

## Reflections on 2016

As we close out 2016 and pause to reflect on the good, the bad, and the things we wish we did differently, I wanted to take a moment and share reflections from my first year.

First, what really attracted me to this job 10 months ago was the innovative and expansive wellness program offered to all employees and your spouses/domestic partners, that provides not only a fitness center, but on-site classes and incentive dollars for participating. My first thought was, "Wow, I want to be a part of that team and work for an organization so devoted to the employee's well-being." What keeps me here are the great stories you share about the positive impact this program has on your health, and the great strides you make when looking or feeling better.

Fast forward through to December. It has been a pleasure meeting you, working with you and supporting you while you strive to attain your goals.

In this short span of time, we've been able to accomplish a lot for the future of our wellness program. Looking back, some of the things we've done include:

- ▶ Expanding our Spin class offerings (bikes and class times)
- ▶ Incentivizing your annual physical
- ▶ Adding the Nutrition Challenge
- ▶ Adding the EnhanceFitness classes focused on balance, strength and flexibility
- ▶ Increasing the size of our Public Works satellite fitness center
- ▶ Revamping the look and feel of established wellness programs



*Crystal Capone, Health & Wellness Manager*

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## Four Ways to Keep Things Real in the New Year

*By Audrey Thomas, United Healthcare*

The New Year is here, which means some of you are considering making New Year's resolutions. While I don't partake in this annual movement, I do spend time reflecting over the previous year and choose a few areas of my life in which I want to see change. Whether you declare a resolution or not, it's important to go into the New Year with realistic expectations. Otherwise, disappointment and stress may be in the picture down the road.

Here are some [common resolutions and strategies](#) for reaching success with them in the New Year.

## The Secrets to Breaking Bad Habits

*By Kathleen M. Zelman, United Healthcare*

Truth be told, we are all creatures of habits. We buy the same foods, prepare the same recipes, sit in front of the same television snacking at night – you know those habits that are ingrained in our daily routines.

The problem is that we get so comfy in our routines, even when they undermine health, that it is hard to give up old habits. In order to help improve your health, you need to shake up your routine and start thinking differently about your diet, exercise and lifestyle routines. Learn the [Secrets to Breaking Bad Habits](#).



### WELLNESS *for life*

Health & Wellness Blog

The Health & Wellness Program now has its own [blog](#) on SharePoint! Save the site to your favorites and watch out for activities and events, incentives information, wellness articles and much more.



## Your UHC Nurse *Amy*

### My Own Virtual Visit

*By Amy Hertog, RN, BSN, Clinical Nurse Liaison*

Recently, I was attacked by my cat. I Googled “feline redirected aggression” to find out why my cat would attack me. It wasn’t the cat’s fault really. He was reacting to a stray cat that wandered onto our back patio. Unfortunately, I was left with a cat bite to my lower leg.

With the help of my family, my wounds were cleaned and dressed. However, I know from my nursing experience that animal bites are **not** a good thing and I would need to do something more than basic wound care.

I called [Nurseline](#) to see if the nurse thought that a [Virtual Doctor Visit](#) would work for the type of injury I had: a recent cat bite with no signs or symptoms of infection but requiring oral antibiotics per treatment protocols. I knew that a Virtual Visit could be used for minor ailments but I wasn’t sure if a cat bite would be considered minor.

The Nurseline RN, Stephanie, took my information and agreed that a Virtual Visit would work since the Virtual Doctor can call in a prescription. Stephanie mentioned that it is always preferable to see a primary care doctor but we agreed it was unlikely I would see my doctor on a Sunday and I needed treatment sooner rather than later.

I went to the [Health4Me app](#) on my cell phone and found two options for Virtual Visits. I selected a provider, loaded the app on my phone and checked myself in. I had to share my insurance info, provide my credit card info, complete a short survey about my health, and choose a pharmacy for a prescription. I was also able to upload photos of my injuries and choose which doctor I wanted to see. Then I waited in a queue for my turn with the doctor.

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*[Reflections - continued from page 1.](#)*

- ▶ Hosting an Open House at the Clearwater Employee Wellness Center
- ▶ Enhancing the Deskercise program
- ▶ Developing our new [Wellness Blog](#) (and your posts are amazing!)

And you have been busy, too:

- ▶ 2,870 preventive health screenings were done
- ▶ 231 people completed the Financial Wellness series
- ▶ 148 people completed the Get Fit program
- ▶ 137 people completed the Lose and Win program
- ▶ 94 people completed the Fruit and Veggie Challenge
- ▶ 44 people completed the Nutrition Challenge

As we move into 2017 the changes and improvements are exciting. Look for a revised Wellness Incentive lineup, the launch of Real Appeal (a healthy lifestyle program), and other wellness offerings to keep you engaged and excited.

Remember, every effort you make to have a healthier life counts. If you signed up for a program and didn’t complete it, sign up again or try another one. Keep trying. And use me as a resource and support in your journey to wellness. I’m here to be on your team and make an impact on your well-being.



*Source: United Healthcare*

Organization is an important part of helping you feel less stress in your life. At home or in the office, being more efficient and using your organizational skills will help you accomplish more.

Overcoming the clutter in your home or at work also may help to create a calmer environment where you feel more relaxed. This may lower stress levels overall, resulting in increased productivity.

So what’s the best way to clean up your act? Here are [a few strategies to help start simplifying your life.](#)



[Nurse Amy, continued from page 2.](#)

It was not a long wait and I was able to do other things while I waited for my virtual appointment. I was a little surprised when the screen on my phone changed and suddenly I was in a video chat with a doctor.

The doctor was very professional and asked a few questions, double checked on the health survey to make sure that I had no allergies or health problems, and advised me about the antibiotic that she was prescribing. She immediately sent a prescription to a pharmacy that is close to my home. I had the opportunity to ask questions and at no time did I feel uncomfortable with my Virtual Visit.

There will be times when I need to see my regular doctor but for this incident I saved a lot of worry because I was able to address my health care problem quickly. I obtained antibiotics and didn't delay necessary treatment.

As always, if you are having a health problem, do not delay care. Seek medical assistance. If a Virtual Visit is an option for your particular issue, it is worth considering.

*Amy Hertog, UHC's Nurse Liaison (a.k.a. Nurse Amy) is here to educate and counsel employees and to help connect employees with needed healthcare resources. [Visit Amy's web page](#) or contact her at 464-5579 or by email at [amy\\_hertog@uhc.com](mailto:amy_hertog@uhc.com).*

## Dental Cleanings

Dental cleanings are important for maintaining healthy teeth and gums. But there are different types of cleanings. [Find out the differences in dental cleanings](#) and the role each can play in the prevention and/or treatment of dental disease. Your dentist will recommend the right cleaning for you.



**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 Crystal at [ccapone@pinellascounty.org](mailto:ccapone@pinellascounty.org) for details on how to share your story.

## Gwen's Reward Points Cruise

*By Gwendolyn Roundtree, CPM  
Human Resources Associate*

One day I was checking my reward points to see what I could get. I knew that my husband and I were going to be going on a cruise so I checked out the travel rewards to see what they had. Well they had Carnival gift cards.

So I called the rewards center to see how it works and they explained it to me.

My total reward points at that time was 113,666 including wellness and service anniversary points.



I purchased a \$50 gift card for 15,900 points and another \$250 gift card for 78,900 points. My husband purchased a \$200 gift card for 63,150 points. All told we had a total of \$500 that went towards our cruise.

We went on the cruise December 3 to 10 touring Cozumel, Belize, Costa Maya and

Roatan Honduras. We had an awesome time and we still have some points left over so we decided to save up for another cruise. Have you used the [Rewards Program](#)? Check it out!





## Using Mindfulness to Jumpstart Creativity at Work



*Research suggests people are more open to original ideas after just a brief meditation practice.*

Racing to never-ending deadlines, work piling up, doing more with less. Employees are asked for higher quality, faster turnaround time, greater efficiency and more innovative output. But is creativity possible with today's workplace mindset where "busyness" is the modus operandi? Here are five ways organizations can [create a mindful culture](#).

Source: Mindful.org



**Sign up now** for the **EnhanceFitness** program to be held January 18 through May 5 at the Annex in Clearwater.

These classes are designed to get you moving but at your own pace. It's great for people who haven't been active for a while.

Class will be held three times a week on Mondays and Wednesdays from 5:15 to 6:15 p.m. and Fridays from 12:00 to 1:00 p.m. The cost is \$80 due by January 13. Your *EnhanceFitness* completion certificate will qualify you for the 2017 Get Fit incentive of \$70. Visit [www.pinellascounty.org/hr/enhancefitness](http://www.pinellascounty.org/hr/enhancefitness) to register.



## Do it for Jonathan

Please honor the memory of a fellow employee's grandson by participating in the upcoming blood drive in downtown Clearwater. The event is being held in memory of two year old Jonathan who was due for a bone marrow transplant just weeks before his passing. Come donate blood and also consider registering as a potential bone marrow donor. A simple swab on the inside of your cheek and approximately ten minutes of your time is all it takes to join the registry. To learn more, view the [blood drive flyer](#) or the "[Be the Match](#)" bone marrow web page:

### Dedication Blood Donation & Bone Registry Drive

Wednesday, January 11, 10:00 am to 4:00 pm  
315 Court Street, Clearwater  
Parking lot west of the Courthouse



## Seasonal Produce

Click the links to view nutrition, selection, storage and preparation info.

[Belgian Endive](#)



[Buttercup Squash](#)



[Date Plums](#)



[Red Currants](#)



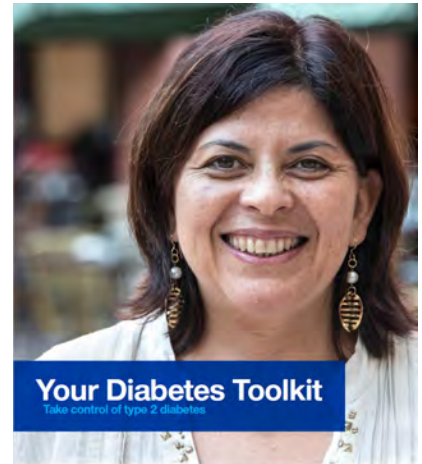
[Learn more](#)

## Your Diabetes Tool Kit

If you have type 2 diabetes, this booklet can help set you on a healthy path.

**You'll find tips and tools about:**

- Who's on your diabetes care team
- Lifestyle changes that may help you stay healthy
- Worksheets to track your goals, blood sugar and medicines
- Diabetes super foods and healthy recipes
- Traveling with diabetes



UnitedHealthcare

Click on the picture to access the tool kit today!

## Grilled Cod

Add flavor to cod by adding butter, lemon juice, parsley, dill, paprika and sliced onion.

### Ingredients

12 ounces cod  
2 tbsps. butter or trans-fat-free margarine  
¼ cup lemon juice  
1 tbsp. dried parsley  
1 tsp. dill weed  
¼ tsp. ground black pepper  
¼ tsp. salt  
1 tsp. paprika  
1 onion, thinly sliced

### Directions

- Preheat barbecue grill.
- Spray two large squares of aluminum foil with cooking spray and evenly divide cod into two portions. In a small saucepan, melt butter and add lemon juice, parsley, dill weed, salt and pepper. Pour equal amounts over the fish. Sprinkle fish with paprika and top with sliced onion. Wrap the foil securely around the fish, leaving a small space for the fish to expand. Grill for five to seven minutes per side.

**Yield** 2 servings

**Serving Size** 1 cup

**Calories** 295

**Total Fat** 10g

**Sodium** 482 mg

**Total Fiber** 1g

**Protein** 33g

**Carbohydrates** 5g

**Potassium** 503 mg

Source: United Healthcare



## How much exercise is right for you?

Most healthy adults should aim for

**AT LEAST**  
**2.5** HOURS

of moderate aerobic exercise a week.

Add muscle-strengthening exercises on

**2 OR MORE**  
**DAYS A WEEK.**

Talk with your doctor before significantly increasing your activity level.

Source: U.S. Department of Health and Human Services

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 professional to determine what may be right for you.

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## Get Fit Without Fads



### Source4Women® Online Seminar

Tuesday, January 10, 12:30 p.m.

When it sounds too good to be true, beware! Fad diets don't work for long. They may result in quick weight loss, often water weight not fat, and those pounds usually return in no time. Let 2017 be the year you lose the weight and keep it off. Join us for this seminar to learn about healthy habits, tips and tricks that can result in real weight loss and find the best diet to suit your lifestyle. Popular diet plans will be reviewed along with helpful recommendations for weight loss plans that can meet health goals, leave you feeling energized and go the distance to help keep pounds off permanently

[Register here.](#)

## Local Races

(Click the links to register.)



- [St. Pete Beach Classic Weekend](#), January 13-15, 5300 Gulf Blvd., St. Pete Beach
- [Belleair Sunset 5K & Fun Run](#), January 21, 918 Osceola Rd., Belleair
- [The D.A.N. Run \(Defeat ALS Now\)](#), January 21, 101 Central Park Dr., Largo
- [Clearwater Distance Classic](#), January 22, Coachman Park, Clearwater
- [Countryside's Club in the New Year](#), January 28, Countryside Country Club
- [United For Heroes 5K](#), January 28, 5851 Park Blvd., Pinellas Park
- [Chilly Willy Duathlon](#), January 29, Fort De Soto Park

## Weight-Loss Tips You Can Use Today

How do you take your weight-loss goals from wishes to reality? Here are [10 smart strategies to help you reach a healthy weight](#).





# January 2017 Group Fitness Classes



Monday	Tuesday	Wednesday	Thursday	Friday
<b>12:10 to 1:00 pm</b> <b>Body Circuit</b> Instructor: Melissa (1/9, 1/23, 1/30) (1/2, 1/16- <b>NO CLASS</b> <b>HOLIDAY OBSERVED</b> )	<b>6:15 to 7:15 am</b> <b>Spin*</b> Instructor: Nancy (1/3, 1/10, 1/17, 1/24, 1/31)  <b>12:15 to 12:45 pm</b> <b>Spin*</b> Instructor: Melissa K. (1/3, 1/10, 1/17, 1/24, 1/31)  <b>12:45 to 1:15 pm</b> <b>Full Body Blast</b> Instructor: Ashley (1/3, 1/10, 1/17, 1/24, 1/31)  <b>5:10 to 6:00 pm</b> <b>Zumba</b> Instructor: Melissa (1/3, 1/17)  <b>Zumba Step</b> (1/24, 1/31) (1/10- <b>NO CLASS</b> )	<b>12:10 to 1:00 pm</b> <b>Step Circuit</b> Instructor: Melissa (1/4, 1/11,)  <b>Mat Pilates</b> Instructor: Melissa (1/18, 1/25)  <b>12:15 to 12:45 pm</b> <b>Spin*</b> Instructor: Melissa K. (1/4, 1/11, 1/18, 1/25)  <b>5:15 to 6:15 pm</b> <b>Yoga</b> Instructor: Kelli (1/4, 1/11, 1/18, 1/25)	<b>6:15 to 7:15 am</b> <b>Spin*</b> Instructor: Nancy (1/5, 1/12, 1/19, 1/26)  <b>12:45 to 1:15 pm</b> <b>Full Body Blast</b> Instructor: Ashley (1/5, 1/12, 1/19, 1/26)  <b>5:10 to 6:00 pm</b> <b>Body Circuit</b> Instructor: Melissa (1/5, 1/12, 1/19, 1/26)	<b>12:10 to 1:00 pm</b> <b>Zumba</b> Instructor: Melissa (1/6, 1/13)  <b>Body Circuit</b> Instructor: Melissa (1/20, 1/27)

**\* 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 South Fort Harrison Avenue in downtown Clearwater, and are free for all members. If you're not a member yet, contact our staff to schedule an orientation.

*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)

