Food for Thought: Eat Together, Eat Better

By Ashley Skubal, Wellness Technician

What better way to begin the holiday season than sitting down with friends or family to enjoy a meal? **October is Eat Together, Eat Better Month.** If you’re not already on board with group meals, start with a small commitment and aim for one meal a week. Shared meals mean different things to different people: breakfast with a friend, lunch with co-workers, or a family dinner. The benefits of eating together include strengthened social bonds, improved overall well-being, potential for better-balanced food choices and even much needed laughs!

Busy lives leave little time for the face-to-face conversations with those we hold dear. Here are a few ideas to get you started:

**Get breakfast with a friend.** Who knows, it might turn into a whole day of adventures or re-kindles a friendship that has fallen by the wayside.

**Set up lunch with a coworker(s).** Foster good relationships with office mates. Gathering for a healthy meal is the perfect way to get to know your colleagues better.

**Plan a family dinner and involve everyone in the process.** Meals bring families closer. Plan the menu together or let everyone take turns picking recipes. If you have kids, let them shop for groceries, set the table and clean up. Research says when teens regularly eat with their families, they are less likely to be involved with drugs and more likely to have better mental health, share what is going on in their day to day lives, and do better in school.

As always, do what works for you! Maybe breakfast for dinner would work better for your family, grab dinner with a co-worker at a convention after a long day of learning, or even a meal made up of finger foods that require little to no cooking. Have you ever sat around a table and munched on fruits, veggies, crackers, and peanut butter? It may seem offbeat, but it allows for additional time together and it’s fun! Whatever you choose to do, you will reap the benefits of the social connection that comes with eating together.

**Annual Enrollment 2020**

November 1-14

You’ve heard the good news — **there will be no increase in premium costs for employees for 2020.** This is due in part to employees and covered dependents making better choices, such as:

- Engaging in preventive screenings and care
- Using more cost-effective resources like premium providers and virtual visits
- Utilizing support systems (such as UnitedHealthcare coaching and Real Appeal) to improve chronic conditions such as diabetes and cardiovascular disease

In preparation for Annual Enrollment, Employee Benefits will host webinars and open informational meetings around the County during the day and evenings at the end of October and into the enrollment period. Watch for emails and posters with specific information.

Be sure to get your biometric screening and complete your Rally health survey by December 31 to save $500 and avoid the premium surcharge.

Remember, ALL employees MUST enroll in OPUS.
Preventive Care Versus Diagnostic Care

October is breast cancer awareness month and with it comes more awareness about preventive mammography. It’s important to know that there are other types of preventive screenings that help us stay healthy: colorectal cancer, cervical cancer, osteoporosis, and lung cancer. There are, however, instances when these screenings are not covered as preventive.

When a service is done for diagnostic purposes it is classified under the applicable non-preventive medical benefit. Diagnostic services are done on a person who:

- had abnormalities found on previous preventive or diagnostic studies that require further diagnostic studies; or
- had abnormalities found on previous preventive or diagnostic studies that would recommend a repeat of the same studies within shortened time intervals from the recommended preventive screening time intervals; or
- had a symptom(s) that required further diagnosis; or
- does not fall within the applicable population for a recommendation or guideline (e.g., someone who has a colorectal cancer screening due to a family history).

These distinctions are very important to understand, especially when it comes to an anticipated share of cost. Here are some commonly asked questions:

**Q.** If a woman has an abnormal finding on a preventive screening mammogram and the follow up mammogram was found to be normal, will UnitedHealthcare cover her future mammograms under the preventive care services benefit?

**A.** Yes, if the member was returned to normal mammogram screening protocol, her future mammograms would be considered under the preventive care services benefit.

**Q.** If a polyp is encountered during a preventive screening colonoscopy, are future colonoscopies considered under the preventive care services benefit?

**A.** No. If a polyp is removed during a preventive screening colonoscopy, future colonoscopies would normally be considered to be diagnostic because the time intervals between future colonoscopies would be shortened.

**Q.** If a member had elevated cholesterol on a prior preventive screening, are future cholesterol tests considered under the preventive care services benefit?

**A.** Once the diagnosis has been made, further testing is considered diagnostic rather than preventive. This is true whether or not the member is receiving drug treatment.

**Q.** Are the related therapeutic services for a preventive colonoscopy covered under the preventive care benefit?

**A.** Yes, related services integral to a colonoscopy are covered under the preventive care services benefits including: Pre-operative examination, the associated facility, anesthesia, polyp removal (if necessary), pathologist and physician fees. However, the preventive benefit does not include a post-operative examination.

For more information on preventive care services, please refer to the following UnitedHealthcare document, Preventive Care Services.

Visit Amy’s web page or contact her at 464-5579 or by email at amy_hertog@uhc.com.
Pinellas County Wellness is offering another mammogram screening event for our employees in October. As a Pinellas County employee using an in-network provider, your preventive screening is covered at 100% as an annual wellness screening once per calendar year.

- There is no need to wait 365 days from last year’s mammogram date.
- BayCare offers 3-D mammograms. Pinellas County Government employees over 40 on the UnitedHealthcare plan are covered at 100% for this upgrade.
- Please bring your health insurance card and a photo ID to your appointment.

View the flyer for more details and to register online.

### Mammogram Screening Locations and Dates

**Susan Cheek Needler Breast Center**
Morton Plant Hospital, Axelrod Pavilion
400 Pinellas St., Suite 100, Clearwater

- Thursday, October 3, 2:30 - 6:45 p.m.
- Wednesday, October 16, 12:00 - 6:45 p.m.
- Thursday, October 24, 2:30 - 6:45 p.m.

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

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**Friday, Oct. 18**

**Wear pink** on October 18 to help raise awareness. Why? Because breast cancer is still here, still taking the lives of women and men we love.

Take a great photo of your department wearing pink and send it to wellness@pinellascounty.org by Oct. 25 and we’ll put it in the next To Your Health.

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**Roll up your sleeves:**
Get a flu shot

**Every year:**

- **MILLIONS** of people get the flu.
- **HUNDREDS OF THOUSANDS** are hospitalized with the flu.
- **THOUSANDS** die from the flu.

**Most everybody 6 months and older needs a flu shot every year.**

**A shot is especially important for:**

- Kids younger than 5 years old
- Adults 65 and older
- Pregnant women
- People with chronic conditions, such as asthma
- People with weak immune systems
- People in nursing homes
- Health care workers

**Fight the flu three ways:**

- **Cover your nose and mouth** when you cough or sneeze.
- **Stay home** when you’re sick.
- **Wash** your hands often.

Vaccinations are readily available from a multitude of providers including your primary care physician, pharmacies, and public health departments.
We’re so pleased to announce that Human Resources provided funds to replace all cardio and strength training machines in the Clearwater Wellness Center with brand new equipment, giving employees a well-furnished exercise space rivalling commercial fitness centers. The monumental upgrade is incredibly exciting as the center has been home to older equipment for years. The new equipment not only looks nicer, but most importantly, is designed to accommodate individuals of varying heights and sizes, providing safer and more effective workouts.

What did we do with the replaced equipment?

Some of the newer equipment transferred to satellite locations at the North County Clerk’s office and the Public Works complex. The remainder went to surplus where the equipment will be auctioned off.

Access to free and discounted fitness facilities is just one of the many benefits of working at the County. If you’re not located near the Wellness Center, we offer discounts for fitness and recreation through some of our local municipalities and YouDecide.
1 ... 2: Invest in You!

Invest in your good health and save $500 on your 2020 health plan premium. Employees enrolled in the Pinellas County Health Plan have until December 31, 2019 to 1) complete an annual biometric screening and 2) complete 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. To verify that you completed both activities in 2019, see the Rally Quick Guide.

The latest figures show that while 1,400 employees have completed the biometric screening, only 700 have completed the Rally health survey. You must complete both to earn the preferred premium for 2020. It only takes a few minutes to complete the online survey. Don’t miss out!

’tis the Season to MAINTAIN Healthy Holiday Habits

Registration opens October 28th

You are unlikely to experience snow this winter, but you are very likely to experience piles of food, to-do lists, and stress!

The Maintain Campaign is a fun 8-week challenge that provides tools and team support to help you maintain your weight and keep healthy habits during the holiday season.

Get Ready

1. Create a team
2. Designate a captain
3. Come up with a name

Need a Team?
If you don’t have a team but would like one, contact Wellness at wellness@pinellascounty.org. We will do our best to match you with a team. Watch your email for the registration information on October 28th.

We hope you are as excited as we are!

Blood Drives
www.oneblood.org

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

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 6, Utilities Building
14 S. Fort Harrison Ave., Clearwater, 8:30 - 1:30

November 7, Public Works, ERB
22211 Hwy. 19 N., Clearwater, 12:00 - 5:00

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

November 29, Utilities, South GMD
6730 142nd Ave. N., Largo, 1:30 - 4:30

View a list of all upcoming blood drives at www.pinellascounty.org/hr/blood.
2019 Tampa Bay Heart Walk

LET’S WALK TOGETHER!

It’s a fun event that makes a difference in our community.
• Walk or run 5K (3 miles) or 1 mile
• Bring friends, family and pets
• Spend time with your coworkers
• Get a free Pinellas County t-shirt

WHEN
Saturday, November 9, 2019
Walk starts at 9:00 a.m. (check-in at 7:30 a.m.)

WHERE
Raymond James Stadium, 4201 North Dale Mabry Highway, Tampa

WHY
We are all touched by heart disease and stroke. Help the American Heart Association fund lifesaving research, community programs, and advocacy in Tampa Bay.

HOW YOU CAN HELP
1. JOIN OUR TEAM. Go to the website below, click Register and Join a Team. Select Pinellas County Government Team from the drop-down menu (or use this direct link).
2. CREATE YOUR OWN TEAM. Go to the website below, click Register and Start a Team. Follow the prompts.
3. DONATE. If you can’t walk, you can still help! Go to the website below, click Donate and search for a team name (such as Pinellas County Government Team) and make an online donation.

FUNDRAISING
There is no registration fee, and fundraising for the event is optional. The purpose of the walk is to raise money for the American Heart Association, but there is no specific amount required to participate.

www.TampaBayHeartWalk.org

TESTIMONIAL
High blood pressure runs in my family. Most of us exercise regularly and/or take our blood pressure meds and don’t end up with any adverse health effects because of it, but not my grandmother or my uncle. My uncle died of kidney failure in his late fifties due to damage from high blood pressure. My grandmother had a series of small strokes. For the last decade of her life she didn’t know who her family was. If she had taken better care of herself when she was younger she wouldn’t have suffered as much in her old age and we could have been spared having to watch her go through that. Get up, exercise, take your meds; your family needs you.

Benjamin Panike
Pinellas County Solid Waste

Pinellas County Wellness Team
wellness@pinellascounty.org | 464-4049
Black Eyed Pea Soup

The bacon that flavors this soup makes for a rich, deep flavor.

**Ingredients**

- 1 tablespoon olive oil
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- 4 slices nitrite, nitrate-free turkey bacon, such as Applegate Natural Turkey Bacon, chopped
- 1 carrot, chopped
- 1 stalk celery, sliced
- 4 cups water
- 1 14.5-ounce can no-salt-added tomatoes (about 2 cups)
- 2 cups canned, no-salt added black eyed peas, drained and rinsed
- 2 tablespoons cider vinegar
- ½ teaspoon salt

1. Place a large soup pot over medium heat. Add oil, onion, garlic and bacon. Cook, stirring often, for 3 minutes.
2. Add carrot and celery and cook for another 3 minutes.
3. Add water, tomatoes, black eyed peas, vinegar and salt.
4. Bring to a boil, reduce heat to a simmer and cook for 10 minutes. Serve hot.

Serves 4.

| Nutrition Facts (per serving) |
|---|---|---|
| Calories | 188 | Total Fat | 5g |
| Protein | 26g | Saturated Fat | 0.6g |
| Carbohydrate | 27g | Cholesterol | 0mg |
| Dietary Fiber | 6g | Calcium | 169mg |
| Total Sugars | 8g | Sodium | 539mg |

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 a NEW On-site “Quit Your Way” 4 Week Group Quit Series**

**Utilities**

Room 404, 14 S. Fort Harrison Ave., Clearwater

October 11 12:00 - 1:00
October 18 12:00 - 1:00
October 25 12:00 - 1:00
November 1 12:00 - 1:00

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.

**Other Ways to “Be Pink” on October 18**

- Plant pink flowers
- Wear a pink ribbon
- Paint pumpkins pink
- Have a door decorating contest at work
- Dye a lock of your hair pink
- Paint your fingernails pink
- Wear pink lipstick
Stop Dieting. There’s A Better Way!

Nearly all diets are ineffective because they’re based on dieting. Every person has a diet (noun), but its only if you are trying to lose weight that you diet (verb). Dieting is eating and drinking sparingly or selectively to reduce your weight.

It doesn’t work. If you’ve tried dieting, you know that.

Say goodbye to calorie counting, restrictive food bans, or other forced behaviors. In “Mini Habits for Weight Loss,” you will learn how to lose weight naturally, in the precise way your body and brain are meant to change and without triggering biological or neurological resistance. Instead of reading yet another dieting book, why not try a proven behavioral change strategy that your brain and body will welcome and respond to?

DISCOVER …

• How to change your behavior and lose weight in the long term with mini habits.
• Why it’s a terrible idea to forbid junk food.
• How some of the most impactful changes you can make don’t involve diet or exercise.
• Why conscious calorie restriction causes long-term weight GAIN, and how this science has been publicly available (and ignored) for more than 30 years.
• How the body’s change process mirrors that of the brain, and why that is great news for losing weight.
• Creative strategies to mitigate weight gain from eating out, social events, and holiday binges sessions.
• Why eating fruit is essential to losing weight (for lots of reasons).

This book is being used as source material for the 30-Day Tune-Up Wellness Series. There are still seats available. Sign up now!

New 12-Week Series Starts October 17th

Get 15% off when you sign up or renew on October 17, 2019

Time: 12:15 - 12:45
Where: Utilities Building
14 S. Fort Harrison Ave., 4th Floor
Clearwater

Qualify for a 15% discount, making the cost only $132.60 per person. Attendance is required on October 17th to qualify!

Payment Options: Check (made payable to WW), credit card or split payment (3 checks submitted for $44.20 each and WW deposits one per month).

You may join at any time throughout the 12-week series. Contact Leena Delli Paoli for pricing and payment options.

Pinellas County supports Weight Watchers, a proven program that promotes all aspects of leading a healthy lifestyle. Participation is highly encouraged, but please note that WW is no longer a wellness incentive program.

Savings from YouDecide

Check out these offers from YouDecide including discounts with:

• Sam’s Club
• Disneyland
• T-Mobile
• Movie tickets
• Universal Studios Hollywood

... and many more!

Learn more by visiting www.YouDecide.com/Pinellas today!
## October 2019 Group Fitness Classes

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<tr>
<th>Monday</th>
<th>Tuesday</th>
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| 12:15 to 12:45 pm  
**Spin**  
Instructor: Ashley  
(10/7, 10/21, 10/28)  
**NO CLASS 10/14**  
* 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.  
Pre attendance info: Trigger Point  
| 7 to 7:30 am  
**Spin**  
Instructor: Casey  
(10/1, 10/8, 10/15, 10/22, 10/29)  
| 12:15 to 1:00 pm  
**Killer Abs & Back**  
Instructor: Isiah  
(10/1, 10/8, 10/15, 10/22, 10/29)  
| 7 to 7:30 am  
**Spin**  
Instructor: Casey  
(10/3, 10/10, 10/17, 10/24, 10/31)  
| 12:15 to 12:45 pm  
**Spin**  
Instructor: Ashley  
(10/4, 10/18, 10/25)  
**NO CLASS 10/11**  
| 12:30 to 1:15 pm  
**Lunch Crunch**  
Instructor: Jane  
(10/7, 10/28)  
**NO CLASS 10/14**  
| 1:15 to 1:45 pm  
**Special Time**  
**Full Body Blast**  
Instructor: Ashley (10/21)  
| 5:15 to 6:15 pm  
**Yoga**  
Instructor: Kelli  
(10/2, 10/9, 10/16, 10/23)  
**NO CLASS 10/30**  
| 5:15 to 5:45 pm  
**Spin**  
Instructor: Casey  
(10/3, 10/10, 10/17, 10/24, 10/31)  
| 5:30 to 6:30 pm  
**Urban Line Dancing**  
Instructor: Jolanda  
(10/7, 10/14, 10/21, 10/28)  
| 12:15 to 12:45 pm  
**Full Body Blast**  
Instructor: Ashley  
(10/21)  
| 5:45 to 6:30 pm  
**FitMix**  
Instructor: Lisa  
(10/1, 10/8, 10/15, 10/22, 10/29)  
| 5:30 to 6:15 pm  
**Killer Abs & Back**  
Instructor: Isiah  
(10/3, 10/10, 10/17, 10/24, 10/31)  
| 12:15 to 12:45 pm  
**Full Body Blast**  
Instructor: Ashley  
(10/21)  
| 5:15 to 6:15 pm  
**Killer Abs & Back**  
Instructor: Isiah  
(10/3, 10/10, 10/17, 10/24, 10/31)  

### Quarterly Incentive Payout Schedule

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