Tell It Well
Employee Feature

To Your Health asked Maintain Campaign Team Captain of “Po’s Girls,” Stephanie Thackeray:

What motivated you to participate in the Maintain Campaign and what did you hope to gain?

As a team we have been motivated to lose weight/get healthier for months now. When we heard about Maintain Campaign, we knew it would be a great way to continue healthy habits during the holidays.

Personally, my weight loss journey began in May of 2018. I lost 13 pounds on a customized plan and then continued on my own. Nine months later, I have not only lost 24 pounds but also gained lots of muscle. Maintain Campaign helped me lose 9 of those pounds, even during the holidays.

Our team worked really well together. We encouraged each other to complete the activities, track our food, get our exercise and log our information every day. The team shared healthy lunches and workout tips. Most of all, we committed to the team and held each other accountable.

All of us either maintained or lost weight during the holidays and I’m so proud of them!

We have also participated in other wellness challenges and incentives. I myself have completed the Fruit and Veggie Challenge, the Get Fit Challenge, and the Nutrition Challenge. They helped keep me accountable to continue my healthy habits and remain consistent.

If you’ve never participated, I’d definitely recommend the Maintain Campaign. It is a great way to...

Continued on page 3.

Anxiety

Anxiety in and of itself is not a bad thing. It is normal, and sometimes even useful, to feel anxious in high-stress situations such as a job interview or taking a test. However, when anxiety shows up regularly and continues unmanaged even during periods of low or no stress, it can have a negative effect on your quality of life and health. Read What You Need to Know About Anxiety from Welcoa.org.

If overwhelming or chronic anxiety prevents you or a family member from engaging in activities you enjoy, successfully performing your job or forging healthy relationships, confidential emotional support is available through ComPsych, the County’s Employee Assistance Plan provider. They can be reached at (866) 615-3047 or visit their website. (If visiting for the first time, type PINELLASCOUNTY for the organization web ID and create your user name and password.)

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Choose Smart. Look for Blue Hearts.

By Amy Hertog, RN, BSN, Clinical Nurse Liaison

Whether you need a cardiologist for heart health or a primary care physician, health insurance companies often use a physician designation for those who meet certain clinical quality and cost standards. To support better health, UnitedHealthcare (UHC) promotes providers who meet national standardized measures for quality and cost efficiency, as well as engaging patients in the health care decision-making process, by designating them as Premium* providers.

Premium providers must meet the following quality specifications:

♥ Provide care that is based on research
♥ More likely to be aware of the latest research and clinical trials
♥ May have lower surgery repeat rates

These quality guidelines are based on standards from organizations such as:
♥ American College of Cardiology
♥ Ambulatory Care Quality Alliance
♥ Agency for Healthcare Research and Quality (a division of the U.S. Department of Health & Human Services)

It’s easy to find a Premium Care Physician. Go to myuhc.com, select Find A Doctor, select Medical Directory, select People, and then choose the type of provider you are searching for.

Look for the blue hearts. Please be aware that UHC does not award a premium designation based on cost efficiency alone. Quality must always come first.

Premium Care Physician 💚💚
♥ The physician meets the UHC Premium program quality and cost-efficient care criteria.

Quality Care Physician 💚
♥ The physician meets the UHC Premium program quality care criteria but does not meet the program’s cost-efficient care criteria; or
♥ The physician meets the UHC Premium program quality care criteria but is not evaluated for cost-efficient care.

Not Evaluated For Premium Care 💚
♥ The physician’s specialty is not evaluated in the UHC Premium program; or
♥ The physician does not have enough claims data (statistical requirements) for the UHC premium program, so the physician is not eligible for the Premium Care physician designation; or
♥ The physician’s program evaluation is in process.

Does Not Meet Premium Criteria 💚
♥ The physician does not meet the UHC Premium program quality criteria, so the physician is not eligible for a Premium designation.

The fact that a physician has a Not Evaluated or Does Not Meet Premium Criteria designation does not mean that the physician does not provide quality health care services. All physicians in the UHC Network have met certain minimum credentialing requirements (separate from the Premium program).

* Premium designation is awarded for primary care and for certain specialties. Not all specialties are eligible for Premium designation.

Visit Amy’s web page or contact her at 464-5579 or by email at amy_hertog@uhc.com.
Healthy Heart Questionnaire

1. A build-up of plaque in the coronary arteries is called Atherosclerosis.
   True or False

2. The American Heart Association recommends a diet that includes which of the following?
   a. Low saturated fat
   b. Low cholesterol
   c. High fiber
   d. All of the above

3. A healthy BMI is between 30 and 35.
   True or False

4. Having higher levels of which of the following is protective against heart disease?
   a. Total cholesterol
   b. Triglycerides
   c. HDL cholesterol
   d. LDL cholesterol

5. A healthy blood pressure is less than 120/80.
   True or False

6. Being overweight or obese is a risk factor for Type 2 Diabetes.
   True or False

7. Reducing modifiable health risks such as obesity and stress have a greater impact on health than genetics.
   True or False

8. Which of the following can be a warning sign of a heart attack?
   a. Chest discomfort
   b. Pain or discomfort in one or both arms
   c. Shortness of breath
   d. Nausea
   e. All of the above

9. Women are much more likely to survive a heart attack than a man, especially those under age 50.
   True or False

10. Moderate exercise conducted for at least 30 minutes most days can reduce cardiovascular risk.
    True or False

See answers on the next page.

Tell It Well - Continued from page 1.

commit to healthy habits during the holidays. It was so satisfying to see all that hard work pay off and to see everyone supporting and encouraging one another.

Our team may not have earned the most points, but we were successful in keeping healthy habits and doing the activities.

Team members included Stephanie Thackeray (Captain), Delores Cruz, Katiah Fitzpatrick, and Sandi Nesti, from Court Assistance.

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.

Tobacco Cessation Classes Currently Scheduled

Justice Center, Maintenance Conference Room, 14250 49th Street North, Clearwater Wednesdays, 10:00 to 11:00 a.m. starting Feb. 4, 2019.

Hurry! There’s still time to attend 5 of the 6 sessions to avoid the Tobacco Premium. To register, call the local Tobacco Free Florida agency, Area Health Education Center, at (813) 929-1000.

View Tobacco Cessation Resources.

Blood Drives

Consider donating blood at these locations and dates:

February 12, Mid-County Tax Collector, 13025 Starkey Rd., 8:00 - 1:00
March 6, Solid Waste, 3095 114th St. N, St. Petersburg, 10:00 - 3:00
**Answers to Healthy Heart Questionnaire**

1. True
2. d. All of the above
3. False. A healthy BMI is between 18 - 25.
4. c. Higher HDL cholesterol protects against heart disease
5. True. A healthy blood pressure is 120/80.
6. True. Being overweight is a risk factor for Type 2 diabetes.
7. True. Reducing health risks has a greater impact than genetics.
8. e. All of the above
9. False
10. True. Moderate exercise 30 minutes a day can reduce cardiovascular risk.

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**Love Makes Your Heart Smile**

Love, in its many forms, has some surprising health benefits. Although February and Valentine’s Day are most commonly associated with romantic love, we experience love in other ways. We adore family members, hug friends, and snuggle with animal companions. All kinds of connections benefit physical, intellectual, emotional, spiritual, and social health.

Follow your heart. You’ll adore the ways love makes your world go ‘round in this article [5 Unexpected Health Benefits of Love & Friendship](#) from Mindbodygreen.com.

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**Coming Soon ...**

**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. Mobile Mammography is back the week of March 18th. Stay tuned for locations, dates, and registration instructions.

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**Maintain Campaign 2018-2019 Wrap Up**

By Ashley Skubal, Wellness Technician

Eighteen teams participated in the annual Maintain Campaign this year. The purpose of the challenge was to maintain and even create healthy habits during the holidays. A large number of participants maintained their weight and collectively lost 64 pounds. Way to go!

We introduced a new platform this year and the reviews have been positive. ChallengeRunner is a web-based program for creating, managing, and tracking health and wellness challenges. It provides user-friendly features allowing participants to easily enter data and monitor progress. Team members reported that they found it easy to use and the live leaderboard kept their teams motivated and accountable. The competitive aspects also encouraged them to continue their healthy habits.

All the hard work and determination created some heated competition this year. Bragging rights and our awesome fruit bowl trophy go to **New Dimension** who took first place with 1,242 points! **Healthy Fit 4 Life** came in at 1,241 points for a close second!

Kudos to all the teams for working hard and staying on track. You rock!

**New Dimension Team:**
Laura Albenzio, Jennifer Gundel, Leena Delli Paoli, Karen Lamb

**Healthy Fit 4 Life Team:**
Casey Miller, Lynette McCabe, Ryan McCabe, Tricia Cartier (not pictured)
Enroll in the 4-week wellness series that will change your life.

The Power of Sleep

Your A to Zzzz Guide to Good Health

**Improve**
- ☺ Immunity
- ☺ Memory
- ☺ Mood
- ☺ Relationships
- ☺ Sleep quality

**Reduce**
- ☹ Stress
- ☹ Disease risk *(diabetes, heart disease, etc.)*
- ☹ Depression/anxiety
- ☹ Fatigue

- Registration opens February 25th. Watch for more information by email or talk to your Wellness Champion.

- Classes run between March 19th and May 16th (varying locations and dates).

- Earn $50/12,500 points in Wellness Incentive rewards when you complete all four classes.

www.pinellascounty.org/hr/wellness

2/6/2019
You Ready for This? Get in Shape with Real Appeal

Did you know that you can get in shape and lose weight while still enjoying your favorite food? That’s what Brent discovered when he joined Real Appeal, where you’re in charge of what works for you. His doctor told him he would need medication for his high blood pressure and cholesterol unless he made some changes.

Brent joined Real Appeal and lost more than 60 pounds by incorporating small changes into his lifestyle. He still eats pizza and burgers, but he’s more careful with portions.

He started running and feels better and more energetic than he has in years.

Watch Brent’s video.

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.

*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.

Vegetarian Chili

This chili is loaded with heart healthy fiber and sure to satisfy, even devout meat lovers!

**INGREDIENTS**

- 2 teaspoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 cup crumbled firm tofu
- 4 cups water
- 1 28-ounce can no-salt-added crushed tomatoes (about 3 cups)
- ¼ teaspoon salt
- 2 carrots, chopped
- 2 teaspoons chili powder
- 1 15-ounce can kidney beans (preferably low sodium or no-salt-added), drained and rinsed
- 2 cups corn cut off the cob or frozen
- 6 tablespoons grated 2% cheddar cheese or other reduced fat cheese
- 4 teaspoons chopped red onion
- 2 tablespoons plus 2 teaspoons reduced-fat or “light” sour cream

**DIRECTIONS**

1. Heat a large ovenproof heavy bottom pot over medium heat. Add oil, onion, garlic and tofu and cook, stirring often, for 3 minutes.
2. Add water, tomatoes, salt, carrots, chili powder and kidney beans.
3. Bring to a boil. Lower heat and reduce to a simmer for 10 minutes. Add corn and return to a boil.
4. Serve each portion topped with 1 tablespoon cheddar cheese, 1 teaspoon red onion and 2 teaspoons sour cream.

Serves 4.

**Nutrition Facts (per serving)**

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<thead>
<tr>
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<tbody>
<tr>
<td>Calories</td>
<td>352</td>
<td>Total Fat</td>
<td>12g</td>
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<tr>
<td>Protein</td>
<td>22g</td>
<td>Saturated Fat</td>
<td>31g</td>
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<tr>
<td>Carbohydrate</td>
<td>48g</td>
<td>Cholesterol</td>
<td>8mg</td>
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<tr>
<td>Dietary Fiber</td>
<td>14g</td>
<td>Calcium</td>
<td>446mg</td>
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<tr>
<td>Total Sugars</td>
<td>10g</td>
<td>Sodium</td>
<td>427mg</td>
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Wear Red Day, February 1, 2019


Processing Support - Heart Month Kick Off.

ON FRIDAY WE WEAR RED!
Cross Training: Variety is the Spice of Life

Finding a workout you enjoy increases the likelihood that you’ll stick to it, which is a wonderful thing. Did you know that doing the same workout week after week can actually short-change the benefits, not to mention become boring? Humans are designed to move fluidly in all directions, which requires integration of muscles as well as the nervous and endocrine systems. We are not machines who perform the same mechanical tasks over and over.

What is cross training?

A cross training exercise regimen incorporates several different types of exercise, including flexibility, cardio, and strength training. Creating variety in your workouts challenges your body to use different muscles and stimulate the nervous and endocrine systems in new and challenging ways. Great cross training examples: running/strength training/yoga, cycling/swimming.

What’s in it for you?

- Prevents muscular imbalances, where one set of muscles is used often and is very strong while other muscles are underutilized and weak. In turn, helps reduce risk of injuries.
- Enhances weight loss
- Improves endurance
- Stimulates brain function which boosts mental agility

These benefits improve your prospects for a longer, healthier, and more autonomous life.

How do you mix it up?

If you already have a set workout, identify the type from the list below then select another to spice things up. If you’re just starting out, find a form of exercise you enjoy first, create a routine, then add something different from the list:

- Strength training
- Cardio exercise: walking, running, aerobics, High Intensity Interval Training (HIIT) advanced
- Stretch/flexibility/mental wellbeing: Yoga, Tai Chi, stretch class, pilates
- Non-traditional: stand-up paddle boarding, dancing, martial arts

The Fitness Floor

By Ashley Skubal, Wellness Technician
Quarterly Incentive Payout Schedule

The Incentive Payout Schedule has been updated. The wellness incentives are reported and processed quarterly. It can take about 8 weeks to process once the quarter ends. To learn more about the Wellness Incentive Program, visit www.pinellascounty.org/hr/incentive.

<table>
<thead>
<tr>
<th>Incentive Payout Schedule</th>
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<tbody>
<tr>
<td><strong>Activities Completed Within:</strong></td>
</tr>
<tr>
<td>January to March (First Quarter)</td>
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<tr>
<td>April to June (Second Quarter)</td>
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<tr>
<td>July to September (Third Quarter)</td>
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<tr>
<td>October to December (Fourth Quarter)</td>
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February 2019 Group Fitness Classes

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| 12:15 to 12:45 pm Spin*  
Instructor: Ashley  
(2/11, 2/18, 2/25)  
NO CLASS 2/4 |
| 7 to 7:30 am Spin*  
Instructor: Casey  
(2/5, 2/12, 2/19, 2/26) |
| 12:15 to 12:45 pm Full Body Blast  
Instructor: Ashley  
(2/5, 2/12, 2/19, 2/26) |
| 12:15 to 1:00 pm Killer Abs & Back  
Instructor: Isiah  
(2/6, 2/13, 2/20, 2/27) |
| 12:15 to 12:45 pm Full Body Blast  
Instructor: Ashley  
(2/7, 2/14, 2/21, 2/28) |
| 12:15 to 12:45 pm Body Stretch  
Instructor: Ashley  
(2/8, 2/22)  
NO CLASS 2/15 |
| 12:15 to 12:45 pm Body Stretch  
Instructor: Jane  
(2/1) |
| 5:30 to 6:00 pm Spin & Body*  
Instructor: Ashley  
(2/11, 2/18, 2/25)  
NO CLASS 2/4 |
| 5:45 to 6:30 pm FitMix  
Instructor: Lisa  
(2/5, 2/12, 2/19, 2/26) |
| 5:15 to 5:45pm Spin*  
Instructor: Casey  
(2/7, 2/14, 2/21, 2/28) |
| 5:30 to 6:15 pm Killer Abs & Back  
Instructor: Isiah  
(2/7, 2/21, 2/28)  
NO CLASS 2/14 |
| 12:15 to 12:45 pm Yoga  
Instructor: Kelli  
(2/6, 2/20, 2/27)  
NO CLASS 2/13 |
| 5:15 to 6:15 pm Yoga  
Instructor: Kelli  
(2/6, 2/20, 2/27)  
NO CLASS 2/13 |
| 5:15 to 5:45pm Spin*  
Instructor: Casey  
(2/7, 2/14, 2/21, 2/28) |
| 7 to 7:30 am Spin*  
Instructor: Casey  
(2/7, 2/14, 2/21, 2/28) |
| 7 to 7:30 am Spin*  
Instructor: Casey  
(2/7, 2/14, 2/21, 2/28) |
| 7 to 7:30 am Spin*  
Instructor: Casey  
(2/7, 2/14, 2/21, 2/28) |

* 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 S. Fort Harrison Ave. 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