National Sleep Awareness Week March 10 to 16

Join us in celebrating the annual *Sleep Awareness Week*, March 10 to 16, 2019. This year’s theme “Begin with Sleep” highlights the importance of good sleep health for individuals to best achieve their personal, family, and professional goals.

**How to begin?**

Register for the upcoming Wellness Learning Series, The Power of Sleep, to learn how quality sleep can help you and how lack of sleep can hurt you. Classes begin on a staggered schedule at various locations beginning March 18. Due to popular demand, some locations have already reached capacity. New classes are being added.

[Register NOW.](http://sleepeducation.org/healthysleep/infographics/little-sleep-big-cost-infographic)

The Power of Sleep

**Your A to Zzzzz Guide to Good Health**

**Tobacco Cessation**

If you are a tobacco user and have not completed a tobacco cessation program by March 31, the tobacco premium deduction begins with your April 19 paycheck. Phone and online options are available.

If you complete a tobacco cessation program after March 31, the deduction can be stopped; however there will be no refund of paid premium.

View [Tobacco Cessation Resources.](http://sleepeducation.org/healthysleep/infographics/little-sleep-big-cost-infographic)

The information included in this newsletter is not intended as a substitute for consulting with, or any recommendation of, your healthcare provider.
March is Colorectal Cancer Awareness Month.

Did you know that colorectal cancer (excluding skin cancer) is the third most common in both men and women? According to the American Cancer Society, the lifetime risk of developing colorectal cancer is about 1 in 22 for men and 1 in 24 for women. The screening could save your life, so don’t put it off.

The good news is that death rates related to colorectal cancer have decreased. Preventive screenings can find and remove colorectal polyps before they can develop into cancers. Additionally, early stage cancers can be identified and treated.

There are several types of tests. Doctors recommend having them beginning at age 50, or sooner if there is a family history. Each test has its advantages and disadvantages; patients should discuss the different options with their physician to determine the best course of action. Some tests require more frequent screening than others.

If you or your covered family members on the County’s UnitedHealthcare plan receive a cancer diagnosis (exclusive of non-melanoma skin cancer and those in hospice), Cancer Support Services is available. An Oncology Resource Nurse helps individuals to better understand their diagnosis, tells them what to expect with treatment, helps them understand how to best manage symptoms and side effects and identify when symptoms are worsening, and coordinates care between providers as appropriate. Call UnitedHealthcare at (888) 478-4752 for more information.

The following screening methods include the recommended frequency from the U.S. Preventive Services Task Force:

**Stool Tests**
- The guaiac-based fecal occult blood test (gFOBT) uses the chemical guaiac to detect blood in the stool. **How often:** Once a year
- The fecal immunochemical test (FIT) uses antibodies to detect blood in the stool. **How often:** Once a year.
- The FIT-DNA test (also referred to as the stool DNA test) combines the FIT with a test that detects altered DNA in the stool. **How often:** Every one or three years. Please note that UnitedHealthcare currently covers the FIT-DNA test every 3 years (example: Cologuard®).

**Flexible Sigmoidoscopy**
For this test, the doctor inserts a short, thin, flexible, lighted tube into the rectum. The doctor checks for polyps or cancer inside the rectum and lower third of the colon. **How often:** Every 5 years or every 10 years with a FIT every year.

**Colonoscopy**
This is similar to flexible sigmoidoscopy, except the doctor uses a longer, thin, flexible, lighted tube to check for polyps or cancer inside the rectum and the entire colon. Should polyps and some cancers be identified, the doctor can find and remove them during the procedure. **How often:** Every 10 years.

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

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.

Testimonial from 2018: “I went and did one of the mobile mammograms ... and I have to say it was a really good experience. I mean, if you must have one done, it really can’t be any easier or more convenient than the mammogram bus. I made the appointment online, check in was as simple as an insurance card and three short forms, then I had it done. From the moment I stepped on the bus until I stepped back off was probably no more than twenty minutes. It wasn’t at all stressful and didn’t feel like a hospital or clinic.”


Questions? View the flyer.

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**Buttermilk Pancakes**
You’ll love this healthy twist on a classic favorite. Pair it with the best seasonal fruit available and serve with ½ cup of milk per serving for a complete breakfast.

**INGREDIENTS**
- 3/4 cup whole wheat flour
- 1/3 cup all-purpose flour
- 1/3 cup wheat bran
- 1/2 teaspoon baking soda
- 2 eggs, beaten
- 1¼ cups buttermilk
- ¼ teaspoon salt
- 2 tablespoons olive oil
- Cooking oil spray

**DIRECTIONS**
1. In a large bowl, mix flours, bran, baking soda, eggs, buttermilk, salt and olive oil until just combined.
2. Heat a heavy bottom skillet over medium heat.
3. Spray skillet with cooking spray and drop a scant ¼ cup of batter at a time onto skillet, making 12 pancakes total (you will have to do this in batches). When bubbles appear on the surface of pancake, approximately 2 minutes, flip, and cook the other side for 2 minutes.
4. Garnish with fruit and drizzle with maple syrup before serving.

**GARNISH**
- 2 cups berries or chopped fresh fruit
- 2 tablespoons plus 2 teaspoons maple syrup (2 teaspoons per serving)

Serves 4.

**Nutrition Facts (per serving)**

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Total Fat</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>12g</td>
<td>Saturated Fat</td>
<td>2.3g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>47g</td>
<td>Cholesterol</td>
<td>96mg</td>
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<tr>
<td>Dietary Fiber</td>
<td>9g</td>
<td>Calcium</td>
<td>145mg</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>15g</td>
<td>Sodium</td>
<td>422mg</td>
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**SAY YES TO A TEST.**

5 facts to know about colorectal cancer.

- **90%** When colorectal cancer is caught early, the survival rate is 90 percent.
- **100%** With most health plans, the cost of colorectal cancer preventive screening is covered at 100 percent.
- **A hidden threat:** You may not have symptoms of colorectal cancer until it’s advanced — and more deadly.
- **Less than 2/3 of U.S. adults age 50 and older get the colorectal cancer screening they need.**
- **Colorectal cancer** is 1 of only 2 cancers that can be prevented by screening. **Cervical cancer** is the other.

**Sources:** American Cancer Society; Centers for Disease Control and Prevention; National Cancer Institute; U.S. Preventive Services Task Force

The information provided here is for general informational purposes only and not intended to be nor should be construed as medical or other advice. You should consult your own doctor and/or an appropriate health care professional to determine what may be right for you.

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**Are You Tracking What You Eat?**

*From the Nutrition Action Newsletter*

How many calories are you eating in a day? How many calories do you actually need? Are you getting the right nutrients?

There are a variety of apps you can download to keep track of your daily food intake. [Learn the pros and cons of several food tracking apps](#), including MyFitnessPal.

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**Getting a Grip on Gum Disease**

*From Welcoa’s Self-Care Bulletin*

It may not seem like an obvious link, but early research points to the importance of good oral health as prevention for certain health conditions, including heart attack. Gum disease is common in many adults. [Read further](#) to learn about taking care of your teeth and gums.

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**Your Feet Matter!**

*From [www.Healthline.com](http://www.Healthline.com)*

Feet have 33 joints, 26 bones, and more than 100 muscles, tendons, and ligaments. It is no surprise countless problems can plague them.

Feet are your foundation and literally carry you everywhere you walk. Ensuring your feet are in good health can prevent misalignment of other joints all the way up through the spine (after all, your ankle bone is connected to your knee bone, is connected to your hip bone, etc.). Improve your posture and prevent pain and improve other parts of your overall health.

[Check out this article](#) for exercises you can even do at your desk!

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**Blood Drives**

Consider donating blood at these locations, on these dates:

- **March 21**, Tax Collector, 1663 Gulf to Bay Blvd, Clearwater, 10:00 - 1:00
- **April 4**, ERB - Public Works, 22211 Hwy. 19 N., Clearwater, 12:00 - 5:00
- **April 10**, North County Tax Collector, 29399 US Hwy. 19 N., Clearwater, 11:00 - 4:00
- **April 11**, Downtown Clearwater Courthouse, 315 Court St., 11:00 - 4:00
- **April 16**, Mid-County Tax Collector, 13025 Starkey Rd., 8:00 - 1:00
- **April 17**, Utilities Building, Clearwater, 14 S. Fort Harrison Ave., 8:30 - 1:30

[www.oneblood.org](http://www.oneblood.org)
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>
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<th>Incentive Payout Schedule</th>
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<tr>
<td><strong>Activities Completed Within:</strong></td>
</tr>
<tr>
<td>January to March (First Quarter)</td>
</tr>
<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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March 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**  
**NEW**  
Lunch Crunch  
Instructor: Jane (3/11 & 3/25) |
| 7 to 7:30 am **Spin**  
Instructor: Casey (3/5, 3/12, 3/19, 3/26) |
| 12:30 to 1:15 pm  
**NEW**  
Lunch Crunch  
Instructor: Jane (3/11 & 3/25) |
| 5:15 to 6:15 pm  
**Spin**  
Instructor: Casey (3/7, 3/14, 3/21, 3/28)  
NO CLASS 3/14 |
| 5:30 to 6:00 pm  
**Spin**  
| 12:15 to 12:45 pm  
**Spin**  
Instructor: Ashley (3/5, 3/12, 3/19, 3/26) |
| 12:15 to 12:45 pm  
Full Body Blast  
Instructor: Ashley (3/5, 3/12, 3/19, 3/26) |
| 5:15 to 6:15 pm  
**Spin**  
Instructor: Casey (3/7, 3/14, 3/21, 3/28)  
NO CLASS 3/14 |
| 5:45 to 6:30 pm  
FitMix  
Instructor: Lisa (3/5, 3/12, 3/19)  
NO CLASS 3/26 |
| 5:15 to 6:15 pm  
**Spin**  
Instructor: Casey (3/7, 3/14, 3/21, 3/28)  
NO CLASS 3/14 |

* 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