

To Your Health

Human Resources
Helping U Succeed

Pinellas County Wellness Program - *Wellness for Life*

PHYSICAL | EMOTIONAL | SOCIAL | FINANCIAL

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

JAN 2021

The Health Plan Premium: How It Affects You and What's New in 2021

Earn a preferred health plan premium and save \$500 in the upcoming year by completing a biometric screening and health survey.

We are committed to the well-being of our employees. Improved employee health helps you and your family enhance your quality of life and keep insurance costs down.

Each calendar year, we ask employees to complete two important steps — the biometric screening and health survey.

What's new in 2021

There are [very important changes to getting a biometric screening this year](#). The new, more streamlined method ensures the correct lab work is completed and confirmed in Rally. Results will also automatically populate into the lab question portion of the Rally health survey (you will still need to complete the entire survey). The new procedure requires employees to get the biometric screening using only one of the following two ways:

1. Go to Rally and make a Quest lab appointment directly through the site, show up for the screening, and you're done! (preferred method)
2. Go to Rally and download a physician form, call your doctor and ask them to order the lab work. After you've done the lab work, visit your doctor to discuss the results and have them fill out and sign the form. Once you sign the form, return to Quest through Rally to upload or fax the form. For instructions on the form, see [page 2 of the FAQs](#).

Once your screening results are loaded, **the final step is to complete the Rally health survey**, which, based on biometric screening results and a variety of lifestyle questions, provides actionable steps to maintain or

[Continued on page 4.](#)

Start Your New Year with a Positive Outlook

Happy New Year! I don't think truer words have been spoken.

Over the holidays, I took stock of 2020 (see ya!) and thought about what I want 2021 to look like for me. I can say with absolute certainty that despite it all, there was still much joy to be had last year, for which I am truly grateful. I also know without a shadow of a doubt that this year is going to be amazing. I know this not because I have a crystal ball or excel at Ouija board, but because I will it to be so.

Before you relegate my rosy outlook to the world of unicorns and rainbows, hear me out.

Adopting a positive outlook is the best gift we can give ourselves. The expectation of good things impacts happiness, the ability to achieve goals, and health. Merely the act of expecting good things naturally directs focus on the positive, rather than on the negative.

This doesn't mean life will go exactly according to plan or bad things won't happen. It simply means

[Continued on page 4.](#)



INSIDE

[Page 2](#) Your Heart: An Owner's Manual; Wellness Center Hours

[Page 3](#) Show Your Heart Some Love In February; Gut Health; Virtual Tobacco Cessation Classes Beginning January, 2021; Behind the Belly Button Webinars; Join the Challenge: Stepping Into Your Health 2021; Wellness Incentives: What's New in 2021?; 'Color the Year' Goals

[Page 4](#) What's a Biometric Screening?; Recipe: Scrambled Egg Burrito

[Page 5](#) This New Year, It's Time for a New Approach

[Page 6](#) Employee Assistance Program (EAP)



Your Heart: An Owner's Manual



Your UHC
Nurse

Amy

By Amy Hertog, RN, BSN,
Clinical Nurse Liaison

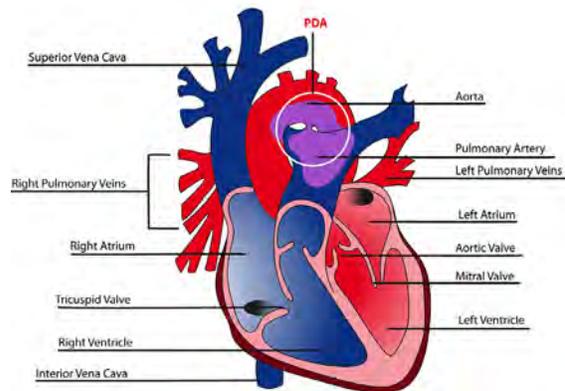
Even though Wear Red Day is on February 5th this year, every day is “heart day.” Your heart, which weighs less than one pound, is an amazing engine! This fist-sized organ beats about 100,000 times and pumps around 2,000 gallons of blood in a single day. In that time, the 6 quarts of blood in your body circulate an equivalent of 12,000 miles.

Let's review the heart's anatomy.

The **cardiac muscle**, unique to the heart, squeezes to pump blood to other organs. Like other muscles, it needs exercise to keep it strong. Aim for at least 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity (or an equal combination of both) each week.

Blood flows through four **chambers**. It enters the right atrium and passes through the right ventricle. The right ventricle pumps the blood to the lungs where it picks up oxygen. The oxygenated blood is brought back to the heart by the pulmonary veins which enter the left atrium. From the left atrium, blood flows into the left ventricle. The left ventricle pumps the blood to the aorta which will distribute the oxygenated blood to all parts of the body.

Four **valves** keep blood flowing in the correct direction. These valves include the mitral valve, tricuspid valve, pulmonary valve and aortic valve.



Each valve has flaps (leaflets or cusps) that open and close once during each heartbeat.

Coronary arteries deliver the heart's own blood supply, which carries oxygen and nutrients needed for it to stay healthy and function normally. Over time, coronary arteries can get clogged due to various problems. For example, plaque buildup from cholesterol, fattening foods, and tobacco use block coronary blood flow, which can cause a heart attack.

The **electrical conduction system** ensures the heart maintains an even beat rhythm. Special groups of cells called nodes control electrical impulses. The SA (sinoatrial) node generates an electrical signal that causes the upper heart chambers (atria) to contract. The signal then passes through the AV (atrioventricular) node to the lower heart chambers (ventricles), causing them to contract, or pump.

To learn more about heart health and how it impacts you and your loved ones, please see join me in

February for the UnitedHealthcare Healthy Heart Webinar ([see page 3](#)).

Healthy Heart Personal Wellness Coaching is available to employees who are on the County's health plan. Call Optum at (800) 478-1057 and select option 2. Schedule phone calls with a Wellness Coach at a time that is convenient for you.

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

February is Heart Month

Raise awareness about heart health and urge those around you to prevent heart disease. #OurHearts are healthier together.

National Wear Red Day® – Friday, February 5, 2021

Send your Wear Red photos to wellness@pinellascounty.org by February 18 and you'll see it in the March issue.



Mark Your Calendar: Wellness Activities for You

Show Your Heart Some Love In February

In honor of Heart Month, tune in to Nurse Amy's **Healthy Heart Webinar**. Learn more about cardiovascular disease, risk factors, heart attack warning signs, and heart disease prevention strategies. Click on one of the links below to register.

[Tuesday, February 9, 1:00 - 2:00](#)

[Friday, February 12, 12:00 - 1:00](#)

[Wednesday, February 17, 12:30 - 1:30](#)



Gut Health

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

Register for one of these one hour webinars by clicking a link below.

[Tuesday, Jan. 12, 11:30 a.m.](#)

[Wednesday, Jan. 20, 1:00 p.m.](#)

[Thursday, Jan. 21, 12:30 p.m.](#)

Behind the Belly Button Webinars



Virtual Tobacco Cessation Classes Beginning January, 2021

If you attested "Yes" to tobacco use at Annual Enrollment you must complete a tobacco cessation class by March 31, 2021 to avoid a \$500 premium surcharge.

To register for a Zoom virtual class series, call the local Tobacco Free Florida agency, Area Health Education Center, at (813) 929-1000.

Currently scheduled:

- Tuesdays, 12:00 to 1:00 p.m.
Jan. 12 - Feb. 2, 2021
- Thursdays, 1:00 - 2:00 p.m.
Jan. 21 - Feb. 11, 2021

View [Tobacco Premium](#) information for FAQs and other options.



Join the Challenge: Stepping Into Your Health 2021

Committed to making healthy changes in 2021 but not sure how? Join the 8-week walking/whole health challenge January 25 through March 19. This individual challenge combines walking and other healthy habits.

Registration opens January 19. [See the flyer](#) for more information.



Wellness Incentives: What's New in 2021?

Participate in healthy activities to achieve your wellness goals, and earn up to 50,000 reward points or \$200 cash.

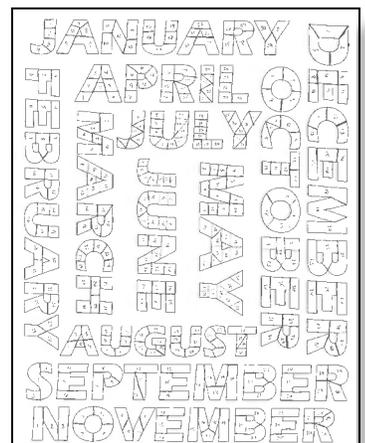
There are new missions offered in Rally related to exercising, checking blood pressure, sleeping, and eating.

Check out the 2021 Wellness Incentives [Activities and Rewards Chart](#) to learn more.



'Color the Year' Goals

Make this year bright. Choose a habit (new or existing) and color each day you complete it. Workouts, drinking water, eating a veggie, anything goes. Your 2021 is certain to look bright at the end of the year! [Click the image](#) to get your own copy to print.



improve your health status. *(This information is strictly confidential and is not shared with Pinellas County).*

What's a biometric screening?

The biometric screening is a combination of measurements and lab work that provides vital health information. Being aware of these numbers, and taking action to improve them if needed, can help keep you healthy by preventing or improving certain health conditions such as heart disease and diabetes.

For more information:

[View the Biometric FAQs](#)

[Log in to UHC](#)

Contact Wellness at wellness@pinellascounty.org or call (727) 464-4049.

Wellness Center Hours

Monday, Wednesday and Friday
5 a.m. to 2 p.m.

Tuesday and Thursday
11 a.m. to 7 p.m.

Read the [Important Wellness Center Reopening Information](#).

We have resumed [orientations](#), by appointment only. Contact Wellness at wellness@inellascountry.org or 464-4049.

that we expect more good things will happen than bad. It's finding the silver lining, even when the dishwasher breaks at the worst time (but is there ever a good time, really?).

Optimism boosts confidence, which increases the likelihood of achieving goals. For example, if this is the year you finally commit to "Couch to 5K," a positive attitude can hedge your bets that you'll get up off the couch and do it. And, even if you only get to 2.5K? Silver lining: You went further than the couch.

Living on the sunny side of life also brings health benefits. In [two studies](#) involving over 100,000 participants, researchers found that positive people have lower risks of heart disease, stroke and heart attacks. They also tend to engage in healthy behaviors such as eating fruits and veggies and exercising.

Even if you don't consider yourself an optimist by nature, try identifying when you have a negative thought and practice turning that thought into a positive one. You don't have to live on the sunny side of life full-time, but even a bit of sunshine helps.

"Keep your face to the sunshine and you cannot see a shadow." Hellen Keller, author



realappeal Scrambled Egg Burrito

This dish is quick enough for a weekday morning yet satisfying enough for a weekend breakfast. Choose mild, medium or hot salsa depending on your personal preference.

Ingredients

- cooking oil spray
- 1 tablespoon diced onion
- ¼ cup canned black beans (preferably low sodium or no-salt-added), drained and rinsed
- 1 egg scrambled
- 1 whole-wheat tortilla (about 8 inches in diameter)
- 2 tablespoons salsa, preferably with no more than 85 mg sodium per 2 tablespoons
- 3 tablespoons mashed avocado
- ½ cup plain nonfat or low-fat yogurt (regular or Greek)

Nutrition Facts (per serving)			
Calories	377	Total Fat	7g
Protein	25g	Saturated Fat	0.7g
Carbohydrate	60g	Cholesterol	15mg
Dietary Fiber	10g	Calcium	639mg
Total Sugars	16g	Sodium	168mg

Directions

1. Place a large heavy bottom skillet over medium heat. Spray with cooking spray and add onion. Cook, stirring constantly, for 2 minutes.
2. Reduce heat to low and add beans and egg. Cook, stirring constantly, until eggs are cooked, about 3 minutes.
3. Place egg mixture on tortilla, top with salsa, avocado and yogurt.
4. Roll tortilla and serve.



This New Year, It's Time for a New Approach

[5 Ways to Feel More Confident About Losing Weight](#)



Set Yourself Up for Success This Year

What makes weight loss resolutions more likely to stick? Having all the tools, resources, and support you need to take small steps for lasting change — with Real Appeal®.

Helping You Stay on Track

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.



Online Convenience

Set goals, track your meals and activity, stream expert-led workouts, and access hundreds of recipes — all on the Real Appeal app.



Personalized Support

Communicate 1:1 with an online coach to discuss your specific health goals and circumstances.



Motivational Resources

Join live sessions with a community of members to learn practical tips for meal prepping, cooking meals with fewer calories, and more.

Get Started Now at

pinellascounty.realappeal.com

Use these tips to form healthy habits that stick.

Stack your habits

Tie new habits to existing ones. Try a one-minute meditation with your morning coffee.



Start small

Take a daily walk at the same time, eat an apple, or do one pushup for starters.



Reward yourself

Listen to audiobooks while walking, or watch a cooking show on the treadmill.



Read "Understanding Your Eating Triggers" on the back for more healthy holiday ideas.



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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*Real Appeal is a program on Rally Coach™ is offered at no additional cost to members as part of their medical plan benefits, subject to eligibility requirements.



Employee Assistance Program (EAP)

EAP can help you manage stress, find the right daycare, draft a will, cope with the death of a loved one, and so much more, at no cost, 24/7.

What services are provided by EAP?

1

COUNSELING

- ▶ Assessment and short-term counseling
- ▶ Issues related to work, family, personal matters, grief, substance abuse, stress, depression, anxiety, etc.

2

WORK-LIFE

- ▶ Parenting, childcare and eldercare
- ▶ Services such as handyman, lawn care, moving, etc.
- ▶ Educational resources from preschool to adult including financial aid, school selection, and alternative learning

3

LEGAL

- ▶ Free 30-minute attorney consultation per issue and 25% reduction in fees
- ▶ Wills, family law, consumer disputes, collections, estate settlement, divorce, etc.

4

FINANCIAL

- ▶ Two free calls with a licensed financial planner
- ▶ 25% discount for preparation of tax documents
- ▶ Retirement planning, debt, budgeting, investment, etc.

Who's eligible?

All permanent employees, their dependents, and those residing in the eligible member's home, regardless of whether they are enrolled in the County health plan.

How much does it cost?

There is no cost for up to **6 free visits** per issue per year per person.

Is it confidential?

Yes. All services and records are completely confidential.

Are virtual visits available?

Yes. You can talk with someone face-to-face, by phone, or by video (virtual visit).

How do I start?

Call Optum to speak with a specialist when needed—24 hours a day, 7 days a week. They will identify the best resource to assist with your personal situation.

(866) 374-6061

www.liveandworkwell.com

access code: PINELLAS

To learn more visit: www.pinellascounty.org/hr/eap



OPTUM®



12/29/20

