

To Your Health

PHYSICAL



EMOTIONAL



SOCIAL



FINANCIAL



JUNE 2021



Men's Health Webinar: Take Charge of Your Health

According to the CDC, men are much more likely to put off regular checkups, medical care, make unhealthy choices, use tobacco and consume alcohol.*

There's no better time to discuss these relevant topics than during Men's Health Month.

During this webinar, you'll learn about:

- The importance of men's health
- Screening recommendations
- Tips on healthy living
- Mental health

Don't miss this webinar - [view the flyer](#) to sign up now!

Thursday, June 10, 11:30 - 12:00 p.m.

*Sources: www.menshealthnetwork.org/library/silenthealthcrisis.pdf, www.cdc.gov/nchs/data/series/sr_13/sr13_149.pdf and www.health.harvard.edu/newsletter_article/mars-vs-venus-the-gender-gap-in-health

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June is Men's Health Month

From MensHealthNetwork.org

During Men's Health Week (June 14-20) and the #ShowUsYourBlue campaign, 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.

June 18 Wear Blue for Men's Health

#ShowUsYourBlue

Show your support!

Send us your photos in blue to wellness@pinellascounty.org and we'll put them in the July *To Your Health* newsletter.



Men's Health Month



Your
UHC
Nurse

Amy

By Amy Hertog, RN, BSN,
Clinical Nurse Liaison

June is Men's Health Month, a national observance that raises awareness about health care for men and focuses on encouraging boys, men and their families to practice and implement healthy living decisions, such as getting regular check-ups, exercising and eating healthy.

According to the Centers for Disease Control and Prevention, men in the United States, on average, die 6 years earlier than women and die at higher rates from the three leading causes of death — heart disease, cancer and unintentional injuries. Read the [National Center for Health Statistics Fact Sheet, March 2021](#), and the [CDC web page on Men's Health](#).

How does heart disease affect men?

Heart disease is the leading cause of death for men of most racial and ethnic groups in the United States, killing 357,761 men in 2019 —that's about 1 in every 4 male deaths. See the [Heart Disease Death Rates Map](#).

Half of the men who die suddenly of coronary heart disease had no previous symptoms. Even if you have no symptoms, you may still be at risk.

To reduce your chances of getting heart disease, it's important to do the following:

Know your blood pressure. Having uncontrolled blood pressure can result in heart disease. High blood pressure has no symptoms (which is why it is known as "the silent killer") so it's important to have your blood pressure checked regularly.

Talk to your health care provider about whether you should be tested for **diabetes**, which raises your risk of heart disease.

Quit smoking. If you don't smoke, don't start. If you do smoke, there are resources that may help you quit. Visit [Tobacco Free Florida](#) for help.

Be aware of your **cholesterol and triglyceride** levels.

Make eating **healthy food a priority**. Being overweight or obesity raises your risk of heart disease as well as other health conditions

Limit alcohol intake to one drink a day.

Lower your stress level and find healthier ways to cope with stress.

Sign up for the [BayCare Men's Health Webinar](#) on June 10, 11:30 a.m. to 12:00 p.m.

Free Personal and Customized Wellness Coaching by phone or online is available to those who are on the County's health plan (including spouses). [See the chart, next page](#). Please note there are also additional Wellness Coaching programs that are not listed in the chart.

For online Wellness Coaching, visit [Rally Coach](#).

For personal Wellness Coaching, call OptumHealth® at (800) 478-1057 and select option 2.

To learn more about men's health, please visit [this UHC web page](#).

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

Biometric Screening Process in 2021

Before you get your screening, be sure to watch the [tutorial video](#) to learn about the new biometric screening process. Also, review the [webpage](#) including [FAQs](#) and the [Rally Help Guide](#) with step-by-step instructions and screenshots for every step in the process.

Save \$500 in 2022 with the preferred health plan premium by completing the biometric screening and Rally health survey in 2021.



FREE Personal & Customized Wellness Coaching for UHC Members	Online Coaching	Personal Coaching
Weight and Wellness: Find the weight that's right for you.		✓
Quit Tobacco: Get support to help make it a reality.	✓	✓
Fit for Life: Move more to get fit.	✓	✓
Stress Less: Understand and manage it.	✓	✓
Eat Smart: Make good food choices.	✓	✓
Healthy Heart: Create a heart-healthy lifestyle with diet, exercise, and support.		✓
Diabetes Lifestyle: Manage your diabetes.		✓
General Wellness: Learn ways to help you stay active, eat healthy, reduce stress and more.		✓
Happiness: Uncover what happiness means to you and embrace the joy in your life.	✓	
Meditation: Improve well-being.	✓	
Sleep Well: Get the rest you need.	✓	✓
Family Wellness: Explore exercise, nutrition and more to make healthy and happy a family activity.		✓
Financial Wellness: Sharpen your money skills—from savings and debt, to investment and more.	✓	

[Wellness Coaching](#) is eligible for wellness incentives points or cash.



Biggest Losers - Clerk's Finance Division

Clerk's Finance Wellness Champion Shirley Westfall is passionate about health and loves to motivate people to get healthier. With the support of her supervisor, Kat Carpenter, she organized a Biggest Loser challenge for the employees in her division. Instead of focusing solely on weight loss, the challenge also encouraged healthy habits as well as other mini-contests for best healthy recipes and inspiring quotes. Fifteen people, including 3 family members, participated.



Kat Carpenter, Board Records



Motivational water bottle



Brian Staveley, Jeanette Phillips' (Finance Division) partner



Shirley Westfall



Jenny Masinovsky, Board Records

"This [was] exactly what I needed to get myself back on track and moving again. Even though I won't be the winner, I have loved being a part of this wellness effort in our Division!"



Mark Your Calendars: Wellness Activities for You

Behind the Belly Button Series



Register now for [All About Hunger](#): June 8 (12:00) or June 18 (1:00). Learn different ways our body and brain experience hunger, and strategies to assess whether, when and what to eat.

If you missed the previous sessions in the series, watch them on video.

[Gut Health](#)

Uncover the mysteries of the gut and learn ways you can improve your own gut health.

[Digestion and Nutrient Absorption](#)

Take a closer look at how digestion works to break down food to usable forms of energy, vitamins and minerals and how they're absorbed into the body.

[The Microbiome Explained](#)

Learn about superbugs. Our body has over 100 trillion microbial cells. When that ecosystem tips out of balance, we get sick.

[Epigenetics](#)

Although DNA can't be changed, epigenetics can change how our body reads the DNA sequence. Epigenetics offers scientific proof that the choices we make can affect our health.

Caring for Our Caretakers: Caregiver Stress Webinar



Being the caregiver for a loved one is taxing, both physically and emotionally, and can leave us depleted.

Join an honest, supportive discussion for those who take care of loved ones. [View the flyer](#) to register for one of these one-hour online events:

Monday, June 14, 12:00 p.m.

Tuesday, June 22, 12:30 p.m.

Come for the sense of community; stay to learn techniques to help you through a difficult time.

Garden4Life Get Ready for Fall Planting Webinar



Vegetable gardening is fun, a great stress-reliever and money saver. Fall is excellent for gardening in Florida and summer is a great time to prepare.

Join Extension's Theresa Badurek, Master Gardener, in this one-hour webinar and learn how to:

- Prepare for your own home harvest
- Select the right location for your garden
- Choose which vegetables to plant
- Care for your harvest

[View the flyer](#) to register for Wednesday, June 16, 12:30 - 1:30 p.m.



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 Grannis at wellness@pinellascounty.org for details on how to share your story.

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.



Mark Your Calendars: Wellness Activities for You

Skin Cancer Prevention

Learn about skin cancer risks, signs, symptoms and screening methods during this one-hour webinar, presented by Moffitt Cancer Center. [Register](#) for the June 11 class.



Cook Along Kitchen Series: Use Your Hands to Measure Portions



Learn how to use your hands as tools for measurement so that you can measure a portion no matter where you go.

[View the flyer](#) to register in advance for Thursday, June 24, 12:00 - 1:00 p.m.

Finances and Relationships



Money doesn't have to be a source of relationship stress. Sign up for the June Financial Well-being webinar. Learn to realize your financial goals and dreams together. Invite your spouse or partner! [View the flyer](#) to register now for Wednesday, June 23, 12:00 - 1:00 p.m.



Wellness Center Update

The Clearwater Wellness Center in the Old Courthouse has returned to pre-COVID hours and is open 24/7.

If you are new to the Wellness Center and would like access, schedule an orientation by using the [Orientation Sign-up](#).

Before you go, please note the following:

- Showers are open.
- Fitness classes are not being held at this time.
- Orientations are offered by appointment only.

Questions?

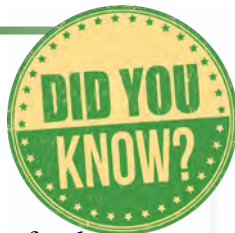
Contact Wellness at wellness@pinellascounty.org or 464-3367, option 1.



ChooseMyPlate App

Build healthy eating habits with this free app.

Use the app to select simple daily food goals and monitor your progress real-time while earning badges along the way. See [ChooseMyPlate App](#), then view other [healthy eating resources](#).



Need a Handyman?

The Employee Assistance Program offers referrals for home services such as handyman, lawn care and moving. Visit www.pinellascounty.org/hr/EAP.





Quinoa and Red Lentil Salad

Ingredients:

- ½ cup quinoa, well rinsed
- 1 cup water
- Salt to taste
- ½ cup fresh or frozen edamame
- ½ cup diced red bell pepper
- ½ cup red lentils soaked in cold water, covered for 2-3 hours and drained
- ¼ cup chopped walnuts
- 2 Tablespoons chopped cilantro
- 1 Tablespoon seasoned rice vinegar
- 2 Tablespoons fresh lime juice
- ¼ teaspoon cayenne pepper, or to taste
- 1 teaspoon ground ginger
- 1 Tablespoon reduced-sodium soy sauce
- 1½ Tablespoons olive oil

Instructions:

Combine quinoa, water and salt in a small saucepan and bring to a boil over medium heat for 15 minutes or until quinoa has absorbed all the water. Remove from the heat, fluff, cover and let it stand for at least 5 minutes.

Meanwhile, if using frozen edamame, cook it, following the directions on the package. In a medium bowl, toss together the quinoa, edamame, red bell pepper, lentils, walnuts and cilantro. In a small bowl, whisk together the rice vinegar, lime juice, cayenne, ginger, soy sauce and olive oil. Toss with the salad. Refrigerate in a bowl or in small individual containers until ready to eat.

This will keep for 3-4 days in the refrigerator.

Makes 4 servings.

Nutrition Information, Per Serving: Calories 282
Fat 12 g, Saturated fat 1.5 g, Cholesterol 0 mg, Protein 12 g,
Carbohydrates 33 g, Fiber 11 g, Sodium 139 mg

The Mammography Bus is Coming

The County will once again host a Mobile Mammography bus at several locations across the County in August. Here's what you need to know:



- 1) All employees are eligible. AdventHealth accepts most insurance and you do not need to be on the County health plans.
- 2) If you're on the County plan, no need to wait 365 days since your last mammogram. Preventive screens can be done any time during a calendar year.

Stay tuned for further details in July!

Tips to Build Resilience and Manage Job Stress

- Increase your sense of control by developing a consistent daily routine when possible — ideally one that is similar to your schedule before the pandemic.
 - Keep a regular [sleep schedule](#).
 - Take breaks from work to stretch, exercise, or check in with your supportive colleagues, coworkers, family, and friends.
 - Spend time outdoors, either being physically active or relaxing.
 - If you work from home, set a regular time to end your work for the day, if possible.
 - Practice [mindfulness](#).
 - Do things you enjoy during non-work hours.
- Identify those things which you do not have control over and do the best you can with the resources available to you.
- Communicate with your coworkers, supervisors, and employees about job stress.
 - Identify things that cause stress and work together to identify solutions.
 - Talk openly with managers, supervisors and co-workers about how the pandemic is affecting work. Expectations should be communicated clearly by everyone.
 - Take advantage of [mental health](#) and [EAP](#) resources to help manage stress.

Read [How to Cope with Job Stress and Build Resilience During the COVID-19 Pandemic](#).

To Your Health

A monthly publication by the Pinellas County Wellness Program. Contributors: Jane Grannis and Amy Hertog. Layout: Mary Sault. Contact us at wellness@pinellascounty.org or 464-3367.





Empowering You for Lasting Success

Ready to get (and stay) healthier? Feeling in control of your situation and finding the confidence to stick with your goals are key. Real Appeal® shows you how.

Giving You a Solid Foundation

Real Appeal on Rally Coach™ is a proven online weight loss support program. It's available to you and eligible family members at no additional cost as part of your health benefits plan.



Convenient Rally Coach App

Set goals, track your progress, and connect with a weight loss coach, right in the app. Sync wearable devices and third-party apps, too.



Online Coaching

Get support and guidance every step of the way. Join virtual group sessions led by a coach.



Healthy Resources

Access a digital library full of practical tips, recipes, and workouts. Get a Real Appeal Success Kit delivered right to your door, too.

Get Started Now at

pinellascounty.realappeal.com

Have your health insurance ID card handy when enrolling.

3 tips to feel more confident about losing weight.

Be realistic

Focus on small, achievable changes, so you can experience feelings of success more often.



Keep a learning mind-set

Accept that setbacks will happen and approach challenges with an open mind.

Track successes

Make a list of accomplishments, then add to it daily, to focus on what's going well.



Read "How to Make Healthy Habits Stick" on the back for other practical tips.

RALLY/COACH™

Real Appeal is offered at no additional cost to members as part of their medical benefits plan, subject to eligibility requirements.
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