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

JULY 2019

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

Part of Pinellas County’s Total Rewards Program

TELL IT WELL

EMPLOYEE FEATURE

Featuring Maggie Miles, Community Development Specialist 2, Planning Department.

What inspired you to make healthy changes in your life? Tell us more about the changes you made.

A long family history of diabetes, high blood pressure and poor eating habits inspired me. And in 2015, after losing my mom to complications from diabetes, then hearing the words “pre-diabetes” from my doctor, I started focusing on my health.

I attended the pre-diabetes series offered through the YMCA, made moderate changes, tried crash diets but none of it worked; my lab results continued to tell my dreaded fate. After my biometric screening in May of 2018, I had a serious conversation with my doctor about losing the weight for good, establishing healthy eating habits and really shifting my efforts into overdrive.

What benefits do you feel/see/get from a healthier lifestyle?

I was pre-diabetic and morbidly obese (for my height) and although I am pescatarian, I still had

Continued on page 3.

Maggie, before and after.

July is UV Protection Awareness Month

Wear Your Sunscreen, Your Skin Will Thank You

Take your sun safety seriously to lower your risk of non-melanoma and melanoma skin cancers.

The Skin Cancer Foundation recommends wearing a minimum of SPF15 and reapplying every two hours. Keep in mind; sunscreen is not enough to fully protect you. Check out this article from the Skin Cancer Foundation for more details and tips on how to practice sun safety.

Sun Safety

Watch and listen to this podcast from UnitedHealthcare, designed to help participants learn about the harmful effects of the sun. It provides tips on how to protect yourself and your family so that you can stay safe and enjoy your time in the sun.

The podcast is 16 minutes long but you can select the short chapters you’d most like to review.

INSIDE

◆ Why is UnitedHealthcare Calling Me? - page 2
◆ The Mobile Mammogram Bus is Back! - page 4
◆ Throw Out the First Pitch Contest! - page 5
◆ REM Stepping Challenge - page 6
◆ The Stress Less Challenge is Here - page 7
Why is UnitedHealthcare Calling Me?

By Amy Hertog, RN, BSN, Clinical Nurse Liaison

If you are on the County’s health plan, you may receive a phone call from UnitedHealthcare inviting you to take advantage of wellness programs and services, offered to you at no additional cost as part of your health plan. It’s important to note that these programs are based on evidenced-based clinical guidelines and are private and confidential.

The following services are available:

• Disease management programs (asthma, coronary artery disease, COPD, diabetes, heart failure)
• Bariatric resource services (obesity surgery services)
• Cancer support program
• Case management programs
• Congenital heart disease
• Decision support
• Kidney resource services
• Maternity support services
• Orthopedic health support
• Transplant resource services
• Wellness coaching

Working with a nurse coach may help you to reduce health care costs, improve your quality of life and help you better understand the condition(s) you are dealing with. The nurse coach assists in developing personalized strategies that empower you to manage your health and well-being.

There are certain events which may trigger a call from a UnitedHealthcare nurse:

• You recently received care at a hospital.
• You plan to be hospitalized in the near future for a scheduled procedure.
• You suffered injuries from an accident or were diagnosed with a complex condition such as cancer or chronic kidney disease.
• You are managing a chronic condition such as diabetes or coronary artery disease.
• You are expecting a baby.

If you wish to receive more information about these opportunities, call UnitedHealthcare Member Services at (888) 478-4752 or the onsite United Healthcare Nurse Liaison at (727) 464-5579.

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

Scared of the Dentist?

Dental health impacts overall health, including your heart. Keep your mouth and body healthy with regular check ups (every 6 months). If your fear of the dentist is keeping you from seeing a dentist, here are a few tips on Overcoming Dental Anxiety from Cigna.

Pinellas County provides dental coverage to employees through Cigna. It is available to all permanent employees scheduled to work a minimum of 20 hours per week. Visit www.mycigna.com to find a dentist.

For further details on coverage, visit Pinellas County’s dental plan page.
some bad eating habits. Having lost and kept off 30 pounds, my numbers have drastically changed. Monthly visits with my doctor hold me accountable and I believe that relationship has made a difference. My clothes fit great (the new ones) and I just feel healthier overall!

What kinds of healthy activities do you enjoy?

Walking the Clearwater Causeway Bridge and downtown, running up the Clearwater City Hall back stairs, urban line dancing, strength training, cardio and meditation.

Have you ever suffered any setbacks or challenges in your journey? If so, how did you overcome them?

There are times I plateau, but I reevaluate my activities and food consumption, tweak as necessary and move on. If I want to reward myself, I do, but when I get off track my body lets me know and the next day I start anew.

Has your physical activity helped you personally, professionally, mentally, or emotionally?

Yes. I have more energy, I use my stand-up desk most days, and my ability to be self-disciplined is very rewarding and sometimes surprising! I must say, I am refocused and renewed by reinvesting in my health now, and for the future!

Have you participated in any of the Wellness Program offerings?

Yes. Get Fit, the Fruit and Veggie Challenge, group fitness classes and I have also gotten a preventive screening.

Let me say the Power of Sleep was by far the most educational and enlightening series for me. It really emphasized the correlation between the key elements of weight loss, sleep, diet, physical activity and stress management.

Learn more at www.pinellascounty.org/hr/wellness.

Maggie Miles, continued from page 1.

Got a relative who’s a nurse? Maybe not, but UnitedHealthcare provides personalized professional nursing help to you 24/7. Take 2 minutes to watch the video You Have a Nurse in the Family (closed captioned).

Scott Davis (BTS) ran the Skyway 10K in March and it was his first race ever. Scott reports he loved it.

“The uphill was easy compared to what we do on ‘our’ bridge in Clearwater!” (That’s the Clearwater Memorial Causeway from Clearwater to Clearwater Beach.)

High Five!

Have something wellness-related you’ve done that you want to brag about? Email photos to wellness@pinellascounty.org and the name and date of the race, walk, etc. We’ll give you a well-deserved “High Five!”
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.

If you are a woman 40 or over and haven’t had a mammogram in 2019, consider signing up for this necessary and convenient screening. (It should only take about 30 minutes.) The screening is typically covered at 100% through the health plan and qualifies you for incentive rewards ($50 or 12,500 reward points).

The mammo bus is coming to employees at five locations:

- Human Services, St. Petersburg - August 7
- Animal Services, Largo - August 13
- Public Works, Clearwater - August 13
- Justice Center, Clearwater - August 15
- Clearwater Courthouse - August 23

View the flyer for more details and to schedule your appointment. Walk-ins welcome.

Mobile Mammogram staff will be on hand to give you information about the screening and to help you sign up. Look for them:

**Wednesday, July 31**
11:30 a.m. to 1:30 p.m.
Clearwater Courthouse lobby, 315 Court St.

**Thursday, August 8**
11:30 a.m. to 1:30 p.m.
Utilities Building lobby
14 S. Fort Harrison Ave., Clearwater

My experiences both years were a pleasant change from previous mammograms. They are thorough and painless. It was over in a jiffy and I already have my results. The staff are courteous and professional. I highly recommend them to everyone. Thank you so much!

“CJ” Celeta Duncan, Public Works

**Blood Drives**

www.oneblood.org

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

**August 6**, Mid-County Tax Collector,
13025 Starkey Rd., Largo, 8:00 - 1:00

**August 14**, North County Tax Collector
29399 US Hwy. 19 N., Clearwater, 11:00 - 4:00

**August 20**, Downtown Clearwater Courthouse
315 Court St., 11:00 - 4:00

**August 21**, Utilities Building, Clearwater
14 S. Fort Harrison Ave., 8:30 - 1:30

**August 22**, ERB - Public Works
22211 Hwy. 19 N., Clearwater, 12:00 - 5:00

View a list of all upcoming blood drives at www.pinellascounty.org/hr/blood.

**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.

**How can I learn more?**
View the Biometric Screening and Health Survey FAQs.
Enjoy a night at the ballpark with family, friends, Pinellas County colleagues and the Clearwater Threshers! Each ticket includes an All You Can Eat Buffet from 5-7:30 PM.

HERO’S FOR KIDS NIGHT & POST GAME FIREWORKS!!

THROW OUT THE FIRST PITCH CONTEST!
Want to throw out the first pitch at the game? Submit a one paragraph note about a wellness program or activity that really made a positive impact on your life. Email your entry to wellness@pinellascounty.org and you will be entered into a raffle. Please note, employees must purchase their own ticket to the game. Deadline: Wednesday, July 17. A winner will be chosen by Monday, July 22.
Hepatitis A Fast Facts: UPDATE

There have been additional confirmed cases of hepatitis A in the Tampa Bay area. Please read these facts and take the risk seriously.

From the 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.

The Fitness Floor

Work Out Your Brain

The word exercise usually conjures up images of physical activity. Though exercise is important for overall health, sharpening the mind provides added benefits.

With age, the brain degenerates and loses plasticity (its ability to adapt and change). Playing stimulating brain games sharpens cognitive skills and combats the negative effects of aging by as much as ten years. In just five minutes a day, performing mental gymnastics creates and strengthens neurological pathways, which increase flexibility and adaptability to change.

Find brain games anywhere! Crosswords, Sudoku and other puzzle books are great paper options and are often available at convenience stores. Prefer technology? There are plenty of web and app-based games such as BrainHQ and Luminosity.

REM Stepping Challenge

Real Estate Management took wellness into their own hands and competed against one another in a four-week walking challenge. They tracked their steps for a week and set a goal to maintain or exceed their daily average of steps for 4 weeks. The end game was to set and beat personal goals rather than getting the highest number of steps.

Rebecca outdid herself with 12 consecutive days and 17 total days that met or exceeded her goal. Tom White stole second with 5 consecutive days and 8 total. Congratulations to all participants for “Stepping Forward” in Wellness.

Jane Grannis, (Wellness Program) John Huff, Rebecca Lishefski, Terri Hasbrouck, Tom White, Ashley Skubal (Wellness Program)
Train your brain to let go of stress. Become a healthier version of yourself ... in less than 10 minutes a day.

Beginning August 5:
Make mindfulness part of your daily life by using the links provided in the Stress Less Calendar.

Sign Me Up!
Register today at www.pinellascounty.org/hr/StressLess

Think   Thank   Move   Breathe

Change your mindset  Practice gratitude  Stretch  Relax

6/26/19
Turkey Burger

These are perfect to pull from the freezer for a quick meal when you have no time to cook. Make the full recipe—even if you are cooking for one—so you have a go-to dish on those busy days.

Ingredients

- 1 pound ground turkey, preferably breast meat only (Vegetarians: Substitute 2 cups canned kidney beans, preferably low sodium or no-salt-added, drained, rinsed and mashed with a tablespoon olive oil using the back of a fork or in a food processor)
- ¼ cup shredded onion plus 4 slices
- ½ cup ground whole grain crackers
- 2 eggs, beaten
- ¼ teaspoon salt
- Freshly ground black pepper
- Cooking oil spray
- 1 teaspoon olive oil
- 4 whole wheat hamburger buns
- 4 teaspoons mustard, preferably with no more than 50 mg sodium per teaspoon
- 4 teaspoons light mayonnaise
- 8 leaves romaine lettuce
- 8 slices tomato

1. Thoroughly mix turkey (or kidney beans and olive oil), shredded onion, cracker crumbs, eggs, salt and pepper to taste in a large bowl. Form mixture into 4 patties.

2. Heat a large heavy bottom skillet over medium heat.

3. Lightly coat skillet with cooking spray and place patties in skillet. Cook until browned, about 4 minutes. Flip and cook 4 more minutes.

4. Slice buns and spread each top with mustard and each bottom with mayonnaise. Place each burger on bottom bun, top with lettuce, tomato and onion slice. Cover each with bun top and serve.

Nutrition Facts (per serving): Calories 374, Protein 30g, Carbohydrate 31g, Dietary Fiber 6g, Total Sugars 6g, Total Fat 16g, Saturated Fat 3.9g, Cholesterol 178mg, Calcium 104mg, Sodium 529mg
July 2019 Group Fitness Classes

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<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<th>Friday</th>
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<tr>
<td>7 to 7:30 am</td>
<td>12:15 to 12:45 pm</td>
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<tr>
<td><strong>Spin</strong> *Instructor: Casey (7/1, 7/15, 7/22, 7/29) NO CLASS 7/8</td>
<td><strong>Full Body Blast</strong> *Instructor: Ashley (7/2, 7/16, 7/23, 7/30) NO CLASS 7/9</td>
<td><strong>Killer Abs &amp; Back</strong> *Instructor: Isiah (7/3, 7/10, 7/17, 7/24, 7/31) NO CLASS 7/4</td>
<td><strong>Full Body Blast</strong> *Instructor: Ashley (7/11, 7/18, 7/25) NO CLASS 7/4</td>
<td><strong>HITT Kick Boxing</strong> *Instructor: Ashley (7/12)</td>
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<td>12:30 to 1:15 pm</td>
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<td><strong>Lunch Crunch</strong> *Instructor: Jane (7/8, 7/15, 7/22, 7/29) NO CLASS 7/1</td>
<td><strong>Killer Abs &amp; Back</strong> *Instructor: Isiah (7/9 &amp; 7/16)</td>
<td><strong>Yoga</strong> *Instructor: Kelli (7/3, 7/10, 7/17, 7/24, 7/31) NO CLASS 7/4</td>
<td><strong>Spin</strong> *Instructor: Casey (7/11, 7/18, 7/25) NO CLASS 7/4</td>
<td>12:15 to 12:45 pm</td>
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<td>5:30 to 6:15 pm</td>
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<td><strong>Urban Line Dancing</strong> *Instructor: Jolanda (7/1, 7/8, 7/15, 7/22, 7/29)</td>
<td><strong>Killer Abs &amp; Back</strong> *Instructor: Isiah (7/2, 7/23, 7/30)</td>
<td><strong>Spin</strong> *Instructor: Casey (7/11, 7/18, 7/25) NO CLASS 7/4</td>
<td><strong>Spin</strong> *Instructor: Casey (7/11, 7/18, 7/25) NO CLASS 7/4</td>
<td>12:15 to 12:45 pm</td>
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<td><strong>FitMix</strong> *Instructor: Lisa (7/2, 7/23, 7/30)</td>
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<td><strong>Killer Abs &amp; Back</strong> *Instructor: Isiah (7/11, 7/18, 7/25) NO CLASS 7/4</td>
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* 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.

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)

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**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).

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<th>Activities Completed Within:</th>
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<tr>
<td>January to March (First Quarter)</td>
<td>June</td>
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<tr>
<td>April to June (Second Quarter)</td>
<td>September</td>
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<td>July to September (Third Quarter)</td>
<td>December</td>
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<td>October to December (Fourth Quarter)</td>
<td>March (of the following year)</td>
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