TELL IT WELL
EMPLOYEE FEATURE

This month, Tell It Well highlights Rickey Garza, Court Technologist, Clerk of the Circuit Court.

What or who inspired your healthy lifestyle?

In 2012, I came out of the military at an unhealthy weight of 205 pounds with chronic back, knee, shoulder and stomach pains. I would wake up every morning feeling like tinman from The Wizard of Oz, needing an oil can to stop the creaking and popping.

The back pain went away when I started stretching and doing P90x. I was working out twice a day and got down to about 190 pounds (2013).

I started to think more about health when I had to have my gallbladder removed. I had always had monthly bouts of excruciating pain and thought it was acid reflux. Usually, it would get better by the next morning, but after several years it got to the point that it didn’t go away after two days and I ended up in the hospital. Doctors found several gall stones and felt it was easier to remove the gallbladder entirely. Not only did my stomach pain go away, but so did my shoulder blade pain.

At that point, I started the Keto diet and intermittent fasting and my stiffness improved.

Aside from the physical, what else has changed for you?

I have noticed a huge change in my stress levels, my happiness, and I actually look forward to eating vegetables.

Sharing my experience, teaching and helping others has become my passion. I have lost several family

Continued on page 6.
Flu Vaccinations: A Call to Action

Your UHC Nurse
Amy

By Amy Hertog, RN, BSN, Clinical Nurse Liaison

If you’ve ever had the flu or have taken care of someone who has, you know it’s no fun. Flu season is upon us again and there are many good reasons to get your flu shot.

Between 15% and 40% of the population will develop illness from influenza every year. The Centers for Disease Control and Prevention (CDC) noted that last year’s flu season was the longest in 10 years. From October 1, 2018 through May 4, 2019 there were:

- 37.4 million to 42.9 million flu illnesses
- 17.3 million to 20.1 million flu-related medical visits
- 531,000 to 647,000 flu-related hospitalizations
- 36,400 to 61,200 flu-related deaths

There were 2 waves of influenza A:

- Influenza A (H1N1) October 2018 through February 2019
- Influenza A (H3N2) viruses February through May 2019

Influenza B was not as active.

The flu doesn’t just make you feel lousy, it greatly impacts the workplace. The flu also causes U.S. workers to lose up to 111 million workdays at an estimated $7 billion a year in sick days and lost productivity (Centers for Disease Control and Prevention, 2017). The annual direct costs (such as hospital and doctor’s office visits and medications) of influenza in the U.S. are estimated at $4.6 billion.

While each flu season is different, the recommendations for vaccination have remained the same.

Who should get vaccinated?

Annual flu vaccinations are strongly recommended for all persons age over 6 months old.

When should I get vaccinated?

You should get a flu vaccine before flu begins spreading in your community. It takes about two weeks after vaccination for antibodies that protect against flu to develop in the body, so make plans to get vaccinated in early fall, before flu season begins. The CDC recommends that people get a flu vaccine by the end of October.

Where can I get a flu vaccination?

Vaccinations are readily available from a multitude of providers including your primary care physician, pharmacies, and public health departments. Some pharmacy retailers offer an additional incentive such as a gift card or discount coupon for other purchases. We encourage you to make appointments in advance to ensure they have adequate supplies on hand.

What will it cost me to get a flu vaccination?

Flu vaccinations are covered under the Affordable Care Act as preventive. There is no share of cost for the patient.

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

Learn Something New in 2 Minutes

It’s flu season. Find answers to your burning questions such as how long you are contagious and how flu vaccination works. Take 2 minutes to watch the video What You Gotta Know About Flu and You or read the script.

2nd Quarter Incentive Payout

The 2nd quarter incentive payout is scheduled to be in the September 20 pay. If you are expecting a payout, please check your pay slip and contact the Wellness Program immediately if you think there is a discrepancy. Email wellness@pinellascounty.org or call 464-4049.
The Wellness Program is offering another mammogram screening event for employees in October. These preventive screenings are 100% covered any time during the calendar year.

- There is no need to wait 365 days from last year’s mammogram date.
- Please bring your health insurance card and a photo ID to the appointment.

View the flyer for more details and to register.

Susan Cheek Needler Breast Center
Morton Plant Hospital, Axelrod Pavilion
400 Pinellas St., Suite 100, Clearwater
- Thursday, October 3rd | 2:30 to 6:45 p.m.
- Wednesday, October 16th | 12 to 6:45 p.m.
- Thursday, October 24th | 2:30 to 6:45 p.m.

BayCare Outpatient Imaging (Carillon)
900 Carillon Parkway, St. Petersburg
- Friday, October 18th | 12:30 to 4:45 p.m.

Heart Attack and Stroke 101 Lunch and Learn

All employees welcome!

 Supervisor of Elections staff are hosting a Lunch and Learn Heart Attack and Stroke 101 presented by the American Heart Association and the American Stroke Association. All employees are welcome but space is limited to 35 seats so email Susie Morse now at sumorse@votepinellas.com to register.

Date/time: Tuesday, Sept. 10, 12:00 – 1:00 p.m.
Location: 13001 Starkey Road
Training Room 2
Largo

Check in at the front desk. Bring your own lunch and beverage. This does not qualify for Wellness Incentive points.

Debbie Fulton, Heart Walk Team Captain

I was first asked to be a team captain for the Tampa Bay Heart Walk in 1999, the same year I started working in the Clerk’s Office. I was excited to help out and learn more about the American Heart Association (AHA) as my paternal grandparents both suffered from either stroke or heart issues and died from heart attacks.

Each year, I encourage my colleagues, friends and family to participate in the annual Heart Walk. In my 21 years as a captain, my team raised over $35K! It’s all about spreading the word about heart health and knowing your numbers. On the day of the Walk, it’s very moving to be part of 30,000 walkers at Raymond James Stadium.

Over the years, I’ve encouraged heart healthy habits by bringing fruit or raw veggies to work instead of doughnuts, which I call the circle of death. I encourage colleagues to walk on breaks and at lunch time.

Each year, we (Utilities Customer Services) join the walking team competition and have been the recipient of the Gold Sneaker award a couple of times.

Debbie Fulton
Pinellas County Utilities Customer Service

Let’s walk together! Join the Pinellas County Government team or start your own at this link.

NEW Savings Offers from You Decide

There are NEW 3rd quarter offers from You Decide including discounts with Jet Basket, Motorola, Universal Orlando Resort, and Super Chewer (a dog’s dream). Learn more by visiting www.YouDecide.com/pinellas today!
Register for this 4-Week Wellness Series and Achieve Big Results by Making Small Changes

30-DAY TUNE-UP

Change a habit. Change your health.

Have you ever tried to change a habit, like eating better or exercising more? It’s difficult. Want to try again? It’s easier when you take smaller steps. We’ll show you.

Meet Mini, the mini-robot that will:
- Teach the mini-habit approach that changes behavior for good
- Show you how to set up personal mini-habits using the DASH diet

Register HERE

(Except TCO employees. Please go to Tax Collector Employee Registration.)

- Registration is open!
- Classes begin October 1st and end November 14th (varying locations and dates)
- Earn up to $50/12,500 points in Wellness Incentive rewards when you complete all four classes. If you received an incentive for The Power of Sleep you do not qualify for an incentive for the 30-Day Tune-Up.

9/4/19
September Celebrates National Yoga Month

By Ashley Skubal, Wellness Technician

National Yoga Month raises awareness of the health benefits of yoga while providing guidance and tools to improve overall well-being. A wide variety of different types of yoga offer countless health benefits that include:

- reduced blood pressure, risk of hypertension, and heart disease
- help with weight management and weight loss
- relief from chronic back pain
- alleviated symptoms of depression and anxiety
- increased flexibility
- strong, toned muscles
- improved cardiovascular health
- better athletic performance
- protection from injury

Here are six ways you can celebrate National Yoga Month.

1. **Think outside of the box.** The beauty of yoga is you can do absolutely it anywhere. Squeeze it in between a meeting or while you are waiting for the coffee to brew. Change up the scenery by going to the park or a new studio and trying a different type of yoga.

2. **Give the gift of yoga.** Take a friend to yoga at a studio or invite them over for a video in your living room. Sharing something you enjoy brings you closer and has the potential to significantly influence their life.

3. **Challenge yourself.** As humans, we are creatures of habit. Challenge yourself to step outside of your normal routine and out of your comfort zone. Go for a hike on the trail you’ve been talking about for months or try that new spin class that starts at 5 a.m.

4. **Surround yourself with yogis.** For some, our fellow yogis are our lifeline. They are more than just passing faces in the gym or mat neighbors. Get together for a meal outside of the gym to connect on a deeper level and express your gratitude.

5. **Take a mindful minute.** It’s so easy to get caught up in the hustle and bustle of everyday life and unintentionally let our self-care fall by the wayside. Take time to slow down and be in the moment. You can start small such as sitting in your car in silence before you return from lunch, going for a short walk on your break, or doing an activity from the Stress Less Calendar. Find something that works for you.

6. **Fuel your body.** In order to get the most out of National Yoga Month, your body needs fuel. Get creative in the kitchen by making something new or cooking your favorite dish with healthier ingredients. Not only will this fuel your mind, it will fuel your body.

Keep in mind, these are just suggestions. Do what works for you and your body.

Catch a class at the Wellness Center in Clearwater:

- Yoga – Wednesday nights from 5:15 to 6:15 p.m.
- Trigger Point class – Wednesdays from 12:15 to 12:45 p.m.

You can also check out yoga DVDs from the Wellness Education Library:

- Power Yoga Plus – Denise Austin
- Yoga’s Boost – Body by Yoga
- Gentle Yoga – Jane Adams
- Essential Yoga for Inflexible People – Maggie Rhoades

If you would like to host a video workout class at your location or check out a DVD from the Wellness Education Library, contact Wellness at wellness@pinellascounty.org or (727) 464-4049.

Keep calm and yoga.

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**Lunchtime Yoga Continues**

Join fellow employees for a video-led yoga/pilates class at the Utilities building in Clearwater.

Sessions are held Mondays and Tuesdays, 12:10 to 12:45. No need to sign up. [View the flyer for details](#).
Take Just 2 Steps to Save $500 in 2020

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

What’s a preferred premium?
The preferred premium means you’ll save $500 in 2020 on your health care premium.

Step 1: Complete the biometric screening
There are two components - an annual physical exam and lab work.

Step 2: Complete 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.

Blood Drives
www.oneblood.org

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

September 11, STAR Center
7887 Bryan Dairy Rd., Largo, 10:00 to 1:00

October 1, Mid County Tax Collector
13025 Starkey Rd., Largo, 8:00 to 1:00

October 16, North County Tax Collector
29399 US Highway 19 N., Clearwater, 11:00 to 4:00

October 30, Downtown Clearwater Courthouse
315 Court Street, west parking lot, 11:00 to 4:00

November 18, Gulf to Bay Tax Collector
1663 Gulf to Bay Blvd., Clearwater, 10:30 to 1:00

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

Tell It Well, continued from page 1.

members to cancer and diabetes. I have also had a really close friend lose her father to dementia. The more I learn about these diseases and disorders the more I find a connection to sugar, insulin resistance, and the terrible mess we put into our mouths that we claim to be food. 

Tell us more about your history/experience with exercise and/or healthy lifestyle?

I like to personally experience different ways of eating, like Keto, intermittent fasting, and clean eating. I am now trying to find a happy medium with weight, muscle and the types of exercise I enjoy most.

My passion is trigger point therapy, which impacts stress and pain. Alongside a healthy diet, stress and pain reduction have a strong impact on weight loss.

I foam roll and use a trigger point ball in the gym every day at lunch time to release any built-up pain from all the different types of exercises I do now.

I am now starting a book on flexibility and posture and am learning that certain stretching methods are more effective than others for adults to improve flexibility.

Rickey teaches the Trigger Point class at the Wellness Center on Wednesdays.

Hepatitis A Vaccination Update

On August 1, 2019, Florida Surgeon General Dr. Scott Rivkees declared a public health emergency to address the increase in hepatitis A cases in Florida. There have been a few questions about where to obtain the hepatitis A vaccination. Please note the following:

- If you are on the County’s health plan, you can go to a physician, convenience care clinic, and all nationally contracted retail pharmacies for a hepatitis A vaccination with the exception of Walgreens pharmacy counter. While Walgreens provides other vaccinations to UnitedHealthcare members, hepatitis A is not one of them. However, you can go to an AdventHealth Express clinic inside certain Walgreens for the vaccine.

- Other nationally contracted retail pharmacies (with UHC) include CVS, Kmart, Publix, Rite Aid, and Walmart.

- Call the location ahead of time to find out if they have the vaccine in stock.

Tell It Well, continued from page 1.
Tobacco Cessation

All employees must attest whether they are a tobacco user during Annual Enrollment (November). If you do not attest or are a tobacco user, you will be assessed a $500 Tobacco Premium in 2020 UNLESS you complete an approved tobacco cessation program between August 1, 2019 and March 31, 2020.

To schedule a class at your location, you must have a minimum of 3 participants. Contact your Wellness Champion or email the wellness department to make a request.

Announcing two NEW On-site “Quit Your Way” 4 Week Group Quit Series

Public Works
Room A133, 22211 US Highway 19 N., Clearwater

Wednesdays, September 11 – October 2
9/11/19 8:00 - 9:00 a.m.
9/18/19 8:00 - 9:00 a.m.
9/25/19 8:00 - 9:00 a.m.
10/2/19 8:00 - 9:00 a.m.

Keller Water Treatment Facility
Room 111, 3655 Keller Circle, Tarpon Springs

Thursdays, September 12 - October 10
9/12/19 3:00 - 4:00 p.m.
9/19/19 3:00 - 4:00 p.m.
9/26/19 3:00 - 4:00 p.m.
10/2/19 No class
10/10/19 3:00 - 4:00 p.m.

View the flyer to register and view other available programs to satisfy the requirement.

Of note: Outside experts evaluated the Tobacco Free Florida Tobacco Cessation Program and determined that tobacco cessation can be achieved in a 4-week series. As a result, the class is now 4 weeks long. It continues to follow guidelines for tobacco use and dependence. All 4 classes must be completed to avoid the $500 premium surcharge.

Romaine Lettuce Cup

Experiment with different store-bought brands of hummus to find your favorite, and give new flavor to this nearly instant lunch.

Ingredients

• 1 hard-boiled egg, chopped
• ½ teaspoon olive oil
• Freshly ground black pepper
• 3 large romaine lettuce leaves
• ½ cup hummus
• 2 tablespoons finely chopped parsley
• ¼ sweet red pepper sliced thinly

1. In a small bowl, combine egg, oil and pepper to taste.
2. Take each lettuce leaf and fill with ⅓ of the hummus, egg mixture, parsley and red pepper. Place in a carry-out food box for a great lunch on the go, or eat immediately.

Nutrition Facts (per serving)

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<th>Protein</th>
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High Five!

Have something wellness-related you’ve done that you want to brag about? Completed a walk or race? Quit smoking? Started or joined a fitness group? Quit smoking? Started or joined a fitness group? Email photos to wellness@pinellascounty.org and details and we’ll give you a well-deserved “High Five!”
Wellness
Education
Library
Book of the Month

Total Foam Rolling Techniques: Trade Secrets of a Personal Trainer

Discover the trade secrets of a personal trainer and save yourself time and money with this essential handbook.

Foam rollers are one of the most effective recovery pieces of a kit you can own, but they can be tricky to use correctly. This is the one-stop shop to get most out of your roller and benefit from this powerful rehabilitation tool.

Accessible and practical, Total Foam Rolling Techniques by Steve Barrett, shows you how to roll different body parts in turn, accompanied by easy-to-follow photos, muscle diagrams, and practical advice to get the most out of foam rolling.

- Discover all you need to know to use your foam roller effectively.
- Find out the theory behind why foam rolling works so well.
- Learn how to target the correct muscles.
- Includes 49 foam rolling exercises targeting all muscle groups – as well as the exercises you are better off avoiding.

Clear, concise and jargon free, Total Foam Rolling Techniques is light on theory, heavy on practicality. Whether you want to take it to the gym or use it at home, this indispensable handbook is perfect for both the fitness enthusiast and the fitness professional.

Employee Safety: Avoiding Physical Overexertion

By Ashley Skubal, Wellness Technician

Overexertion is a common workplace injury that also accounts for millions of emergency room visits each year. If you’re on the UnitedHealthcare plan, that’s $250 for each visit. Overexertion often happens by lifting, pushing, or pulling something too heavy, or a repeated motion over time such as typing or driving a forklift. This can lead to long-term consequences such as a musculoskeletal disorder.

Musculoskeletal disorders or injuries affect the body’s movement and musculoskeletal system. Sufferers experience swelling, numbness, stiffness, chronic pain, or permanent loss of mobility in muscles, tendons, ligaments, and joints. You can take small steps to lower your risk of experiencing preventable injuries and improving your quality of life:

- Ask for help
- Practice good posture
- Utilize ergonomic workspaces
- Lift lighter loads and use proper lifting techniques
- Decrease the distance you must stretch to lift a heavy object
- Take frequent breaks from physically repetitive and challenging activities
- Include strength training and stretching in your regular exercise routine
- Know and respect your body’s limits

Not sure if your workspace is ergonomically friendly? Talk to your management about having it assessed by Risk Management. All they have to do is email a Safety Specialist (internal link).

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.
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

### September 2019 Group Fitness Classes

<table>
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<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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| 12:15 to 12:45 pm  
Spin*  
Instructor: Casey  
(9/9, 9/16, 9/23, 9/30)  
NO CLASS 9/2 | 7 to 7:30 am  
Spin*  
Instructor: Casey  
(9/3, 9/10, 9/17, 9/24) | 5:15 to 6:15 pm  
Killer Abs & Back  
Instructor: Isiah  
(9/3, 9/10, 9/17, 9/24) | 7 to 7:30 am  
Spin*  
Instructor: Casey  
(9/5, 9/19, 9/26)  
NO CLASS 9/12 | 12:15 to 12:45 pm  
Spin*  
Instructor: Casey  
(9/9, 9/16, 9/23, 9/30)  
NO CLASS 9/2 |
| 12:30 to 1:15 pm  
Lunch Crunch  
Instructor: Jane  
(9/9, 9/16, 9/30)  
NO CLASS 9/2 | 12:15 to 1:00 pm  
Killer Abs & Back  
Instructor: Isiah  
(9/3, 9/10, 9/17, 9/24) | 12:15 to 12:45 pm  
Trigger Point  
In Spin Room  
Instructor: Rickey  
(9/4, 9/18, 9/25)  
NO CLASS 9/11  
Pre attendance info: Trigger Point | 12:15 to 12:45 pm  
Full Body Blast  
Instructor: Ashley  
(9/5, 9/12, 9/19, 9/26)  
NO CLASS 9/12 | 12:30 to 1:15 pm  
Lunch Crunch  
Instructor: Jane  
(9/25) |
| 12:30 to 1:15 pm  
Full Body Blast  
Instructor: Ashley  
(9/23) | 5:15 to 6:15 pm  
Yoga  
Instructor: Kelli  
(9/4, 9/11, 9/18, 9/25) | 5:15 to 5:45 pm  
Spin*  
Instructor: Casey  
(9/5, 9/12, 9/19, 9/26) | 5:30 to 6:15 pm  
Killer Abs & Back  
Instructor: Isiah  
(9/5, 9/12, 9/19, 9/26) |
| 5:30 to 6:30 pm  
Urban Line Dancing  
Instructor: Jolanda  
(9/9, 9/16, 9/23, 9/30)  
NO CLASS 9/2 | 5:45 to 6:30 pm  
FitMix  
Instructor: Lisa  
(9/3, 9/10, 9/17, 9/24) | 5:30 to 6:15 pm  
Killer Abs & Back  
Instructor: Isiah  
(9/5, 9/12, 9/19, 9/26) |

* Separate orientation required for Spin class.

### 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.

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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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