a weakened or dead form of a germ or germs.
- 2 Your immune system responds.** In the days and weeks that follow, your body makes antibodies and cells to fight the germ.
- 3 Immunity develops.** If the germ invades your body again, your immune system will recognize it — and fight it off.

*Some people may experience minor side effects, such as a fever or rash. More serious side effects may occur but are rare.

You may need a boost
Some vaccines protect for a long time. But for some diseases, immunity can weaken over time. So you may need another dose of a vaccine.

Take the To Your Health Customer Satisfaction Survey

We'd Like to Know What YOU Think

What do you like about the *To Your Health* newsletter?
What would you do to improve it?
We'd really like to know.

[Take this quick three minute online survey.](#)





Your
UHC
Nurse
Amy

What Women (and Men) Need to Know About Cervical Cancer

By Amy Hertog, RN, BSN, Clinical Nurse Liaison

Cervical cancer used to be the leading cause of cancer-related deaths for women in the U.S. However, in the past 40 years, both the number of cases and deaths from cervical cancer decreased significantly. This decline is largely in part to women getting regular Pap tests, which can find cervical pre-cancer before it turns into cancer. Cervical pre-cancers are diagnosed far more often than invasive cervical cancer.

The American Cancer Society's estimates for cervical cancer in the United States for 2018 are:

- About 13,240 new cases of invasive cervical cancer will be diagnosed.
- About 4,170 women will die from cervical cancer.

Why should a women have routine Pap tests?

Once cervical cells begin to change, it typically takes 10-15 years before invasive cervical cancer develops. As the cells change, they first become “pre-cancerous” – a condition also known as “dysplasia.” Early cervical cancer doesn’t always cause symptoms, which is why it is so important to get a routine test.

When do women develop cervical cancer?

Cervical cancer tends to occur in midlife and is most frequently diagnosed in women between the ages of 35 and 44. It rarely develops in women younger than 20. Many older women do not realize that the risk of developing cervical cancer is still present as they age. More than 15% of cases of cervical cancer are found in women over 65. However, these cancers rarely occur in women who have been getting regular tests to screen for cervical cancer before they were 65. United Healthcare covers cervical cancer screening beginning at age 21.

Which women are at higher risk for cervical cancer?

In the United States, Hispanic women are most likely to get cervical cancer, followed by African-Americans, Asians,

Pacific Islanders and Caucasians. Native Americans and Alaskan natives have the lowest risk of cervical cancer in this country. Most women diagnosed with cervical cancer also have the sexually transmitted human papilloma virus (HPV). That's why women who have had multiple sexual partners or who started having sex at a young age are at higher risk for cervical cancer. Smokers are also at higher risk.

What is the HPV vaccination?

The human papilloma virus (HPV) vaccine prevents infection by certain types of HPV. In October 2016, the Centers for Disease Control and Prevention (CDC) updated HPV vaccination recommendations regarding dosing schedules. The current recommendation is two doses of HPV vaccine for people starting the vaccination series before their 15th birthday. Three doses of HPV vaccine are recommended for people starting the vaccination series on or after the 15th birthday and for people with certain immunocompromising conditions.

The CDC continues to recommend routine vaccination for girls and boys at age 11 or 12 years, which can begin as early as nine and continue through age 26 for females and 21 for males. Males who are age 22 to 26 years may be vaccinated if other indications are present.

Why is the HPV vaccination recommended for males?

Every year in the United States, nearly 13,000 men get cancers caused by HPV infections. HPV infections that don’t go away can cause cancers of the anus and rectum, mouth/throat (oropharynx), and penis.

How often should a woman receive cervical cancer screening?

The U.S. Preventive Services Task Force recommends screening for cervical cancer in women ages 21 to 65 years with cytology (Pap smear) every 3 years or, for women ages 30 to 65 years who want to lengthen the screening interval, screening with a combination of cytology and HPV testing every 5 years. **Under Pinellas County’s medical plan, cervical cancer screening is covered annually.**

Where can I get a cervical cancer screening?

Cervical cancer screenings can be obtained through a primary care physician or a gynecologist. If you need to locate a physician for such services, please visit myuhc.com to search for a provider or call UHC at (888) 478- 4752 for more assistance.

[Visit Amy’s web page](#) or contact her at 464-5579 or by email at amy_hertog@uhc.com.





On July 25th, 41 [Wellness Champions](#) and 24 supervisors gathered for the Champions' semi-annual meeting. The Employee Wellness program recognized them for their hard work and contributions in supporting employee wellness in their departments. The group had a wonderful time getting to know each other and putting faces with names, as well as hearing updates from Holly Schoenherr (Human Resources Director), United Healthcare and other community partners.

Several champions' successes were showcased for their success and creativity in motivating employees to participate in activities that support their health and wellbeing. The next time you see your Champion, be sure to say "Thanks!"

Alexis Macon: The South County Games

Alexis (Tax Collector's Office) implemented the South County Games, a play on the Hunger Games series. Employees participated in a "box bop" game - shaking and jumping to get ping pong balls out of a tissue box - which the employees loved to hate, but really enjoyed.

Alexis also created a "Take a Break" box, putting coloring books, silly putty, word searches, crosswords, bouncy balls, etch-a-sketches and other fun activities into the box to encourage workers to maximize their break time. To keep it fresh, Alexis changes out the activities twice a month.



Doing the "box bop"

Carol Strickland, Champion for Human Resources

Carol recently organized a pot luck salad lunch. Employees contributed a variety of greens, vegetables, toppings, lean proteins and other salad ingredients. They enjoyed eating together and commented on what a great idea it was and how tasty everything turned out.

Carol is working on happy/healthy minds holding a weekly "Meeting of the Minds," a 10-minute relaxing breathing meet-up Monday mornings.

To get through the mid-week slump, one of the team members has volunteered to email a funny YouTube video or joke.



Angela Ervin-Williams: Ninja Clerk Weight Loss Challenges

Angela (Tyrone Branch, Clerk) was worried if she'd be able to motivate her department. She was concerned that they wouldn't be interested in group wellness activities. Since January, Angela has organized two month-long weight loss challenges with weekly weigh-ins. Collectively they have lost over 25 pounds. The employees had a great time challenging each other and watching what they ate. The weight loss inspired a lunch walking group!

They've continued to make healthier breakfast and lunch choices. Salads and healthy protein shakes are a staple, and they've even purchased a shared NINJA blender! They're gearing up for more challenges in the second half of the year. Well done!

Dustin Guinta and Cyndi Simmons, Commissioners Office Champions

Dustin has only been with the County for a couple of months, but has already rallied his office to take short walks morning and afternoon.

Marlica Tomlinson: After Work Exercise at the Justice Center

Marlica Tomlinson (Criminal Court Records) and her supervisor reached out to the Wellness Center because they wanted to offer exercise classes right after work. We worked with Facilities and Risk Management to give them the thumbs up on using a conference room to gather for 30 minutes a day, 4 days a week.

They Zumba on Mondays and Wednesdays and do a walking DVD on Thursdays. Excellent work!





American Heart Association®

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.**

Put Virtual Visits on Your Back to School List

As our children return to school, it is inevitable that they will bring home more than books. Colds, flu, coughs, sore throats, and intestinal viruses are sometimes spread in a classroom. [Virtual Visits](#) are a great way to “see the doctor” in terms of convenience, after-hours availability, and immediacy. In general, a parent or legal guardian must be present during the Virtual Visit with a minor dependent who is covered under your plan.

Go to myuhc.com or the Health4Me app (available at your app store) and click the Virtual Visits button to learn more.



EQUALITY IN SMOKING & DISEASE
Nobody Wins!

Nearly 20 million women and girls in the United States smoke cigarettes.



DURING THE 60'S and 70'S
TOBACCO COMPANIES TARGETED WOMEN.

In the last 50 years a woman's risk of dying from smoking has **MORE THAN TRIPLED** and is now equal to a man's risk.



WOMEN WHO SMOKE ARE MORE LIKELY to die from COPD than men who smoke.



WOMEN OVER AGE 35 WHO SMOKE

have a slightly higher risk of dying from heart disease than men who smoke.

MORE THAN 200,000 WOMEN DIE EVERY YEAR

from smoking-related disease compared with 270,000 men who die from smoking-related disease every year.



WOMEN SMOKERS SHOULD QUIT SMOKING.

For help, they can visit women.smokefree.gov or call 1-800-QUIT-NOW.

The Health Consequences of Smoking - 50 Years of Progress: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014.



Complete a Tobacco Cessation Program

You may request the series, offered by Tobacco Free Florida, of six onsite in-person classes at your worksite, with a minimum of 3 participants. Contact the [Wellness Program staff](#). View [Tobacco Cessation Program Options](#).





Ask a Personal Trainer

Question: What are some alternative triceps exercises for someone with a neck injury who does not want to do overhead triceps extensions and can't do triceps dips?

Answer: Aptly named, the triceps have three different "heads" (or mini-muscles), so working them in a variety of directions is important in toning them overall, hence, plenty of variations to choose from. The main thing to remember is that if any of these still cause pain, avoid them.

Kickbacks - Keep elbow squeezed into the side of your body and begin at 90 degrees. Extend the arm out straight (slowly). Squeeze for a count of 2 seconds at full extension. Slowly lower forearm until elbow is back at 90 degrees. Do not go past 90 and be careful not to swing the dumbbell. With respect to the neck, it may be helpful to look down at the floor with the chin tucked slightly as if you were hanging on to a tennis ball with your chin.



Tricep pushdowns - Again keep the elbows tight to the body and push the bar down until elbows are straight, hold for a count of 2 seconds and then slowly bend the elbows and bring back to the start position. Be careful not to rock the body for help. If the elbows cannot fully extend, it may be that the weight is too heavy. It's important to complete the full range of motion. As the triceps fatigue, the elbows tend to creep away from the body, so checking back on form is important.



Crossover tricep extension (not pictured) - Another option is to use the stability ball or a bench, where the neck is supported. In this extension variation, the dumbbell and hand face away from you, the elbow stays over the shoulder and the forearm crosses over to the opposite shoulder. Control the speed and do not let the dumbbell touch the shoulder; fully extend the elbow when the arm is straight.

Rec Passes

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.

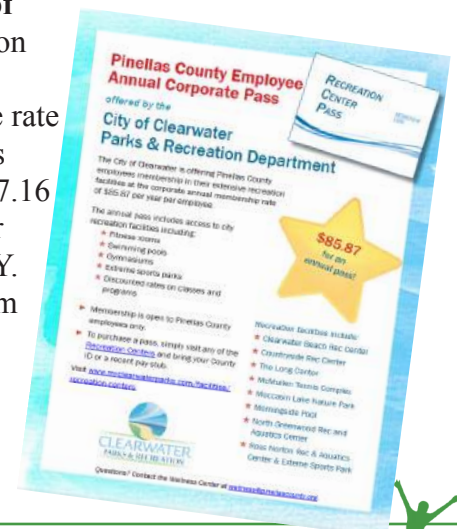
A membership includes free and discounted fitness classes, free access to an indoor walking track, fitness room equipment, and an open gymnasium and game rooms. Three recreation centers are included:



- Highland Recreation Complex and Family Aquatic Center
- Southwest Recreation Complex and Pool
- Largo Community Center

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

ALSO NEW this year - Pinellas County employees can purchase annual membership passes to **City of Clearwater** recreation facilities at a deeply discounted corporate rate of \$85.87. Yes, that's \$85.87 per year or \$7.16 per month, \$1.65 per week, \$0.24 per DAY. [Get more details](#) from the online flyer.



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](#).



Need Help with Rally?

There's a handy [Help Guide for Rally](#) on the HR website, as well as a [program overview](#).

Rally is a health and wellness website from United Healthcare which you use to complete your health survey. It can also help you get healthier with personalized health and wellness recommendations.



Remember, you must complete your health survey in Rally and complete a biometric screening by December 31, 2018, in order to earn the preferred health

insurance premium for 2019. Otherwise you will pay \$500 more for your health insurance premium in 2019.

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.

The Mobile Mammogram Bus is Coming

Early detection saves lives.

Did you know that 1 in 8 women will be diagnosed with breast cancer?

Schedule your appointment with [Tampa Bay Mobile Mammography](#). The four locations, August dates and FAQs can be found on the [flier](#).

NEW date added for downtown Clearwater (August 31) due to popular demand.



UHC's Nurse Liaison Amy Hertog and Tampa Bay Mobile Mammography's Linda Chaney answer questions at the downtown Clearwater Courthouse on July 27.

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.



Don't Worry! Be Happy!

The Stress Less 8 Week Challenge will help you create habits that manage your stress, re-energize, re-focus and improve your health overall.

We all know how hard it can be to stick to a new habit. One way to success is to start the week off right every week on a Monday. Lots of research has shown that when we practice a habit on a Monday, we start on a positive note and we are much more likely to stick with the habit throughout the rest of the week. Feeling better and less stressed sounds pretty good, right?

Beginning on Monday, September 10th, use our digital calendar to click on one link per day. You'll find various categories of mindfulness activities, including breathing exercises, work-friendly stretching, nature imagery, and keeping a gratitude journal. All activities are under 15 minutes.

Registration and a quick survey are required. Be an early bird, [click here](#), and commit to feeling better!

TRAIN YOUR BRAIN TO
STRESS LESS



Back to Basics 2.0

It's around the corner! Our second 2018 learning series, Back to Basics (B2B) 2.0, will begin on Tuesday, September 11th.

Many employees, whether they're chair-bound at a desk, or working a physical job, suffer from back pain. Learn which lifestyle factors increase your chance of hurting your back as well as exercises and nutrition that can prevent or improve back pain. Here's what you should know:

- B2B 2.0 offers updated content from last year's series. Even if you attended last year, learn new things and get re-inspired if you've fallen off the wagon. New to the series? Great! You need not have attended last year to join us this time around.
- If you earned an incentive for Stress-Proof Brain this year, you are encouraged to attend but will not earn another incentive. Isn't it worth it just for the information and to feel better?
- Wellness Champions will be scheduling locations. Let your champion know you're interested.



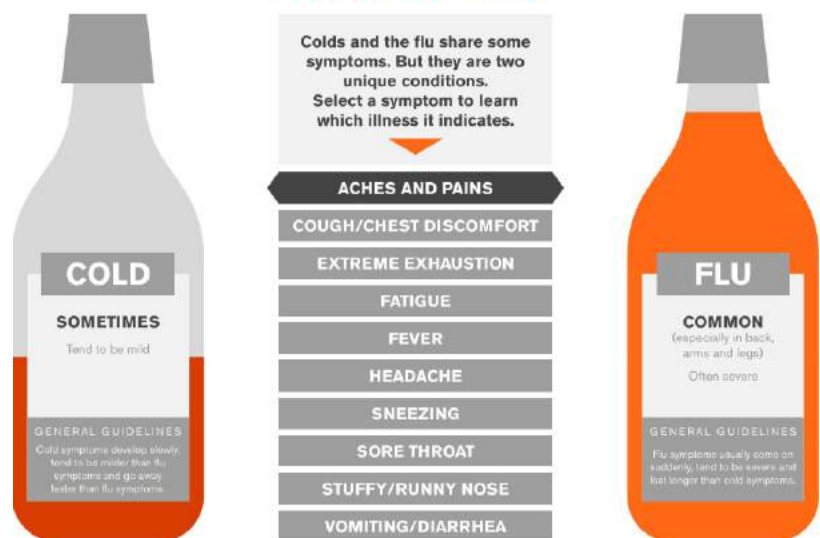
How to Tell the Difference Between a Cold and the Flu

Have a cough and feel fatigued?

Is it a cold? Or is it the flu?

[Check out this very cool interactive infographic](#) from United Healthcare. You can click on the symptom and it'll tell you what's most likely.

No - it's not that crystal ball app. Just an ordinary helpful tool.



Source: American Academy of Family Physicians, National Institute of Allergy and Infectious Diseases, 2014 © Colby Communications, Inc. All rights reserved.

UnitedHealthcare



August 2018 Group Fitness Classes



Monday	Tuesday	Wednesday	Thursday	Friday
<p>5:15 to 6:15 pm Total Strength Instructor: Kelli (8/6, 8/13, 8/27) NO CLASS 8/20</p>	<p>12:15 to 12:45 pm Spin* Instructor: Melissa K (8/7, 8/14, 8/21, 8/28)</p> <p>5:15 to 6:00 pm FitMix (August Special!) Instructor: Kelli (8/14)</p> <p>5:45 to 6:30 pm FitMix Instructor: Lisa (8/21, 8/28) NO CLASS 8/7</p>	<p>5:15 to 6:15 pm Yoga Instructor: Kelli (8/1, 8/8, 8/22, 8/29)</p> <p>5:45 to 6:30 pm Yoga (August Special!) Instructor: Lisa (8/15)</p>	<p>12:15 to 12:45 pm The Workout Buddy Instructor: Melissa K (8/2, 8/9, 8/16, 8/30) NO CLASS 8/23</p> <p>5:15 to 6 pm Gentle Yoga Instructor: Amanda (8/9, 8/30) Kelli (8/2) NO CLASS 8/16, 8/23</p> <p>5:45 to 6:30 pm FitMix (August special!) Instructor: Lisa (8/16, 8/23)</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

****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!

