

To Your Health

PHYSICAL



EMOTIONAL



SOCIAL



FINANCIAL



JAN 2023

Getting Started With Exercise

By Shannon Parks, MPH, RD, CPH, Cigna Nutrition Health Coach



Shannon Parks

With a new year upon us, many people are shifting their focus away from the food-filled holidays to establishing an exercise routine and becoming more physically active.

[CDC data](#) states that less than 47% of adults met guidelines for cardiovascular activity, while fewer than 25% of adults met guidelines for both cardiovascular and muscle-

strengthening activity.

Whether you're brand new to exercise, or looking to increase activity, choosing the right activity is key. Look for activities that you enjoy and fit your lifestyle to increase the likelihood of sticking with them for the long term. When choosing an activity, consider things like:

- Whether you'd prefer being active by yourself or with others
- Whether you'd like to be outdoors or indoors
- What time of day you prefer being active
- Interest in taking classes or getting instruction in learning a new activity
- How much money you're willing to spend on expenses related to the chosen activity (such as membership dues or equipment needed)
- Whether you prefer more structured exercise or day-to-day activities

Once you've settled on an activity, it's time to set your

goals – both short- and long-term. Short term goals are those achievable in the coming days to weeks (i.e. buying new shoes to start your Couch-to-5k program), whereas long term goals can take weeks, months, or longer (i.e. running a 5k without stopping).

Next, think about anything that might get in the way of your success, which we call barriers. Set realistic expectations. Start slow. If you're new to physical activity, or just getting back into the swing of things, going full force can quickly lead to a lack of desire to keep going. Rather than jumping in head-first, take time to slowly incorporate physical activity into your routine, aiming to increase the amount each week. Thinking about your barriers beforehand helps create space and time to plan for how to deal with them if they do crop up.

I invite you to join our 8-week [Stepping Into Your Health](#) personal journey (see [page 6](#)), which begins on January 30th. Registration is open.

Weekly Activity Recommendations:

- 150 minutes of moderate-intensity OR 75 minutes of high-intensity aerobic activity
- 2 or more days of muscle strengthening activity

[CDC Physical Activity](#)

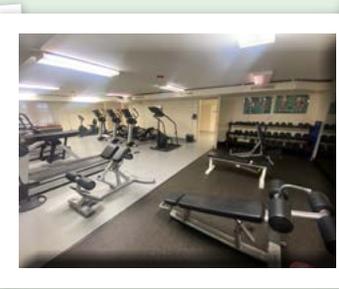


Cigna Nutrition Health Coach [Shannon Parks](#) provides coaching on nutrition and wellness.

Did You Know?

Our Wellness Center has over 5,900 square feet of state-of-the-art equipment!

Continued on [page 2](#)



2022: A Year In Review



It was a busy year:

- The Wellness Program offered **96 different programs** across all four pillars of well-being. Many were offered multiple times; that's **over 188 occasions** to take care of yourself and your loved ones!
- We **partnered with respected organizations** to enhance program variety: Advent Health, Moffitt Cancer Center, BayCare, IFAS Extension, Publix, RCM Financial Coaching, OneBlood, Pinellas County Human Services, and the Employee Assistance Program (EAP).
- Employees benefited from all kinds of **opportunities to improve their health and well-being** including Cooking on a Budget, Growing a Vegetable Garden, Joyful Movement, Stress Management, Wellness for Women, Finances for the Single Life, and Planning for Retirement.
- In partnership with AdventHealth for the Mammo Bus and BayCare for Employee VIP Mammography Days at their Morton Plant and Carillon locations, **we offered mammography screenings to 238 participants.**
- **Onsite flu and vaccine clinics** were held at 5 locations this year and 253 employees took advantage of the benefit.

Inside

- 3** It's Never Too Early to Make Your Wishes Known, 2023 Biometric Screening and Health Assessment
- 4** Wellness Activities & Classes:
 - Achieving Balance
 - Heart Healthy Snacks
 - Clear Space. Clear Mind.
 - Stepping Into Your Health Challenge
 - BayCare Mammogram Days
 - Weekly Breaks
- 5** The Nation Goes Red on Friday, February 3, On-Site Blood Pressure Clinics, Check Out Employee Discounts
- 6** Stepping Into Your Health Challenge
- 7** Longevity Noodles Recipe, Largo Parks and Rec Expo
- 8** Wellness Champion Spotlight: Traci McPherson, Blood Drives, Tobacco Classes
- 9** Omada for Cigna: Get Healthy Your Way
- 10** Group Fitness Classes

The Clearwater Wellness Center Has Over 5,900 Square Feet of State-of-the-Art Equipment

Seven rooms house a variety of cardio and circuit machines, as well as functional training and small equipment. We also offer [group fitness classes](#). The center is open 24/7 and is free to all employees, retirees, and volunteers upon completion of an orientation. [Sign up](#) now. For a full list of Wellness Center equipment and to view the two additional satellite locations, visit the [Wellness Center](#) webpage.



It's Never Too Early to Make Your Wishes Known

By Brittany Hartup, BSN, RN, Cigna Nurse Health Coach



Brittany Hartup

You may be familiar with the terms “advanced directives,” or “living will,” but, do you know what they are and why they are important? [Advanced directives](#) is an umbrella term for a living will and durable power of attorney for healthcare. Even if you aren't elderly or sick, having these legal documents in place to make sure you receive the type of care that respects your wishes and dignity is very important.

A living will is like a roadmap for healthcare providers if you are dying or permanently unconscious and unable to make decisions regarding your treatment. These decisions can include whether or not you want CPR, to be on a ventilator, and to be provided nourishment and hydration through a feeding tube. A living will also contains information about the comfort care measures you want at the end of your life.

A durable power of attorney (POA) for healthcare, sometimes referred to as a representative, surrogate, or agent, is someone legally documented to make medical decisions on your behalf. They would only be consulted if you were unable to make any decisions for yourself. A POA can be used in place of, or in addition to, a living will. Choose someone you trust who will respect your values and wishes, such as a spouse, family member, lawyer, or friend. Speak with them to make sure they are willing to take on the responsibility.

Other types of legal documents that are considered advanced directives include a Do-Not-Resuscitate (DNR)

order, organ donation, and even brain donation.

The plans you put in place do not have to be permanent. Should something change in the future, you can always revise your advanced directives. Once you've made your decisions and completed the legal paperwork, share your advanced directives with a few people you trust. Let them know where to find copies of the paperwork should something happen, and even consider providing them with their own copy. While these conversations might feel unnecessary or uncomfortable, they're essential to respecting your wishes, dignity, and value when you are unable to protect them yourself.



The County has several resources for help with planning and wills. Your Employee Assistance Program offers legal consultations that can assist you with will documents. Call (800) 862-3557, option 4 to get started. Our new voluntary benefit, the [Legal Assistance Plan](#), offers a wide range of legal services, including wills and estate planning. If you did not enroll in this plan during Annual Enrollment, you may add it during the year if you have a [qualifying life event](#), or at the next Annual Enrollment this fall.



Cigna Nurse Health Coach [Brittany Hartup](#) provides coaching on preventing and managing chronic conditions.

Wellness Incentives

The [Wellness Incentive Program](#) offers employees and their spouses/partners the opportunity to improve their wellbeing and earn rewards up to \$200 cash or 50,000 points. There are no changes in 2023. Options include:

- Preventive Screenings (such as your annual physical)
- Social Health and Wellness Apps and Activities
- Flu Shot
- Health Coaching
- Omada for Cigna Program
- Chronic Condition Care Coordination
- Maternity Support

Please keep in mind that your rewards default to points every year. If you would like cash in your paycheck instead of points, follow the five easy steps in the [Cash Election Help Guide](#). Once made, this selection will remain in effect for the remainder of the calendar year. Incentive rewards (points or cash) are processed semi-annually.



January Wellness Webinars

Achieving Balance



[Register now](#) for a 45-minute webinar on **January 19 at 12:15 p.m.** You will learn simple strategies to restore harmony and balance and achieve a healthy, balanced life by managing time, energy, health, relationships, and goal setting.

Heart Healthy Snacks



[Register now](#) for a 45-minute Cook Along Kitchen webinar on **January 25 at 12:15 p.m.** Shannon Parks shows how to satisfy your snack cravings by preparing two heart healthy snacks: fruit salsa and buffalo white bean hummus.

Clear Space. Clear Mind.



[Register now](#) for a 1-hour webinar on **January 20 at 12:15 p.m. or January 24 at 12:45 p.m.** Explore the connection between clutter and mental well-being. Get strategies to declutter so you can focus on your passions and bring peace into the new year.

January Wellness Events

Stepping Into Your Health Challenge



[Sign up](#) for an 8-week walking/whole health personal journey from **January 30 to March 26.** This is an individual journey; choose your own path, run your own race. Start where you are and set personal weekly goals. At the end of 8 weeks, enjoy a sense of pride and satisfaction from your accomplishment! You will receive your own fillable worksheet and journey guide the week before the challenge begins.

BayCare Mammogram Days New Date Added!



It's not too late to take advantage of BayCare's VIP Mammo Days. Due to popular demand, an additional date is available. A 3D mammogram screening is covered at 100% as an annual preventive screening for women age 40 and older. This event is open to employees with insurance, as well as covered spouses. [Make an appointment](#) today to get screened. Susan Cheek Needler Breast Center, Clearwater. **January 16, 2 – 6 p.m.**

Wellness Weekly Breaks: Just 15 Minutes a Day

Meditation Mondays



Pop in [every Monday](#) morning and/or afternoon for a 15-minute guided live meditation. Register now for either the **morning (9:00 a.m.), afternoon (3:00 p.m.), or both sessions.**

Decompress to Stress Less on Wednesdays



Join Onsite Nurse Health Coach Brittany [every Wednesday](#) for 15 minutes to enjoy word games, trivia, stretching, and more to give your brain a break. Register for **9:00 a.m., 2:30 p.m., or both.**

Friday Stretch



Sitting for long periods of time can play havoc with your posture and health. Pledge to move more by dropping in [every Friday](#) at **10:00 a.m.** to take a quick 15-minute stretch wherever you are.





NATIONAL WEAR RED DAY®

IS FRIDAY, FEBRUARY 3, 2023

Wear red and be one step ahead.

Mark Your Calendar: Wear Red on Friday, February 3

Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States. The first Friday each February, American Heart Month, the nation comes together, igniting a wave of red from coast to coast. From landmarks to online communities, neighborhoods to news anchors, this annual groundswell unites millions of people for a common goal – the eradication of heart disease and stroke.

On February 3rd, ignite your department’s wave of red by sending us a photo of you and your peers sporting the color. Working remotely? No problem! Send us a screenshot of your virtual meeting. Email your photo to wellness@pinellas.gov and we’ll share it in the next newsletter.

Onsite Blood Pressure Clinics: Schedule Yours Today



When was the last time you checked your blood pressure? What can you do if it’s high? Do you have questions about how to improve your blood pressure?

Elevated blood pressure is called

the “silent killer” because there’s no way to know if we have it unless we check it. Consistently monitoring your blood pressure is one of the best ways to catch rising numbers so that you can make some changes to

prevent heart disease. During American Heart Month in February, we are offering free blood pressure screenings!

Supervisors and managers: Act now to schedule a free blood pressure clinic at your workplace in February. Cigna Onsite Nurse Health Coach [Brittany Hartup](#), BSN, RN will provide blood pressure readings, guidance, and resources as needed. Email Brittany to [request a clinic](#) as part of your staff meeting or at another convenient time. The event time and length can be tailored to your department’s needs.

Check Out Employee Discounts

The Employee Advantages program from YouDecide offers employees discounts for everything from pet insurance to event tickets. Whether it’s your first time or it’s been a while, check out their platform, which offers new discount categories, easy navigation and search tools, and is mobile friendly. All regular

employees, regardless of whether or not they are enrolled in the medical plan, are eligible.

View [Employee Discounts](#) to learn more.





Stepping Into Your Health

Committed to making healthy changes in 2023 but not sure how to get there? **Step into your health** with an 8-week walking/whole health personal journey from **January 30 to March 26.**

Cool Fact

Depending on stride length, 2,000 steps equates to 1 mile.



Cool Fact

People who write down goals are 20% more successful in accomplishing them.

How do I sign up?

Sign up using the [Stepping Into Your Health registration form](#). You'll receive your worksheet and journey guide the week before Stepping Into Your Health begins.



What's in it for you?

- ◆ New Year's resolution success
- ◆ Renewed pep in your step
- ◆ Improved physical health
- ◆ Great sense of accomplishment
- ◆ Immense pride sticking to a goal

What type of challenge is it?

- ◆ This is an individual journey; choose your own path, run your own race. Start where you are and set personal weekly goals. At the end of 8 weeks, enjoy a sense of pride and satisfaction from your accomplishment!

What's the program like?

- ◆ Simple! When you sign up, you'll receive your own fillable sheet where you will set your weekly goal and fill in your steps.
- ◆ Flexible! Get your steps in on your own time.
- ◆ Fun!



Physical | Emotional | Social | Financial



新年快乐
HAPPY
CHINESE
NEW YEAR
2023
YEAR OF THE RABBIT

Longevity Noodles



The first day of the Chinese New Year always begins on the day that the new moon appears between the 21st of January and the 20th of February. This year, it begins January 22nd. There are many traditions and dishes during the 16-day celebration.

Longevity noodles date back to 157 B.C. - 87 B.C. and are said to bring health, luck, and prosperity in the new year. The Han Dynasty's Emperor Wu believed that people with long faces generally lived longer. The longer the face, the longer the life. Since that time, long noodles have been used as a metaphor for longevity, as long as you don't cut them when you eat them!

For ingredients, check the international aisle or a well-stocked Asian market. Recipe adapted from GrantourismoTravels.com.

Ingredients

- 16-20 oz. Chinese egg noodles (such as lo mein)
- 1 teaspoon sugar alternative
- 1 teaspoon salt
- 2 tablespoons light, low sodium soy sauce
- 1 tablespoon dark soy sauce
- 2 tablespoons oyster sauce
- 1 tablespoon sesame oil

- 1 tablespoon avocado or olive oil
- 5 shiitake mushrooms, thickly sliced
- 1/2 cup bean sprouts, blanched
- 1 bunch of green scallions, sliced
- 1/2 bunch of chives, minced

Directions

1. Bring a large pot of water to boil, then boil Chinese noodles according to package instructions. Do not overcook them! Drain completely and set aside.
2. Dissolve sugar and salt in a tablespoon of the boiling water, then combine with soy sauces, oyster sauce, and sesame oil, and set aside.
3. In a large saute pan or wok, heat the avocado or olive oil, and stir fry the mushrooms, chives, and scallions for 2-3 minutes.
4. Transfer the noodles to this pan, along with the sauce mixture, and stir fry for 1-2 minutes until well incorporated and combined, taking care to not break the noodles.
5. Serve immediately and enjoy!

Yield: 4 servings

Nutritional information per serving:

Calories 152 calories, Total fat 5 gm, Protein 6 gm, Carbohydrate 22 gm, Dietary fiber 3 gm

Largo Parks and Rec Expo

Through our partnership with City of Largo Parks and Recreation, employees can take advantage of discounted membership pricing.

Now is your chance to try out over 70 different classes for FREE by attending the Largo Recreation Expo through January 14.

View the [Recreation Expo Calendar](#) for a list of events.

Pinellas County employees enjoy [gym discounts](#) to other local municipal recreation centers, as well as discounts on local fitness facilities through YouDecide.



WELLNESS CHAMPION SPOTLIGHT

Traci McPherson

Clerk of the Circuit Court

Every department has a [Wellness Champion](#) who 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?

I have worked for Pinellas County Clerk of the Circuit Court for 8 years.

Tell us a little about yourself.

I live in St. Petersburg and keep up with a variety of activities. My favorite is watching college football. I am a War Eagle (Auburn

University) fan. This year, football season did not go as planned, but I have faith in my team for next year's season. Other activities I enjoy are fishing, walking, and baking. I am a wife and mother of a 14-year-old daughter, 7-year-old daughter, and a 4-year-old son.

Why did you want to serve as a Wellness Champion?

It is an honor to be part of a team that promotes healthy behaviors. I am willing to be involved in sharing information, encouraging, and motivating my peers/leaders to lead a healthier life.

What do you do to take care of yourself?

I have vowed I was going back to eating like my grandmother taught me. It's hard, but I realize the outcome of being healthier is absolute. My daily attempt is to improve my energy and concentration levels. I am on a vitamin regimen, as well as incorporating more walks, taking stairs, drinking more water, and practicing gratitude.

Upcoming Blood Drives



Did you know that one blood donation can save up to three lives? You can donate whole blood, red blood cells, platelets or plasma. Please consider donating! Walk-ins are welcome or [schedule an appointment](#).

- **Public Works**
22211 U.S. Hwy. 19 North, Clearwater
January 20, 12:00 p.m. to 5:00 p.m.
- **Solid Waste**
3095 114th Avenue North, St. Petersburg
January 25, 8:00 a.m. to 12:00 p.m.
- **STAR Center**
7887 Bryan Dairy Road, Largo
January 26, 9:00 a.m. to 1:30 p.m.
- **Utilities**
14 S. Fort Harrison Avenue, Clearwater
January 9, 11:00 a.m. to 4:00 p.m.

Tobacco Users – Time is Running Out!

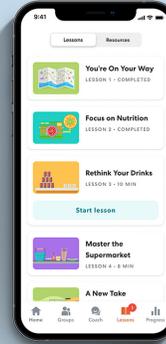


To avoid a tobacco premium of \$500, employees on the Pinellas County health plan who use tobacco have until March 31, 2023 to complete a qualified tobacco cessation program. The premium does not apply to spouses. If you would like to complete a class prior to the deadline, make sure to sign up for one of the [available class options](#), including Cigna Health Coaching and virtual classes from Tobacco Free Florida. Call Tobacco Free Florida, at (813) 929-1000 or use the new [online registration form](#).

- Tuesdays, 11:30 a.m. to 12:30 p.m., January 24, 31, February 7, 14
- Wednesdays, 12:15 to 1:15 p.m., Feb 1, 8, 15, 22
- These are the **last classes offered prior to the deadline:** Thursdays 12:30-1:30 p.m., Feb 23, March 2, 9, 16



Get healthy your way



Create lasting change with Omada® for Prevention.
All at no additional cost to you.

What you'll get with Omada:

- ✓ A plan built around you
- ✓ Dedicated health coach
- ✓ Wireless smart scale
- ✓ Interactive weekly lessons

Do what works for you

Find healthy habits and routines that work for you.

24/7 access to support

From weekly lessons to online community, get all the tools you need to face any challenge head-on.

You decide what 'healthy' means

Try new things you actually enjoy, rather than avoiding foods you "can't eat" or things you "shouldn't do."

The best part?

If you or your covered adult dependents are enrolled in the company medical plan offered through Cigna, are at risk for type 2 diabetes or heart disease, and are accepted into the program, you'll receive the program at no additional cost.

It only takes a few minutes to get started:

omadahealth.com/pinellascounty

With Omada, there's
a program for you



Weight loss &
overall health



The Omada® program is administered by Omada Health, Inc., an independent third party service provider. All Cigna® products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company or its affiliates. The Omada® program is not administered by Cigna. It is administered solely by Omada Health, Inc. which is responsible for the program.

January 2023 Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday
			6:30 to 7:10 a.m. Walk & Talk (Outdoor) Shannon 1/5, 1/19, 1/26 (no class 1/12)
12:15 to 12:45 p.m. Core & Balance Shannon 1/9, 1/23, 1/30 (no class 1/16)	12:15 to 12:45 p.m. Spin No Spin class until further notice. Stay tuned.		
	5:15 to 6:15 p.m. Solely Strength Janan 1/3, 1/10, 1/17, 1/24, 1/31	5:30 to 6:30 p.m. Urban Line Dancing Jolanda 1/4, 1/11, 1/18, 1/25	5:15 to 6:15 p.m. Yoga Kelli 1/5, 1/19, 1/26 (no class 1/12) Step 'n' Sculpt Lisa 1/12 

Classes are held at the [Wellness Center](#), 324 South Fort Harrison Ave., Clearwater.

Pre-Registration Required

- To sign up, visit [Fitness Class Registration](#).
- Sign up opens one week before class.
- Registrants who do not show up for class within 5 minutes of start time will lose their spot.
- If a class is full (8-person limit), you can wait on standby and join the class if a spot opens up.
- If unable to attend, cancel your registration or email wellness@pinellas.gov.

Class Descriptions

Core & Balance (30 minutes): An all-level workout to strengthen mid-body muscles which help maintain range of motion and a healthy back.

Solely Strength (1 hour): An all-level workout that focuses on building endurance, strength, lean body mass, bone strength and decreasing body fat.

Spin (30 minutes): *Class temporarily canceled.* Thanks for your patience while we look for a new instructor. Stay tuned!

Step 'n' Sculpt (1 hour): *Weekly class canceled.* Keep your eye out for pop-up classes. Get your heart rate up with step cardio, tone your core and abs using a variety of equipment, and show your muscles some love with a feel-great stretch.

Urban Line Dancing (1 hour): Fun dance class suited for all levels that's an excellent stress reducer, muscle toner and leg strengthener.

Walk & Talk (40 minutes): Start your day off on the right foot by walking and talking with Shannon, your [Cigna Onsite Nutrition Health Coach](#). Get your steps in while discussing nutrition, healthy lifestyles, and being the best version of yourself. Meet inside the Wellness Center at the front desk.

Yoga (1 hour): All fitness levels are welcome. Take a pause in your day and roll out your yoga mat. Recover from stress and develop strength and flexibility in this smooth yoga flow that unites breath and movement and ends with a deep, relaxing stretch.

Bookmark the [Group Fitness Class Schedule](#).

