

To Your Health

PHYSICAL



EMOTIONAL



SOCIAL



FINANCIAL



AUG 2021

Don't Wait. Get Your Biometric Screening Now! NEW and Improved Process in 2021

1... 2: Invest in You!

- Step 1. Biometric Screening
- Step 2. Health Survey

If you're an active employee on the County Health plan, you are eligible to save \$500 on your premium in 2022 if you complete a biometric screening and Rally health survey by **December 31, 2021**. Please note that there are exemptions, listed on page 1 of the [FAQs](#).

Before you go, make sure to familiarize yourself with the two options available to you, and the steps for the option that best suits your needs.

What is the easiest way to complete my screening?

The easiest way to complete your screening is to make an appointment with Quest Diagnostic Lab through Rally. [Watch the video](#) or use the [Quest Lab Cheat Sheet](#). This process is paperless.

Is Quest the only lab option?

No. You may use LabCorp or any other in-network lab. Download and print the [Physician Results Form](#), have the doctor order the lab work and complete the form once results are available. Watch the [video](#) or use the [Physician Results Form Cheat Sheet](#). See page 12 of the [Rally Help Guide](#) for full instructions.

Can my doctor combine additional tests with the order for biometric screening?

Yes. Ask your doctor for one lab order that includes biometric screenings tests and any other tests they wish. Schedule your lab work at the lab of your choice. *Note: Download the physician form from Rally/Quest but do **not** use the appointment scheduler in Rally. Go to the lab's website.*

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

Yes. Download and print the [Physician Results Form](#) and have the clinic technician complete the form. Use the [Physician Results Form Cheat Sheet](#) for instructions on how to download the form. For visual instructions, use the [video](#) or page 12 of the [Rally Help Guide](#).

See what your fellow employees had to say about the new process, on [page 3](#).

Before You Go

- [NEW Quest Lab Cheat Sheet](#)
- [NEW Physician Results Form Cheat Sheet](#)
- [NEW Biometric Screening Process video](#)
- [Rally Help Guide](#)
- [Biometric Screening and Health Survey FAQs](#)
- [Biometric Screening and Health Survey web page](#)

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Situation	Quest Lab/ Rally	Physician Form	Notes
You want the fastest process	✓		Use Rally to make appointment.
Doctor wants additional blood work		✓	Doctor writes lab order. Do NOT use Rally to make appointment.
You want to go to a different lab		✓	Doctor writes lab order. Do NOT use Rally to make appointment.
You want to use CVS, Walgreens or other convenience clinic		✓	Visit the clinic of your choice. Do NOT use Rally to make appointment.

Understanding Variants and COVID-19



Your UHC Nurse

Amy

By Amy Hertog, RN, BSN,
Clinical Nurse Liaison

All viruses, including the virus that causes COVID-19, evolve over time. When a virus makes copies of itself, it sometimes changes a little bit. These changes are called “mutations.” A virus with one or more new mutations is referred to as a “variant” of the original virus.

Think of using a copier machine and making a large volume of copies. Sometimes, one of those copies may turn out to be unlike the other copies—it may be smudged or off center. That one copy is a “variant” of the others.

When a virus circulates widely in a population and causes many infections, the likelihood of the virus mutating into a variant increases. The more opportunities a virus has to spread, the more it makes copies of itself. As more copies are made, there are more opportunities to create variants.

Going back to the copier machine example, the copies were distributed, including the copy that was smudged or off center. But one person received the copy that was

smudged or off center and then made more copies for distribution. The variant copy is then passed along to others.

Most virus mutations have little to no impact on the virus’s ability to cause infections and disease. But depending on where the changes are located in the virus’s genetic material, they may affect its properties, such as transmission (it may spread more or less easily) or severity (it may cause more or less severe disease).

The Delta variant of COVID-19 has achieved both the efficiency to become highly transmissible and the ability to cause more severe symptoms. Alpha, Gamma, and Beta are other problematic variants of COVID-19.

To stop a virus from mutating and becoming even more problematic, vaccinations are a helpful tool.

The COVID-19 vaccines that are currently in use provide some protection against new virus variants. This is because the vaccines create a broad immune response involving a range of antibodies and cells. **The best way to protect yourself and others from the virus—whatever the variant—is to [get vaccinated](#).**

(Sources: [COVID Vaccine and New Virus Strains | University of Maryland Medical System \(umms.org\)](#), <https://www.who.int/news-room/feature-stories/detail/the-effects-of-virus-variants-on-covid-19-vaccines>, [About Variants of the Virus that Causes COVID-19 | CDC](#))

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

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New Biometric Screening Employee Testimonials

Every year I get my biometric screening done as soon as possible to avoid any issues. This year I read about the new process, and I won't lie, I was a little annoyed.

I logged onto the Quest Site through a link listed on the [HR website](#), and was able to pick a location and time that worked with my schedule.

At Quest, since I had preregistered for my appointment, the tech knew exactly which tests I needed. I was done within a few minutes and that was it.

My results were automatically entered into the Rally system within a week or two, so I just had to log in and answer the rest of the survey questions.

I also really liked that there was no doubt about whether the right tests were being completed. In the past, my lab work had not been done properly which caused problems. All in all, the new process was quick and efficient.

Leena M. Delli Paoli

Court Registry Specialist, Civil Court Records Representative, Employees' Advisory Council

The process was super easy! Log into Rally (I used the app) to book your appointment at a Quest Diagnostics. You can choose which location. I didn't take any paperwork, just told them I was with the Pinellas County Tax Collector doing my annual bio-screening. About two weeks later, I got my results by mail from Quest, and when I went to input my results into Rally, it was already there! Couldn't have been easier! I'd like to point out that when I went a couple of months ago, they were requiring masks and limited seating, so everyone might want to check before they go to see if that is still the case.

Melody Hurley

Tax Technician II, Gulf to Bay Branch

I used the Quest Diagnostics option. It was seamless. I was able to schedule an appointment online for a convenient time and location, and was in and out within 30 minutes. The results showed up on my UHC portal soon thereafter. Super easy.

Catherine Eichner

Section Manager, Solid Waste

WELLNESS CHAMPION SPOTLIGHT

Rebecca Cheek, MBA

Inspector General I
Clerk's Office

Every department has a [Wellness Champion](#) that helps to communicate important wellness events, reminders and updates, as well as support you. They do amazing work and we'd like for you to get to know them!

How long have you worked for Pinellas County?

4 months

Tell us a little about yourself.

I was a Paratrooper for 5½ years in the U.S. Army-82nd Airborne Division, then completed the remainder of an 8 year tour of duty with the Army Reserves for 2½ years. I learned about the importance of a healthy lifestyle and really became passionate about it.

Why did you want to serve as a Wellness Champion?

I wanted to become a champion for our division because co-workers asked me about my workouts and other general wellness information. I saw that everyone here is so busy, including myself, and I wanted to motivate them to change their lifestyle for the better.

What do you do to take care of yourself?

I call my workouts "Regular People Workouts." I'm not a trainer, but I'm persistent. I mix up my schedule by doing both HIIT strength and cardio sessions. You may be able to spot me running over the Clearwater Bridge sometimes! I really love our Clearwater Wellness Center. It is so awesome and has everything you need!

Other things that help me mentally and emotionally are that I typically take my lunch out by the water or just simply walk to nearby eateries. It really clears my mind and gives me a fresh start for the rest of the afternoon.



Rebecca's before and after photos.



Mark Your Calendars: Wellness Activities for You

Financial Well-being Webinar: Financially Fit Kids

Learn how to live and teach financial values to your kids so they too can be fiscally fit for life. Invite your spouse or partner to join us for this virtual session, **August 11, 12:00 p.m.** [View the flyer](#) to register.



Tobacco Cessation Programs



To avoid a tobacco premium of \$500, employees on the Pinellas County health plan who use tobacco have between August 1, 2021 and March 31, 2022 to complete a qualified tobacco cessation program. The premium does not apply to spouses.

[Tobacco cessation program options](#) include virtual and in-person classes from **Tobacco Free Florida's Group Quit.**

Series completed between August 1, 2021 and March 31, 2022 will qualify for the 2022 premium waiver.

Current Classes

Virtual: Tuesdays, 12 to 1:00 p.m. August 10 - 31

In-person: Tuesdays, 7:00 - 8:00 a.m.
August 10 - 31,
Mosquito Control, 2100 118th Ave. N.,
Clearwater

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

See [additional resources](#) for quitting.

Cook Along Kitchen Series: Cooking to Boost Your Immune System

Fight disease with food!
Learn to prepare foods that help fortify your immune system.

August 17, 12:30 p.m. [View the flyer](#) to register.



Miss Your Mammogram Last Year?

Early detection saves lives.
Get scanned now.

Walk-ins and spouses/domestic partners are welcome. The Advent Health mammography bus returns in August. These dates are still available.

Human Services, St. Petersburg, **August 6,**
8:30 a.m. to 2:30 p.m.

Animal Services, Largo, Tuesday, **August 10,**
8:30 a.m. to 11:30 a.m.

Public Works, Clearwater, Tuesday, **August 10,**
1:00 p.m. to 3:00 p.m.

STAR Center, Largo, Thursday, **August 26,**
9:30 a.m. to 3:30 p.m.

To schedule your appointment, [view the flyer](#).



Garden4Life Pollinator Gardening Webinar



Pollinator gardens are easier than growing vegetable gardens! And these gardens are not only beautiful, but 75% of all food crops in the US depend on pollinator animals such as insects, birds and others, making them important to our food and eco systems. **August 12, 12:00 p.m.** [View the flyer](#) to register.



Mark Your Calendars: Wellness Activities for You (continued)

Dementia Awareness Webinar

Dementia is an umbrella term for 200+ different types of illness (including Alzheimer's) that affect the brain. Join Human Services' Jane Muhrlin to learn more about dementia and how to be Dementia Caring. She will also share resources. **August 13**, 12:30 p.m. and **August 23**, 12:00 p.m. [View the flyer](#) to register.



Building Immunity Webinar

A healthy immune system protects your body from harmful substances, germs and cell changes that could make you ill. Join UHC Nurse Liaison Amy Hertog for this one-hour webinar to learn how it works, how you can best care for your immune system, and maintenance tips. **August 20**, 12:00 p.m., and **August 25**, 1:00 p.m. [View the flyer](#) to register.



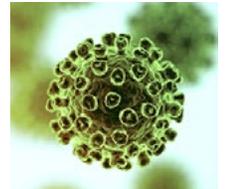
Create a Healthy Lifestyle!

Sign up for a Healthy Lifestyles Webinar featuring Moffitt Cancer Center Educators who will share information, tips and lifestyle recommendations to help keep you well. **August 18**, 11:30 a.m., and **August 27**, 12:30 p.m. [View the flyer](#) to register.



COVID-19: Employees in a Heightened Emotional State Webinar

Presented by Optum (Employee Assistance Program), learn how to lower emotional distress related to COVID-19 and create an action plan to manage your feelings. **August 19**, 12:00 p.m., and **August 27**, 12:30 p.m. [View the flyer](#) to register.



Enjoy a Night Out at the Ball Park, August 7!



Enjoy a Fun Night Out at the Ballpark!

BayCare Ballpark • 601 N. Old Coachman Road, Clearwater

Saturday, August 7
6:30 p.m. Game
5:00 p.m. Gates


vs


Bradenton Marauders Clearwater Threshers

Enjoy a fun night out at the ballpark with family, friends, or co-workers at a discounted rate!

\$14 per person
(ages 4 & under are FREE)

Your tickets include:

- Seating in the Hot Corner Cafe
- All You Can Eat and Drink from 5:00 - 7:30 p.m. (hot dogs, hamburgers, cheeseburgers, peanuts, popcorn, chips, ice cream sandwiches, soft drinks and bottled water)
- \$2.50 draft beer from 5:00 - 7:30 p.m.

For tickets and info:
Dan Madden
(727) 712-4403

Pinellas County has arranged this discounted rate for employees. No strings - just grab your tickets and have fun!

Tickets can also be purchased the day of the game at the "will call" window. Just show your County ID to get the special rate.



Enjoy post-game fireworks!

7/1/21



August Blood Drives

Wednesday, August 11, 11:30 a.m. - 2:15 p.m.
Tax Collector, Mid County, 13025 Starkey Rd., Largo

Thursday, August 19, 9:00 a.m. - 1:30 p.m.
STAR Center, 7887 Bryan Dairy Rd., Largo

Thursday, August 19, 12:00 - 5:00 p.m.
Public Works, 22211 US 19 N., Clearwater

Thursday, August 26,
11:00 a.m. - 4:00 p.m.
Courthouse, 315 Court Street,
west parking lot, Clearwater



The [Employee Voice Survey](#) is open. You received an email on August 2 from Empact Solutions via SurveyMonkey with your individual survey link. Please complete the anonymous survey by August 20 at 5:00 p.m. Help to make Pinellas County a great place to work.



Employee Voice
Your Voice Matters.



School is Cool - Get Ready!

August is a busy time for families preparing for the beginning of the new school year. Parents find themselves with a long list of to-do's. We are sharing a few helpful resources and reminders. We hope you find them helpful. Most importantly, don't forget to tend to your family's emotional well-being.

Join us for the [COVID 19: Prepare for Return to School](#) webinar. If you can't make it, we will be making the video recording available for all employees. Additionally, our EAP website, www.liveandworkwell.com provides all kind of family support beyond school. You do not need an account or password, simply type in Pinellas in "Browse as Guest."

Back to School Sales Tax Holiday July 31 - August 9

Learn more from the [Florida Department of Revenue](#).



Don't Forget Those Peepers!

If your kids haven't had their eyes checked in the last several years, now's a great time to learn about your

[County vision benefits](#) and make an appointment.

BayCare Sick Child Care

When the kids are under the weather and you have to work, what's a parent to do? Rainbow Recovery may be the answer.

Rainbow Recovery on Jeffords Street in Clearwater is a hospital-based, sick-child care program sponsored by Morton Plant Mease Health Care. The program is for children, ages 3 months to 13 years, who are too ill to attend regular day care or school. At Rainbow Recovery, children receive plenty of TLC from a specially trained staff. The program follows strict infection control protocols. Medical attention can be obtained quickly in case of an emergency.

Reservations are required and are limited. View BayCare's [Rainbow Recovery web page](#) for more information.



COVID-19: Prepare for Return to School Webinar



When school reopens, things may be different. It is normal for parent and kids to be anxious. This program will teach you how to communicate with your children to face the uncertainty and prepare. **August 6**, 12:00 p.m. and **August 10**, 12:30 p.m. [View the flyer](#) to register.



Involve Children in Emergency Planning

Check out page 7 in Pinellas County's Hurricane Preparedness Guide, [How Kids Can Help](#).

CDC Guidance for COVID-19 Prevention in K-12 Schools

With the increased incidence of the Delta variant infections, the CDC has updated the guidance for fully vaccinated people. They now recommend universal indoor masking for all teachers, staff, students, and visitors, regardless of vaccination status.

[View the web page](#).

FSA Dependent Care

A Flexible Spending Account (FSA) is a great way to save money on your taxes! Your contributions are deducted from your paycheck before you are taxed and set aside to be used for qualifying expenses. This year, a Dependent Care FSA can be used to pay for qualified child care expenses for your children up to age 14 and you can contribute up to \$5,000 per year. The Consolidated Appropriations Act (CAA) changed the rules for 2020 and 2021. Anything you contributed last year or this year that you do not use can be rolled over to the following year. The CAA also allows you to enroll or change your contribution at any time during 2021 without a qualifying event. You can find more information [on our website](#), or you can call Benefits at (727) 464-3367, option 1.





Caregiver Corner

Being a Caregiver

By Mary Sault, Human Resources

One of the hardest things a person will ever have to do is care for a sick, injured or dying loved one.

For last 3-4 years of her life, I was solely responsible for every aspect of my mother's care—from the physical to the financial. It was far more difficult than I would have ever expected. While continuing to work full time, I became her personal shopper, her driver, her minder and her medical advocate.

People think dementia is basically just “being forgetful.” In reality, the person slowly disconnects from the real world. At first, they may realize what is happening (and are mortified), but as they progress, they no longer understand it.

Behavioral changes are dramatic. My mother hallucinated, felt threatened, was disoriented and became easily agitated and suspicious of everyone.

She no longer resembled the mother I had known all of my life. Her decline broke my heart and changed me.

After a particularly upsetting incident, the nursing staff said my mother needed to be transferred to memory care immediately. I had to mobilize my resources (friends), find a home for her beloved cat, rush to move what little we could take (and find a home for the rest), and SOMEHOW figure out a way to tell my mother.

Caregivers have to be vigilant and instantly available whenever their loved one needs something. It's emotionally and physically exhausting. You feel compassion, love, duty and want to do and be everything. (You can't.) And it's normal to also feel angry, frustrated, frightened, and just plain sick of it. You sometimes get angry and resentful. **It's very important for caregivers to forgive ourselves.**

Taking care of yourself is important. My needs went unmet and self-care was hard for me. It was far easier to sit, eat comfort foods and isolate. After 4 years, it became my new normal and I found, after my mother passed, that reversing those habits was hard.

It's VERY important to **find the right place for them and for you.** Thankfully, her new home was close to mine and the staff was skilled, compassionate, and gave her wonderful care.

On a positive note, in her last days, there was comfort and relief via the wonderful hospice staff. It was also very helpful that mom had end of life matters in hand well before she became ill. And for myself, during her illness, I found work to be calming and fulfilling and my coworkers a blessing.



**Madonna Ptak Center for
Alzheimers and Memory Loss**

Please join us for a Caregiver Support Group

August 5, 6:00 p.m. – 7:00 p.m.

Arden Courts

300 Highland Ave., Largo

(in-person & must wear a mask)

August 16, 1:00 p.m. - 2:30 p.m.

Virtual. [Join the meeting](#) via Zoom.

[Sign up to receive emails](#) pertaining to local dementia events and caregiver resources.

Additional Family Resources

Get help for all kinds of [parenting](#) support on our EAP website, www.liveandworkwell.com.

- Autism Spectrum Disorder
- Avoiding Tobacco, Drugs and Alcohol
- Blended Families
- (Cyber) Bullying
- LGBTQ Youth
- Single Parenting
- Special Needs
- Violence

Additionally, everyone living in your household (including children away at college, extended family or employees not on the County health plan) is entitled to 6 free EAP sessions per issue per year with a professional counselor. Call anytime, 24/7 for confidential help. We all need a little support sometimes! Call (866) 374-6061.



Wellness Center Orientations

To access the Wellness Center, schedule an orientation by using the [Orientation Sign-up](#).

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



Green Beans with Garlic

Ingredients

1 large chopped onion
1 Tbsp olive oil
1 pound fresh or frozen green beans
7 cloves garlic, minced
¼ tsp salt



Instructions

In a large nonstick pan, sauté onions in olive oil until soft, about 3 to 4 minutes. Add beans, garlic and salt. Continue cooking for 2 to 3 more minutes. Add ¼ cup of water, cover and steam until beans are tender. Drain off excess liquid, if any.

Makes 4 servings.

Nutrition Information Per Serving

Calories 88
Fat 4 g
Saturated fat 1 g
Cholesterol 0 mg
Protein 3 g
Carbohydrates 13 g
Fiber 4 g
Sodium 155 mg

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 464-4049.

