



# To Your Health

Human Resources  
*Helping U Succeed*

Pinellas County Wellness Program | *Wellness for Life*

Part of Pinellas County's Total Rewards Program

Visit [www.pinellascounty.org/hr/wellness](http://www.pinellascounty.org/hr/wellness) or contact Wellness staff at 464-4049 or [wellness@pinellascounty.org](mailto:wellness@pinellascounty.org)

DEC 2018



## TELL IT WELL EMPLOYEE FEATURE

### I Donate Blood To Help Others

*Ajaya Satyal, Air Quality Division Manager*

Blood is the most important and precious gift you can give. It is a gift that saves lives. One pint of blood saves up to three lives.

I donate blood because I want to help others and I consider it my humanitarian duty. Helping others motivates me to continue donating, and I have been doing so for more than thirty years.

In addition to saving the life of a recipient, blood donation also benefits a donor in various ways. Blood donation can reduce the risk of heart disease, lower cholesterol, lowers cancer risks that are linked to high iron, and prolongs longevity.

Whole blood donation, the most common type of donation, can be given every 56 days. In addition to whole blood, one can donate plasma, double red cells and platelets. Each of these components are needed for specific medical purposes. I donate both whole blood and platelets and urge each one of you to consider donating blood.



*Ajaya Satyal has donated blood 160 times (20 gallons).*

### Find Your Holiday Zen and ZZZ's

The holidays are a particularly stressful time of year. We find our already full plates even more overloaded, and not just with a second helping of grandma's stuffing and dessert. Planning, social events and financial stress can lead even the most organized elf over the proverbial shelf. Two great strategies to maintain your sanity: relaxation exercises and sleep.

Take 10 minutes or less to relax and re-energize using our [Stress Less Calendar](#), which provides links to breathe, move, thank, and think.

Here are some tips on enhancing your slumber experience:

- Design your environment to establish prime conditions for sleep. Your bedroom should be cool, free of light, noise or other disturbances. This includes a bed partner's sleep disruptions such as snoring. Consider using blackout curtains, eye shades, ear plugs, "white noise" machines, humidifiers, fans and other devices.
- A comfortable, supportive, good quality mattress and pillow are keys to happy slumber.
- Stick to a sleep schedule, even on the weekends. This helps to regulate your body's clock and could help you fall and stay asleep. Most adults need 7 to 9 hours of sleep per night.
- Physical activity improves sleep quality and increases sleep duration. Exercise may also bolster sleep in other ways because it reduces stress and tires you out. Early morning and afternoon exercise may also help reset the sleep wake cycle by raising body temperature slightly, then allowing it to drop and trigger sleepiness a few hours later.

*Continued on page 4.*

**Feeling inspired by Ajaya?** January is Blood Donor Month. Consider donating blood at these locations and dates:

**December 12**, Tax Collector's Office, 1663 Gulf to Bay Blvd., Clearwater, 10:00 - 12:30 | **January 16**, Courthouse, 315 Court Street, Clearwater, 11:00 - 4:00 | **January 23**, Utilities Building, 14 S. Fort Harrison Ave., Clearwater, 8:30 - 1:30 | **January 24**, Public Works, 22211 Hwy 19 N., Clearwater, 12:00 - 5:00



**Your  
UHC  
Nurse**  
*Amy*

## Emergency Care Basics

By Amy Hertog, RN, BSN, Clinical Nurse Liaison

Did you know that emergency medicine did not evolve as a specialty until the 1960's? At least half of all ambulance services were operated by morticians or funeral directors because they had vehicles that could transport people horizontally, often using untrained staff.

Emergency departments have since evolved to provide a range of care with the enhancement of specially trained staff, sophisticated equipment, and life-saving medicine. An emergency department serves patients at any time and with any complaint. A key part of the operation is the prioritization of cases based on clinical need. A patient who comes in with a heart attack or stroke is going to need more attention, time, and resources than a patient with a minor health issue. That can equate to a longer wait for those patients with non-emergency issues, and therefore is not the best option for care.

Another reason to seek care through other avenues is that emergency rooms charge higher rates because they must be open 24/7, serve riskier patients, and have higher overhead and staffing costs.

Some of the reasons that patients go to an emergency

department may seem serious but do not need to be treated there. These can be treated in other care settings such as an urgent-care center or a walk-in clinic. In some cases, a Virtual Visit is also an option for certain health issues:

- Headaches and migraines
- Vomiting
- Diarrhea
- Urinary tract infections
- Bronchitis
- Pink eye
- Sore throat

If you or a loved one is suffering from a non-emergency issue, it is a good idea to consider one of these alternative care settings versus an emergency room. Be prepared. Know how to access a Virtual Visit, your local walk-in clinic and urgent care locations and hours of operation.

UnitedHealthcare (UHC) can help you check your options for care with the [Check Choose Go](#) online tool. No need to log in to your UHC account. Just go to the page and find out the care you need by symptom or by care option.

As always, if you or a loved one is experiencing a life-threatening condition, call 911. Driving yourself or someone else to the hospital isn't a good idea. Mere minutes can mean the difference between life and death. For example, if someone is having a heart attack, Emergency Medical Services (EMS) personnel are able to administer life-saving medications, use a cardiac monitor and a defibrillator, and alert the emergency department to prepare for a patient who is having a heart attack.

[Visit Amy's web page](#) or contact her at 464-5579 or by email at [amy\\_hertog@uhc.com](mailto:amy_hertog@uhc.com).

## Virtual Visits During the Holiday Season



Over the river and through the woods, to grandmother's house we go ... until we don't feel as well as we should. During the holiday season, don't allow a minor illness to derail your plans.

**A Virtual Visit physician** can treat several minor yet annoying conditions including colds and flu, bronchitis, sinus problems, sore throat, diarrhea, stomach ache, fever, migraines/headaches, pink eye, bladder infections/urinary tract infections, and rashes.

[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](http://myuhc.com) or the **Health4Me** app and click the Virtual Visits button to learn more. Virtual Visits care for employees and covered dependents is covered on the UnitedHealthcare group medical plan. You can also download the provider's app from Google Play™ or the Apple® App Store® and access care that way anytime.



## Health Advisory from the Florida Department of Health

There has been an increase in hepatitis A cases in Florida, particularly in the Tampa Bay and Orlando areas.

The best way to prevent hepatitis A infection is through vaccination, covered by your Pinellas County health plan at your physician's office and convenience care clinics.

To prevent the spread of hepatitis A, thoroughly wash hands after using the bathroom, changing diapers, and before preparing or eating food.

See **LINKS** for who should be vaccinated.

### LINKS

Florida Department of Health Advisory

[www.floridahealth.gov/newsroom/2018/11/112818-hav-advisory-pr.html](http://www.floridahealth.gov/newsroom/2018/11/112818-hav-advisory-pr.html)

Convenience Care Clinics

[www.pinellascounty.org/hr/benefits/pdf/Convenience-Care-Clinics.pdf](http://www.pinellascounty.org/hr/benefits/pdf/Convenience-Care-Clinics.pdf)

## Avoid the Flu ...

- Wash your hands often.
- Avoid touching your nose and mouth.
- Cover your nose and mouth when you cough or sneeze.
- Disinfect areas you come into contact with, especially common areas.
- If you are starting to feel ill, keep your distance from others.
- Get your flu shot at:
  - Your network physician's office
  - Walgreens or CVS Convenience Care Clinics
  - Walmart and Publix Pharmacies
- Be sure to show your UnitedHealthcare ID card to get it covered at 100%.

## ... and Help Others

- Help save a life by preventing the transmission of the flu to vulnerable people.
- Help prevent someone from requiring a flu-related hospitalization.
- Help keep kids healthy and prevent absences due to the flu.
- Help people get to their jobs, especially those in the community who may not receive paid time off benefits from their employer.

## Tobacco Cessation Classes Currently Scheduled



[Detention Center](#), Facility Operations Building, 14400 49th Street, Clearwater, Wednesdays, 10:00 to 11:00 a.m. starting Jan. 9, 2019.

[Utilities](#), 14 South Fort Harrison Avenue, 4th Floor Learning Center, Clearwater, Wednesdays, 12:00 to 1:00 p.m. starting Jan. 9, 2019.

**To register**, call the local Tobacco Free Florida agency, Area Health Education Center, at (813) 929-1000.



## Don't Delay! Biometric Screening and Health Survey

The **December 31** deadline to get your 2019 health insurance premium discount of \$500 is *just around the corner*. Get your biometric screening and health survey completed now.

### Not Sure if You Completed the Activities?

There's a handy **NEW** [Rally Quick Guide](#) on our website that provides (with screen shots) 3 easy steps to confirm you have completed both activities in 2018.





## Fit and festive!

7 moves for your holiday groove.



**Stroll before you shop.**

Walk a few blocks — or laps at the mall or big-box store — before you use your purchasing power.



**Cue the classics.**

Watch holiday movies you love while doing yoga, on the treadmill or using weights.



**Got snow?**

Go sledding or snowshoeing. Build a snowman. Make snow angels.



**Pinched for time?**

Break your regular half-hour walk into three brisk 10-minute jaunts.



**Make a clean sweep.**

Put on some lively music — and pick up around your home, one song per room. Repeat as needed!

Sources: Academy of Nutrition and Dietetics, American Council on Exercise, Centers for Disease Control and Prevention  
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How many of us will make New Year's resolutions, only to give up before January is over?

If good health is your goal, the Wellness Department has a plan to help you get on track and stay there!

**Stepping into Your Health 2019** is a 9-week walking/whole health challenge that is a launching pad to looking and feeling your best in 2019. It combines team support, a healthy dose of competition, and health-enhancing habits to keep you motivated. Details coming soon!



*Zen and ZZZs - Continued from page 1.*

- Skip the after dinner coffee. Caffeine reaches its peak level in your blood within 30 to 60 minutes but its effects can last 3 to 5 hours. To achieve optimal shut-eye, drink your last cup by the early afternoon.
- Melatonin controls your body's sleep and wake cycles. Your body produces less melatonin as you age. Foods such as meats, grains, fruits, and vegetables contain very small amounts, it can also be purchased as a supplement.
- Watch the alcohol intake. While alcohol can make you sleepy, it can also disrupt sleep.
- Avoid long naps. Short naps can be restorative, longer naps can disrupt the sleep cycle. If you're snoozing, keep naps under 30 minutes and avoid napping later in the day.



## Slim Down Together with Real Appeal

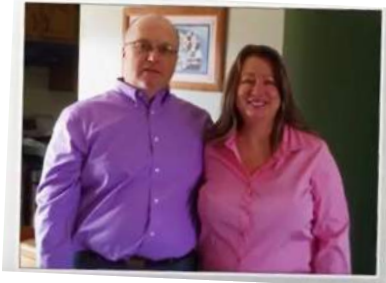
Have you and your spouse/domestic partner talked about losing weight and improving your health? Real Appeal® can help, with an online weight loss program that's free\* for you and your eligible family members.

Real Appeal provides guidance and support at every step of your weight loss journey, including:

- A Transformation Coach who leads weekly online group sessions.
- Online tools to help you track your food, activity and weight loss progress.
- A Success Kit with recipes, scales, workout DVDs and more — shipped to your door.

Real Appeal members who attended 4 or more sessions during the program lost 10 pounds on average. (Individual results may vary.) Talk to your doctor before starting any weight loss program.

Check out [Julie and Brian's success story](#).



Join Real Appeal, the online weight loss program

available at no additional cost as part of Pinellas County's medical benefits plan,\* to get the support, resources and tools to help you adopt a healthy lifestyle, one day at a time.

Start your Real Appeal program at [pinellascounty.realappeal.com](http://pinellascounty.realappeal.com).

*\*Real Appeal is available at no additional cost to employees with our UnitedHealthcare insurance plan and their covered spouses/domestic partners with a BMI of 23 and higher subject to eligibility.*

## Taco Casserole

*Time-saving tip: If you have a food processor, add the cilantro (if using), onion and spinach and pulse on and off a few times instead of chopping by hand.*

### INGREDIENTS

- 1 cup chopped fresh cilantro
- ½ onion, sliced
- 4 cups spinach, chopped
- 1 cup crumbled firm tofu
- 2 teaspoons olive oil
- ½ teaspoon salt
- Freshly ground black pepper
- Cooking oil spray
- 4 corn tortillas (about 6 inches in diameter)
- 1 15-ounce can pinto or black beans (preferably low sodium or no-salt-added), drained and rinsed
- 1 cup salsa, with no more than 85 mg sodium per 2 tablespoons
- ¾ cup grated 2% cheddar cheese



### DIRECTIONS

1. Preheat oven to 425°.
2. In a large bowl, combine cilantro, if desired, onion, spinach, tofu, oil, salt and pepper to taste.
3. Spray a glass or ceramic 8-inch square or 6-inch by 10-inch baking dish with cooking spray.
4. Lay 2 tortillas in the bottom of the baking dish (they will overlap).
5. Cover tortillas and bottom of baking dish with half of beans, half of spinach mixture, half of salsa and half of cheese.
6. Repeat steps, starting with a layer of remaining 2 tortillas, topped with remaining half beans, remaining half spinach mixture, remaining half salsa, and remaining half cheese.
7. Bake until bubbling and golden brown, about 20 minutes.

Serves 4.





American Heart Association

# Heart Walk.

Thank you all for joining us on Saturday, November 10, and participating in the Tampa Bay Heart Walk as part of the Pinellas County employee group.

It was wonderful to meet you all in person and see a united group in light blue!

The Heart Walk raised over \$4.3 million this year!

Jane Grannis, Wellness Manager



## TOP BANANA WELLNESS AWARD

The results are in! Last month we shared the weight loss challenge fun at Animal Services. The Top Banana Award, presented by Wellness Manager Jane Grannis, went to the Waisted Potential team with a total weight loss of 7.95%. Sandra Singletary took the individual Top Banana prize.

Competition was fierce and the results were extremely close. Kudos to all participants!



### The Waisted Potential Team

*(pictured with the Banana)*

- Caitlyn Antkowiak
- Trish Cartier
- Kelli Coppla
- Hilary Johnson
- Sandra Singletary
- Jodey Stambaugh
- Jenna Wiese





## Back to Basics 2.0 Fall Wellness Learning Series

We're pleased to report the completion of another successful learning series! The Back to Basics 2.0 class concluded in October, with over 200 employees participating.

Back pain, whether injury or condition-related is extremely common, with 60-80% of us experiencing some type of pain during our lives. Back injuries and back pain diminish quality of life, including mobility and performing basic functions of daily life. They are also among the highest claims paid through the County health plan.

The four part series offered:

- A hands-on look at the spine and its multiple components
- A look at how different back problems occur
- Lifestyle habits and wellness program opportunities that can reduce your risk for injuries and help support a healthy back
- UnitedHealthcare and wellness resources available to employees should they need healthcare services.

97% of participants rated the series excellent or good:

*"I learned so many things regarding my spine and how to keep it healthy."*

*"I am experiencing some of the problems discussed in class so the information is very helpful."*

*"This was one of the best classes I have attended."*

If you were unable to attend the learning series but would like to learn more about keeping your back healthy, the [Back to Basics 2.0 class videos and materials](#) are available on our website. These resources are available for family and friends as well. Feel free to share!

## New Year's Resolutions

By Ashley Skubal, Wellness Technician

It is that time of year when we all start thinking about how we can be a better version of ourselves next year. "I'm going to cook more at home," "I'm going to start working out," "I'm going to save more money." How many of us start our new year off with big dreams and lose steam by the end of January? Here's the thing, it takes time to create habits and commitment to keep them.

How to get started and stay on track:

- Make a plan: Begin with the ultimate goal and set smaller goals to get there
- Take on only one new habit at a time
- Educate yourself
- Track your progress

Making changes and incorporating new habits into a daily routine takes effort and planning. Much like building a house, habits need a blueprint. Write down the ultimate goal and work backward to break it down into smaller goals. Stay on track with a written plan posted in a prominent place and find a way to track your progress. For example, if you're looking to pay off a credit card, establish the date by which you'd like to accomplish it and then break it down by monthly payments. Is it realistic? If not, adjust your timeline or you'll set yourself up for disappointment.

Your new year's resolution should focus on creating lifelong habits, not overnight success. If you're looking to make changes to your diet or exercise regime, plan your meals, make a shopping list, and prepare them ahead of time. Start with meal prepping or making extra at dinner for lunch the next day. Write out a workout plan that works with your schedule.

Keep track of your progress to appreciate and acknowledge your success. Creative or visual? Use graphics. Techie? Find a fun app. Old school? Good ole paper works. Whatever your goal, keep your inspiration and the reminder close by.

We're all human and our own worst critics. Give yourself a break, we'll all fall off the wagon at some point during the journey. Have a plan to get back on track and don't get down on yourself. Take it one small step at a time. YOU CAN DO THIS!

Consider the *Stepping into Your Health 2019 walking and whole health challenge* ([page 4](#)) coming in January!



# Stability Ball Workout

By Ashley Skubal, Wellness Technician

## Benefits

There are many benefits to incorporating a stability ball into your workout. Unlike traditional exercise, the instability of a round shape presents an environment where deep stabilizing core muscles fire to maintain stability. These exercises create muscle endurance, strength, flexibility, spinal stability, and better posture. The ball is light, easy to transport and inexpensive.

## Where to start

Choose an area with ample room and away from sharp/heavy objects. The ball should be the right size for your height. Sit with a straight back, your feet flat on the floor about hip width apart, and your knees and hips bent at a 90 degree angle. Before you start an exercise, it is important to pull your belly button in to engage your core and prevent injury. Remember to breathe.



## Exercises

**Sit-ups** on a stability ball are a great introduction to core focused exercises.

- Sit upright; place feet flat on the floor about hip width apart
- Bend knees 90 degrees; engage core
- Slowly lean back while walking your feet forward until your lower back rests on the ball.
- Your body should be a straight line from your knees to your head
- Exhale, tuck your chin, and lift your shoulders until you can see your knees. Then return to your reclining position.

Keep in mind you don't want to lean all the way forward but enough to keep the core engaged through the whole movement. Repeat 10 to 20 times.



**Seated leg lifts** are compound exercises that target the core, hip flexors, and thighs.

- Sit upright; place feet flat on the floor about hip width apart
- Bend knees 90 degrees; engage core
- Flex your foot and straighten your leg
- Exhale as you lift one foot off the floor and inhale down

Repeat 10x for each side. If you are not able to straighten your leg yet, keep knee bent at 90 degree when lifting.



A **chest press** on the ball targets not only the chest, but also the core and glutes.

- Sit upright; place feet flat on the floor about hip width apart
- Bend knees 90 degrees; engage core
- Holding your weights, slowly walk your feet out until your shoulders and head are resting on the ball.
- Position the weights shoulder width apart about an inch from touching your shoulders
- With your core engaged and hips up (squeeze your glutes), exhale press the weights towards the ceiling Repeat 12x.



Stability ball DVDs are available for viewing at the Wellness Center or as part of our lending library if you're at another location. Contact Ashley at [wellness@pinellascounty.org](mailto:wellness@pinellascounty.org).





# December 2018 Group Fitness Classes



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>7 to 7:30 am</b> <b>Spin*</b> Instructor: Casey (12/4, 12/11, 12/18) <b>NO CLASS 12/25</b>		<b>7 to 7:30 am</b> <b>Spin*</b> Instructor: Casey (12/6, 12/13, 12/20, 12/27)	
<b>12:15 to 12:45 pm</b> <b>Spin*</b> Instructor: Ashley (12/3, 12/10, 12/17) <b>NO CLASS 12/24,                      12/31</b>	<b>12:15 to 12:45 pm</b> <b>Full Body Blast</b> Instructor: Ashley (12/4, 12/11, 12/18) <b>NO CLASS 12/25</b>	<b>12:15 to 1:00 pm</b> <b>Killer Abs &amp; Back</b> Instructor: Isiah (12/5, 12/12, 12/19, 12/26)	<b>12:15 to 12:45 pm</b> <b>Full Body Blast</b> Instructor: Ashley (12/6, 12/13, 12/20, 12/27)	<b>12:15 to 12:45 pm</b> <b>Body Stretch</b> Instructor: Ashley (12/7, 12/14, 12/21, 12/28)
<b>5:30 to 6:00 pm</b> <b>Spin &amp; Body*</b> Instructor: Ashley (12/3, 12/10, 12/17) <b>NO CLASS 12/24,                      12/31</b>	<b>5:45 to 6:30 pm</b> <b>FitMix</b> Instructor: Lisa (12/4, 12/11, 12/18) <b>NO CLASS 12/25</b>	<b>5:15 to 6:15 pm</b> <b>*IT'S BACK*</b> <b>Yoga</b> Instructor: Kelli (12/12, 12/19) <b>NO CLASS 12/5,                      12/26)</b>	<b>5:15 to 5:45 pm</b> <b>Spin*</b> Instructor: Casey (12/6, 12/13, 12/20, 12/27)	
			<b>5:45 to 6:30 pm</b> <b>Killer Abs &amp; Back</b> Instructor: Isiah (12/6, 12/13, 12/20, 12/27)	

\* 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](mailto: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](http://www.pinellascounty.org/hr/wellness)



*Happy Holidays!*

*Be Well.*

