



# 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) JUNE 2019



## The Power of Sleep Wellness Series Exceeds Expectations

In today's high-tech, fast-paced world, it's no secret many of us are not getting enough, or good quality, sleep. Unfortunately, sleep deprivation increases disease risk and has a negative impact on our emotional, physical and mental health. Getting a good night's rest is the key to feeling good, preventing sickness and staying healthy.

This spring, the Wellness Team presented *The Power of Sleep: Your A to Zzzz Guide to Good Health*, a four-week learning series. Employees learned how poor sleep affects the brain and body, as well as ways to change certain habits to get more zzzzs.

The series' satisfaction survey revealed:

**95%** of participants rated the class as *excellent or good*

**87%** of participants *changed at least one habit or behavior* as a result of the class.

Both the workbook (full of great information and resources) as well as all 4 class videos, are [available on the website](#) for you and to share with family and friends.

Here's what participants had to say:

*"The class exceeded my expectations. I actually learned new things and have changed my behavior as a result."*

*"It was a VERY relevant topic and had real life applications to help make behavioral changes to benefit our lives. Backed up with science and data! REALLY EXCELLENT CLASSES!"*

*"The information provided opened my eyes to some health issues that I didn't know were a direct link to not getting enough sleep. I will do my best to integrate my new sleep habits to live a longer and better life. Thank you!"*

## June is Men's Health Month

From [MensHealthNetwork.org](http://MensHealthNetwork.org)

The month of June is all about the fellas because it's Men's Health Month, which also coincides with Men's Health Week (June 10-16) and the #ShowUsYourBlue campaign on June 14. On that day, men and women are encouraged to wear blue to work to show their support for the health and well-being of men and boys.

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. See [a list of recommended screenings](#) from UnitedHealthcare.

Alarming statistics show that men's health is at great risk. On average, men die almost 6 years younger than women and suffer higher mortality rates for the top causes of death.

Research shows that:

- ▶ Men do not see physicians for a physical exam nearly as often as women
- ▶ Men are more likely to be uninsured than women
- ▶ Approximately 30,000 men in the US die each year from prostate cancer

Check out the A-Z list of men's health issues, men's health fact sheets, a prostate health guide, and more from [www.menshealthnetwork.org](http://www.menshealthnetwork.org).

## June 14 Wear Blue for Men's Health

Show your support!  
Send us your photos in blue to [wellness@pinellascounty.org](mailto:wellness@pinellascounty.org) and we'll put them in the July *To Your Health* newsletter.



# Diabetic Eye Exams: A Call to Action



Your  
UHC  
Nurse  
*Amy*

By Amy Hertog, RN, BSN, Clinical Nurse Liaison

Diabetic retinopathy is a complication of diabetes and the leading cause of vision impairment and blindness among working-age adults. People with all types of diabetes (type 1, type 2, and gestational) are at risk, and between 40-45% of diabetics have some stage of diabetic retinopathy.

Consistently high blood sugar from diabetes damages the tiny blood vessels in the retina, a light-sensitive tissue at the back of the eye. The retina detects light and converts it to signals sent from the optic nerve to the brain.

There are usually no symptoms in the early stage of the disease and often does not affect vision until it progresses. Diabetic retinopathy may also lead to another condition called diabetic macular edema (DME), which is a swelling in an area of the retina called the macula, which allows for the sharp, straight-ahead vision that is needed to read and drive.

***It is very important for diabetics to have regular diabetic eye exams.*** Diabetic retinopathy can be detected during a comprehensive dilated eye exam. Pupil dilation is performed to purposefully (yet temporarily) increase the size of the pupils so that the eye doctor can fully examine the health of the optic nerve and retina. During this exam, a doctor can detect changes to blood vessels, leaking blood vessels, fatty deposits, swelling of the macula, changes in the lens, and damage to nerve tissue.

If you or a family member have diabetes and are on the County's medical plan, a diabetic eye exam is a covered service.

***Employees and their dependents enrolled in either County plan are eligible for medical eye exams*** (dilated retinal exams) as part of Diabetes Services administered by UnitedHealthcare. For additional information or assistance, call UnitedHealthcare at (888) 478-4752.

You can find in-network ophthalmologists at [www.myuhc.com](http://www.myuhc.com). Select *Find a Doctor*, enter your location, then select *Medical Directory*. Next, select *People* and then choose *Specialty Care*. Scroll down and select *Ophthalmologist*.

Below are the current exam recommendations from the American Diabetes Association (ADA):

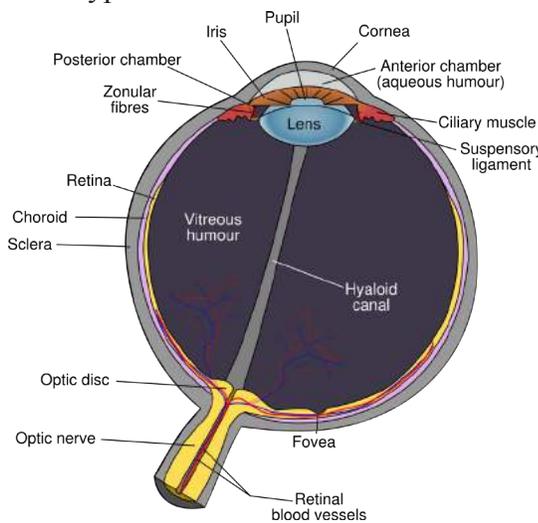
**Adults with Type 1 Diabetes:** A dilated eye exam within five years of being diagnosed and every year after that.

**Adults with Type 2 Diabetes:** A dilated exam soon after a diabetes diagnosis.

After the first eye exam, all adults with diabetes should have a dilated eye exam every year, although your doctor may suggest every 2 or 3 years after

a normal exam. Exams may be needed more often if you have eye problems.

**Diabetes and Pregnancy:** If you are planning to get pregnant, have a complete eye exam. Pregnant women with diabetes need an eye exam in the first 3 months. They also need to be checked again one year after the baby is born.



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

## Did you know ... male menopause is real?

**Andropause** is an age-related decline in sex hormones for men similar to menopause. For men, it can start in their 40s.

## Men's Health Month social media hashtags:

#MensHealthMonth, #WearBlue,  
#ShowUsYour Blue, #MensHealthWeek



# Dehydration and the Summer Heat

## Make a SPLASH!

Fun ways to flavor your water.

**Freeze your fruit.** Add frozen berries for flavor and color. Or freeze pureed fruit or 100 percent juice in ice cube trays.



Very Berry



Mango Delight



Marvelous Melon

**Squeeze in citrus.** Cut fruit into wedges or slices – or just splash the juice in.



Lemon Lover



Luscious Lime



Orange Fusion

**Go herbal.** Add unique flavors with chopped or whole herbs and spices.



Minty Refresher



Juicy Ginger



Basil Sipper

Fruit and vegetable peels may carry bacteria, so be sure to rinse produce thoroughly before slicing or serving.

**No recipe to follow!** Quantities of fruit and other flavorings can vary based on taste and what you have on hand.

**Mix and match.** Whether it's a full pitcher or just a glass, get creative.



**Green Goodness**  
cucumber + rosemary



**Strawberry Sparkler**  
strawberry + basil + sparkling water



**Tropical Treat**  
pineapple + kiwi + mint

**Snooze and infuse.** Mix your fresh pickings with cold water – and refrigerate overnight for maximum flavor. Zzzzz

Our bodies lose water when we sleep, sweat, urinate and breathe. With the Florida summer heat upon us, dehydration risk skyrockets, so it's important to be extra vigilant about fluid intake.

Prepare for the day by having water available at all times. Unless you're performing intense physical activity for longer than an hour, avoid sweetened sports drinks; they'll only add unneeded calories and artificial colors. Steer clear of caffeinated and alcoholic beverages as they are diuretics, meaning they release more water from the body than taken in, causing dehydration.

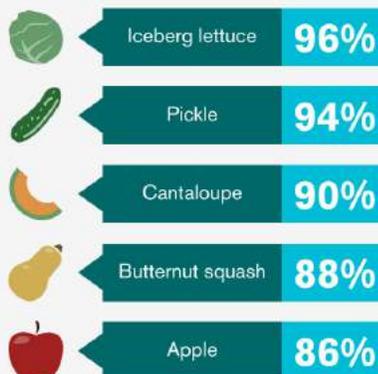
The best approach to staying hydrated is to drink a little at a time throughout day, rather than a lot all at once. If you find you're dehydrated, take your time and consume smaller amounts of fluid.

Certain foods have a high water content and are great choices in addition to beverages.

Keep in mind, children are particularly susceptible to dehydration as their body heat regulating mechanisms have not fully developed.

### SOME FOODS CAN HELP YOU HYDRATE

Foods made up of mostly water:



## Signs of Dehydration

- Feeling thirsty
- Dry mouth
- Lightheadedness
- Muscle cramping
- Dark urine (urine should be the color of lemonade)

[Read more about how to detect dehydration](#) and what to do about it.

## Father's Day is Coming Up!

Why not give the father figure in your life the gift of knowledge along with your regular gift? Resources at [www.menshealthnetwork.net](http://www.menshealthnetwork.net) can help educate you and your father about risks of prostate cancer and other diseases that may be relevant to you.



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

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## It's Never Too Early to Get Your Biometric Screening

Employees enrolled in the Pinellas County Health Plan have until **December 31, 2019** to complete a biometric screening and online Rally health survey to obtain the 2020 preferred premium.



### *What does that mean?*

It means you'll save \$500 in 2020 on your health care premium.

### *What is a biometric screening?*

There are two components - an annual physical exam and lab work.

### *What is the health survey?*

The online Rally questionnaire asks about your health and habits, which can help you identify possible risks or medical conditions.

**RALLY**

### *How can I learn more?*

View the [Biometric Screening and Health Survey FAQs](#).

## Guys, when is the last time you went to the doctor?

Did you know young men in particular should at least have annual checkups? Men's Health Month is the perfect time to make that appointment.



There are NEW offers from YouDecide including discounts at 9Round, Shipt, the Clearwater Threshers, and LasikPlus.

Learn more by visiting [www.YouDecide.com/pinellas](http://www.YouDecide.com/pinellas) today!



Have something wellness-related you've done that you want to brag about? Email photos to [wellness@pinellascounty.org](mailto:wellness@pinellascounty.org) and the name and date of the race, walk, etc. We'll give you a well-deserved "High Five!"

## High Fives!



A High Five to **Sandi Townsend** (Human Resources) who walked The Best Damn Race 5K in Safety Harbor on June 1.

Did you know that races don't require you to run? You can always join as a walker!

A High Five to **Becky Batten** (Office of Technology & Innovation) who was also at The Best Damn Race 5K in Safety Harbor on June 1, with "the best little racemate ever."



**Did you know ...  
women outlive men by almost 6 years!**

What can be done to address that? [Read these health facts](#) from the Men's Health Network.

## Hepatitis A Fast Facts

Centers for Disease Control and Prevention

- Hepatitis A is a vaccine-preventable, communicable disease of the liver caused by the hepatitis A virus (HAV).
- Hepatitis A is usually transmitted person-to-person through the fecal-oral route or consumption of contaminated food or water.
- The average incubation period for hepatitis A is 28 days from the time of exposure (range: 15–50 days).
- Most adults with hepatitis A have symptoms, including fatigue, low appetite, stomach pain, nausea, and jaundice, that usually resolve within 2 months of infection. For 10-15% of those with hepatitis A, symptoms may persist for up to 6 months.
- The hepatitis A vaccination was introduced in 1995.
- Vaccination with the full, two-dose series of hepatitis A vaccine is the best way to prevent HAV infection.
- Vaccination for hepatitis A is covered under the County's health plan.

[Read more about hepatitis A and locate resources](#), from the Centers for Disease Control and Prevention.



Men lack the same social networks and support as women. Change the way you view your health and be an example for the community.

#WearYourBlue this **June 14** and be an active part in change!

# Be wise TO SIZE.

## What is moderate drinking?

It means no more than 1 drink a day for women and no more than 2 for men. Some people should drink less — or not use alcohol at all. If you have questions about alcohol use or have difficulty drinking in moderation, talk with your doctor.

## WHAT COUNTS AS A DRINK?



## Know what you're sipping!



The percentage of alcohol in your drink may vary — so check the label or ask your server. If the percentage or serving size is larger than the examples above, it may count as more than 1 drink. And keep in mind: Some mixed drinks can contain 3 or more standard drinks.

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

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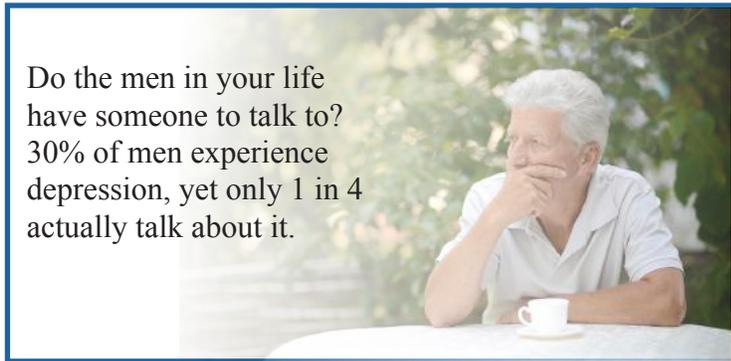


TRAIN YOUR BRAIN TO  
**STRESS LESS**



**The Stress Less Challenge is Coming Soon!**

Manage stress and find your happy place with tools and activities to help you get there. Look for details and registration in July.



**Line Dancing, Kick Boxing, Spin & Body Oh My!**

We are excited to introduce a few new classes beginning in June. For more information, check out the Group Fitness Class schedule on the last page!



**Learn Something New in 2 Minutes**

Traveling this summer? First, check out some free travel resources. Take 2 minutes to watch the video [On the Road with Nurse Amy: Travel Tips](#) or read the [script](#).



**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](mailto:jgrannis@pinellascounty.org) for details on how to share your story.

**Blood Drives**

[www.oneblood.org](http://www.oneblood.org)



**oneblood**  
Share your power.

Please consider donating blood at these locations, on these dates:

**June 11**, Mid-County Tax Collector, 13025 Starkey Rd., Largo, 8:00 - 1:00

**June 12**, North County Tax Collector 29399 US Hwy. 19 N., Clearwater, 11:00 - 4:00

**June 13**, ERB - Public Works 22211 Hwy. 19 N., Clearwater, 12:00 - 5:00

**June 19**, Downtown Clearwater Courthouse 315 Court St., 11:00 - 4:00

**June 19**, Utilities Building, Clearwater 14 S. Fort Harrison Ave., 8:30 - 1:30



# June 2019 Group Fitness Classes



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

\* 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](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)

## Quarterly Incentive Payout Schedule

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](http://www.pinellascounty.org/hr/incentive).

Incentive Payout Schedule	
<b>Activities Completed Within:</b>	<b>Incentive Rewarded in:</b>
January to March (First Quarter)	June
April to June (Second Quarter)	September
July to September (Third Quarter)	December
October to December (Fourth Quarter)	March (of the following year)

