



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.

FEB 2021

Important Details and Guidance on the New Biometric Screening Process

By Jane Grannis, Wellness Manager

Biometric Screening Process Toolkit

- Register for a [live info session](#) this Friday, Feb. 5, 12:00 to 12:45 p.m. The session will clarify the process, explain the reasons for the change, walk through a demo, and provide answers to questions.
- Bookmark the [biometric screening webpage](#) with links to FAQs, Rally Help Guide, Rally Quick Guide to Verify Completion, and more.

You've probably heard that there is a new biometric screening process this year. Active employees on the County Health plan are **eligible for a \$500 preferred premium in 2022 if they complete a biometric screening and Rally health survey by December 31, 2021** unless they fall under one of these exemptions on page 1 of the [FAQs](#). As with any change, it can be confusing understanding the new process.

For your convenience, we are sharing some top questions here as well.

What is the easiest way to get my screening completed? The simplest way to get your screening done is to make an appointment with Quest through Rally (watch the video or follow the steps on page 8 of the [Rally Help Guide](#).) This process is paperless.

Is Quest my only option for the bloodwork? No. It's fine to use another in-network lab such as LabCorp instead of Quest. For this option, download and print the Physician Results Form and have the doctor who ordered the lab work complete the form. For instructions on how to download and submit your form to Quest, please reference the [Rally Help Guide](#) (beginning on page 12).

Can I still go to a convenience care clinic such as Walgreens or CVS?

Yes. For this option, download and print the Physician Results Form and have the clinic technician complete the form. For instructions on how to download and submit your form to Quest, please reference the [Rally Help Guide](#) (beginning on page 12).



Jane

Will I be double charged if I get labs done through my doctor and use the Quest Diagnostics option (Option 1) to get my screening done at Quest? No, the screening at Quest is always free (provided you follow the steps on page 7 of the [Rally Help Guide](#) to make an appointment through Rally/Quest), even if your doctor has ordered other lab work.

Are LabCorp and Baycare still in network for my other labs? Yes, these labs are in-network for any lab work your doctor has ordered.

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COVID-19 Vaccinations: How Do They Work?



Your
UHC
Nurse
Amy

By Amy Hertog, RN, BSN,
Clinical Nurse Liaison

COVID-19 vaccinations are now being given in phases to certain segments of the population. While the process of immunizing an entire population will be challenging, this is a good time for each of us to **prepare** for the eventuality of receiving this important vaccination.

There are 2 types of FDA authorized COVID-19 vaccinations. One is based on using mRNA to induce an immune response, and the other is based on using a viral vector to induce an immune response.

COVID-19 mRNA Vaccines

The mRNA vaccine delivers an instruction for a cell to make a harmless “spike protein.” At no time does the mRNA enter the nucleus of the cell and therefore, does not affect or interact with our DNA.

Our immune systems recognize that the protein doesn’t belong there and begins building an immune response and making antibodies.

COVID-19 Viral Vector Vaccines

Viral vector vaccines use a modified version of a different virus (the vector) to deliver important instructions to our cells. For COVID-19 viral vector vaccines, the vector (**not** the virus that causes COVID-19, but a different, harmless virus) is used. The vector enters a cell and uses the cell’s machinery

to produce a **harmless** “spike protein.” At no time does this affect or interact with our DNA.

Once this spike protein is on the cell’s surface, the immune system is triggered. The body begins producing antibodies and activating other immune cells to fight off what it thinks is an infection.

Other COVID-19 Vaccines

Please note that other COVID-19 vaccines based on either mRNA or viral vector technology are still in the trial phases as of January 22, 2021. Other manufacturers may eventually receive FDA authorization for those vaccines.

Side Effects

In clinical trials, most side effects were mild to moderate and manifested within 7 days of getting the vaccine. The most common side effects have been pain, swelling, redness, chills, tiredness, and headache. This is not unlike the types of reactions that are seen with other vaccines (for example, flu vaccinations).

If you’ve had an allergic reaction to ANY VACCINE, consult your doctor regarding the COVID-19 vaccine.

Following Up After a Vaccination

Some COVID-19 vaccines require two separate vaccinations. If you receive a COVID-19 vaccination that requires two shots, it will be important that you return to the provider for the second vaccination.

Following a COVID-19 vaccination, you will still need to adhere to the current safety precautions — face masks, hand washing, social distancing, avoiding crowds, etc.

Share of Cost

During the public health emergency period, the vaccine has \$0 cost-share for UnitedHealthcare members — no matter where you get it. For more questions on COVID-19 related coverage or costs, sign in to your health plan account or call the number on your health plan ID card (888) 478-4752.

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

COVID-19 Vaccination Resources

Visit our [COVID-19 for County Employees](#) page for these links and more:

- [Pinellas County vaccine information](#)
- [CDC vaccine information](#)



Mark Your Calendars: Wellness Activities for You

Behind the Belly Button Series

Here's what employees are saying about the Gut Health webinar:

I learned from experience about the importance of a healthy gut. Several years back I had stomach issues and was in pain. My doctor prescribed medication to help, but after two years, I still wasn't better. Eventually I looked for a new doctor, who is a proponent of gut health. Your webinar touched on some of the subjects. In my case I followed his diet and after a short period of time my gut was not hurting, and I had more energy. Thank you for another excellent topic, your hard work and research.

Joe Fernandez, Pinellas County Solid Waste Department



Want to learn more?

Gut Health

[Watch the video](#) to uncover the mysteries of the gut and learn ways you can improve your own gut health.

Digestion and Nutrient Absorption

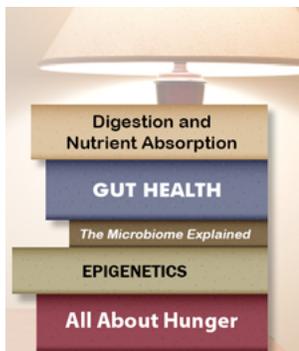
[Watch the video](#) for a closer look at how digestion works to break down food to usable forms of energy, vitamins and minerals and how they're absorbed into the body.

The Microbiome Explained

The third in the five-part series will start in March. Registration is coming soon.

Other Wellness Class Videos

There are many videos of past Wellness classes available for you to watch online, such as *The Stress Proof Brain*, COVID-19 webinars, and *Cooking from the Roots*. They can be accessed at [Wellness Classes](#).



Bone Health Webinars

Presented by Health Bones Tampa Bay

Build and keep your bones healthy and strong for life.

Beginning on February 22, the Wellness Program is sponsoring 4 webinars over 3 months. Get practical tools and tips on maintaining strong bones; learn simple exercises you can do at home to improve balance, strength and flexibility; and find out how to prevent broken bones.

- Healthy Bones for Life
- Eating for Healthy Bones
- Stepping Out Strong
- Posture Power

[View the flyer](#) for more information and for links to register.



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.

Select a date and click the link to register:

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

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

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



Announcing the 2020 Maintain Campaign Winners!

The annual favorite, **Maintain Campaign**, combines teamwork and healthy habit challenges to help employees maintain a healthy weight through the holidays. We've all made it through the holidays and 2020, and three teams came out on top. Congrats for a job well done!

This Maintain Campaign had 15 teams and the first and second place teams scores differed by only 6 points.

First Place: Head Over Meals (Laura Albenzio, Nancy Dickman, Tiffany Meacham, Derelynn Revie)

Second Place: Golden Girls (Wendy Isaacs, Natasha Kinsley, Shannon St. Jean, Jemera Hollis)

Third Place: Cast-A-Weighs (Tiffany Panier, Sasha Perez, Cyndi Watkins, Rebecca Wayne)

Congratulations!

First Place: Head Over Meals



Back: Laura Albenzio, Derelynn Revie Front: Nancy Dickman and Tiffany Meacham

Second Place: Golden Girls



L to R: Wendy Isaacs, Natasha Kinsley, Shannon St. Jean, Jemera Hollis

Third Place: Cast-A-Weighs



Tiffany Panier

Sasha Perez-Book

Cyndi Watkins

Not pictured: Rebecca Wayne

Complete the Tobacco Cessation Class by March 31!

Virtual Tobacco Cessation Classes in February and March

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 p.m. to 1:00 p.m.
Feb. 16 - March 9
- Fridays, 12:15 - 1:15 p.m.
Feb. 26 - March 19

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



One of the many benefits of being on the County health plan is access to free programs such as Real Appeal. If you are looking to adopt a healthier lifestyle, incorporate good habits and lose weight, consider [joining Real Appeal](#), which is free to employees and spouses/domestic partners on the County health plan.

How Better Habits Helped a Mom Drop 60 Pounds

Christina Shahan is a supervisor at work, and a mom at home. “I’m always having to worry about being in charge of others,” she says. Like so many caregivers, she found it difficult to find time for self-care. “I’m very bad about taking care of myself,” she says. “I let my body and the food I was eating control who I was.”

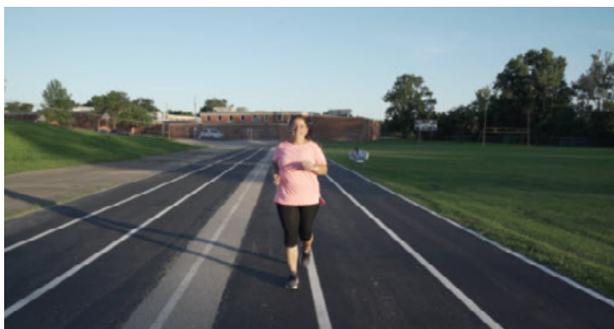
When Shahan weighed in at 220 pounds, she knew it was time to make a change. “I never wanted to be at that point again,” she says.

So last year, through her employer, MTM, a non-emergency medical transportation company, she joined Real Appeal®. With her health insurance benefits, Shahan was able to sign up for Real Appeal at no additional cost.

Real Appeal provides accessible weight loss tools, exercise videos, 24/7 access to health coaches, and more. Recently, the program celebrated a major milestone: Collectively its participants have lost three million pounds.

With the help of Real Appeal, Shahan dropped 60 pounds in six months. Not only has the program transformed her health, it’s changed her mindset, too. “I go into work feeling more confident,” she says, “and come home feeling more confident. It’s been amazing.”

Want to see more of Shahan’s inspiring story and find out how she’s sharing her success with her family? [Check out the video.](#)



Enjoy this heart-healthy recipe from the American Heart Association

Slow Cooker Mexican Chicken Soup

This entrée soup has all the makings of traditional Mexican cuisine, highlighting the flavors of cilantro, lime, tomatoes, and chili powder. Enjoy with corn tortillas.

Ingredients

- 1½ pounds boneless, skinless chicken breast halves, all visible fat discarded
- 1 pound baby carrots
- 1 medium onion, chopped
- 1 medium potato, peeled and chopped into 1/2-inch cubes
- 1 medium bell pepper (any color), chopped
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1 8-ounce can no-salt-added tomato sauce
- Juice from 1 medium lime
- 1 tablespoon chopped fresh cilantro
- 2 teaspoons cumin
- 2 teaspoons chili powder
- 4 medium garlic cloves, minced
- 1 teaspoon salt
- 1 teaspoon pepper
- 4 cups fat-free, low-sodium chicken broth

Directions for Cooking

If frozen, thaw the bag in the refrigerator overnight. Pour the contents into a slow cooker. Stir in the broth. Cook, covered, on low for 6 to 8 hours, or until the vegetables are tender and the chicken is no longer pink in the center. Just before serving, transfer the chicken to a cutting board. Using two forks, shred the chicken. Transfer the chicken to the slow cooker, stirring to combine.

Directions for Freezing

In a large bowl, stir together all the ingredients except the broth. Transfer the mixture to a 1-gallon resealable plastic freezer bag. Lay the bag flat in the freezer.

Nutrition Facts	
Calories	232
Total Fat	3.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	1.0 g
Cholesterol	73 mg
Sodium	592 mg
Total Carbohydrate	22 g
Dietary Fiber	4 g
Sugars	10 g
Protein	28 g

Dietary Exchanges
1/2 starch, 3 vegetable, 3 lean meat

National Day of Unplugging is March 5 – 6

From Unplug Collaborative

TVs, phones and tablets put information at our fingertips at lightning speed. In many ways, this enhances our lives. However, there are multiple downsides to too much screen time.

Stress and Mood: Constantly checking news and social media can create unnecessary stress. Get the information you need from reputable sources and turn the news off.

Social Connection: Social media and technology allow us to connect with people from near and far, a huge benefit during the pandemic. However, posting on various social media platforms and texting can replace connecting with people on a more personal level. Even though we can't visit with friends and family in person, we can still spend quality time with those at home, or face-to-face time on Zoom, Skype, or FaceTime.

Sleep: LED screens emit blue light. The human eye reads this light wave as daylight, making it harder to fall asleep and to achieve deep sleep. Turn off screens at least an hour before bed (and yes, that includes Zoom and FaceTime!).

Healthy Weight and Disease Risk: If you're spending time on a screen, you're less likely to be physically active, putting you at a higher health risk and weight gain.

On the [National Day for Unplugging](#) (March 5-6 for 24 hours) pledge to unplug from all of those screens and find more than [50 other fun things to do](#) with all of that extra time!



Wellness Center Update

Current Hours

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

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

Safety Measures and Limitations

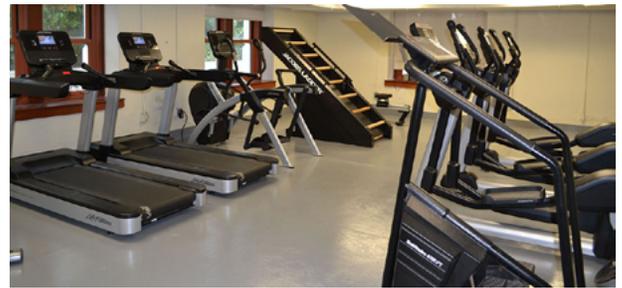
See the [Important Wellness Center Reopening Information](#).

Orientation

To schedule, use the [Orientation Sign-up](#).

Questions?

Contact Wellness at wellness@pinellascounty.org or 464-4049.



EAP

Free Mediation

Get a 30-minute consultation at no charge with a professional mediator by phone or face-to-face for child custody, separation, estate settlement, etc. with the Employee Assistance Program. Visit www.pinellascounty.org/hr/EAP.



Got Back Pain?

If you missed the Back to Basics learning series, you can still take advantage of the valuable resources and tips for a pain-free back, including the videos and workbook. Check out our [back health resources](#).

