

To Your Health

PHYSICAL



EMOTIONAL



SOCIAL



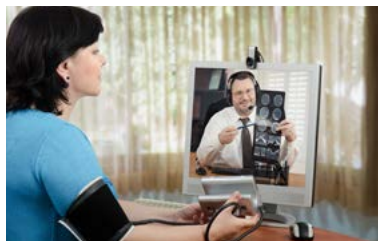
FINANCIAL



JUNE 2023

Dispelling Virtual Care Myths

By Jane Grannis, Wellness Program Manager



Although telemedicine has been around for some time (yes, waaay before COVID-19), until 2020, most of us either didn't know about it or wouldn't have considered using

it. Enter the pandemic and a whole new virtual age. Although the technology already existed, for most of us, what we'd never considered doing on the computer or phone before became our new normal.

Cigna makes virtual primary care, urgent care, dermatology, mental health counseling, and even dental consultations available through [MDLive](#) and other online platforms. Accessing care from anywhere saves time away from work, drive time, long office waits and sitting in a waiting room with sick people, and many are available 24/7/365. It's also a great way for someone who is unlikely to go see a traditional doctor to find a primary care physician or seek care for other issues.

Perhaps the biggest game changer is virtual [Employee Assistance Program \(EAP\)](#) and [behavioral health counseling](#). If you've ever tried to find a therapist, you know how frustrating it is. Many are only available during work hours, aren't accepting new patients or can't schedule a first appointment sooner than six weeks from now. In addition to MDLive, there are other counseling and EAP platforms available, making finding the right therapist fast and less stressful.

Despite its benefits, for some, there's still hesitation to try it. If that's you, let's dispel some virtual care myths.

Myth #1 — Difficulty getting an accurate diagnosis without being physically present.

Virtual providers are trained to ask the right questions about current health and medical history. For example, patients who schedule virtual wellness visits with a primary care physician on MDLive complete a medical history questionnaire, and any lab work needed is done

ahead of time so it can be discussed at the appointment. If the provider feels a physical exam is needed, they let the patient know. Virtual dermatologists will ask you to upload a photo of the problem area.

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NATIONAL MEN'S HEALTH

A W A R E N E S S M O N T H

J U N E



What You Need to Know About Men's Health

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



Shannon Parks

June is recognized as National Men's Health Month, which shines light on the importance of men's health and encourages men to take care of their mental and physical health.

In 2021, the Centers for Disease Control and

Prevention (CDC) determined that the [life expectancy of men](#) is almost six years less than women, and that [13.2% of men](#) aged 18 and older were considered to be in poor health. The reasons for the poor state of men's health are both numerous and complex. Part of the equation is lack of awareness and understanding of the health issues men face (by both genders). Men also face higher stigma around physical and mental health and tend to be more reluctant than women to take action when they don't feel well. In fact, men are [24% less likely](#) than women to have visited a doctor within the last year.

The latest CDC data shows the [leading causes of death in men](#) to be heart disease and cancer. Nearly [52% of American men](#) over the age of twenty have high blood pressure and/or are taking a medication for high blood

pressure. One study found that men had a [60% higher risk](#) of dying from melanoma and other data shows they also have a higher death risk from diabetes and [COVID-19](#).

Men have a 60% higher risk of dying from melanoma than women.



Don't miss your opportunity to get a skin check right at work! Now is the time to make your appointment for the [OnSpot Dermatology Bus](#) at a worksite near you (now through September).

This June, consider doing your part to change the stigma around men's health. If you're male, take charge of your health today! Putting off doctor visits or ignoring warning signs will delay and may make treatment more difficult and expensive. If you know a male who's been putting off an annual checkup or seeing a doctor for a problem, see the box below for tips.

As always, if you're looking for help with a targeted plan to improve your mental and physical well-being, consider reaching out to me or [Lorelei](#)

[Keif](#), our Cigna Onsite EAP counselor, for one-on-one guidance, accountability, and support.



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

Friday, June 16

Wear Blue for Men's Health

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



Ways to Encourage Someone to Go to the Doctor

- Offer support
 - Help find a doctor and/or schedule the appointment
 - Make the appointment convenient
 - Offer to go with them
- Suggest virtual care (many men prefer it)
- Make a list to prepare
 - Personal and family health history
 - Questions
 - List of medications
 - Symptoms/concerns (make sure to include mental health)
- Discuss health issues ahead of time for him to feel more comfortable to talk with the doctor
- Help him prioritize health
 - Make the argument that keeping him healthy is a priority for you and his family, especially if certain health conditions run in the family
 - Putting off a doctor visit can make treating conditions more difficult and expensive



June Wellness Webinars

Getting Ready for Fall Planting



[Register now](#) for a 1-hour webinar on **June 13 at 12:15 p.m.** to learn about important tips and tricks, such as selecting the right location for your garden, in order to prepare for your own home harvest this fall.

Nearing Retirement in the FRS



[Register now](#) for a 90-minute webinar on **June 13 at 3:30 p.m.** to learn about important and practical issues to be discussed when nearing retirement such as retirement goals, income needs and sources, and budgeting.

Cook Along: Rainbow Chopped Salad



[Register now](#) for a 45-minute cooking demo on **June 22 at 12:15 p.m.** as Shannon prepares a tasty and visually appealing rainbow chopped salad and teaches you how easy and important it is to “eat the rainbow”.

Alzheimer’s and Brain Awareness Month

Alzheimer’s & Dementia Awareness



[Register now](#) for a 1-hour interactive webinar on **June 20 at 12:15 p.m.** Learn about dementia from experts and explore useful resources for caregivers and how to be *Dementia Caring*.

Brain Health Awareness



[Register now](#) for a 30-minute webinar on **June 27 at 12:15 p.m.** as Brittany explores brain conditions like multiple sclerosis (MS), amyotrophic lateral sclerosis (ALS), Parkinson’s disease, seizure disorders, and migraine disorders.

Upcoming Screenings

OnSpot Dermatology Bus

NEW Appointments open to spouses and for cosmetic services.



Upcoming dates and locations:

- Parks & Conservation Resources, **June 13**
- Public Works, **June 14**
- Justice Center, **June 16**
- Tax Collector, South County, **July 20**

Additional dates and locations available through September.

[Make an appointment](#) today! Cosmetic services offered include Botox, dermal fillers, microneedling, chemical peels, and skin care consultations. View [more information and pricing](#).

New Location

Fitness Class Moves to Parks’ Magnolia Room

Urban Line Dancing Wednesdays, 5:30 - 6:30 p.m.

Dance your way to toned muscles and reduced stress. View the [Group Fitness Classes Schedule](#) for details.

[View all current wellness classes, events, activities, screenings, and blood drives.](#)



Alzheimer's and Brain Health Awareness

Alzheimer's Dementia (AD) is the most prevalent type of dementia, especially among individuals aged 65 and older. Along with memory challenges, individuals often encounter difficulties in various cognitive functions such as finding words, visual and spatial abilities, as well as reasoning and decision-making.

Causes and risk factors:

- Deposits of amyloid and tau proteins in the brain
- Family history

- Genetics
- Poor diet
- Lack of exercise
- Health conditions (hypertension, diabetes, heart disease, obesity)



Major breakthroughs have been made with Alzheimer's Dementia prevention and treatment, but much is still unknown about the disease. Learn more about [how Alzheimer's Dementia changes the brain](#).

What Can You Do to Lower Your Dementia Risk?



Maintain cardiovascular health

Regular physical activity, a heart healthy diet, and quitting smoking can reduce your risk.



Protect your brain from physical damage

Protect your brain by wearing protective gear when engaging in contact sports or bike riding.



Stay socially connected

Volunteer, participate in community groups, or share activities with others to stay connected.



Keep your brain engaged

Play puzzles, games, try a new hobby or take a class at a local college or online to keep your brain sharp.



Maintain healthy sleep patterns

Sleep disturbances like sleep apnea may be linked to a greater risk of developing dementia. Getting enough quality sleep could help to reduce your risk.

"Water" You Having to Drink?

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



Brittany Hartup

Can you believe it's summertime again? As temperatures increase, so should your water intake. Our bodies [naturally lose water](#) through sweat, urine, sickness, and even breathing! Certain medications, like some used to treat kidney or heart problems, can cause water loss, too.

Check in with your body often to stay ahead of dehydration. If you're thirsty, you're already mildly dehydrated. Notice [other changes](#) such as dark urine, headache, fatigue, dry mouth, increased heart rate with low blood pressure, flushed red skin, muscle cramps, and chills. Replenish fluids immediately while resting inside or under shade. It takes time to restore the body and may take about 10 minutes before you see improvement. Get medical attention immediately if you experience a fever of 103° (or higher), muscle twitching, confusion, fainting, and/or stop sweating altogether as these are severe signs of

dehydration and heatstroke and can be life-threatening.

Drink water consistently throughout the day to best prevent dehydration. According to [Harvard School of Public Health](#), the familiar saying of "8 glasses a day" is likely not enough. Men should generally drink about 13 to 16 cups, while women should drink about 9 to 12 cups. Talk to your [onsite health coaches](#) or physician about what is appropriate for you as needs vary based on weight, health conditions, medications, and more.

Fluids are not created equally! Avoid drinks high in sugar and caffeine. Caffeine increases the amount of urine excreted, so limit to 180 mg (about two cups of coffee). Sports drinks advertise electrolyte replenishment; however, they are necessary only during physical activity in hot conditions for an hour or more and are unnecessary for regular activity or exercise.

So how do you make sure to drink enough?

- Fill up a refillable bottle in the morning and keep it with you all day.

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Enjoy a Fun Night Out at the Ballpark!

BayCare Ballpark
601 N. Old Coachman Road, Clearwater

Saturday, June 17, 2023

6:30 p.m. Game

5:30 p.m. Gates Open



VS.



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

\$15.50 per person

(ages 4 & under are FREE)

Your tickets include:

- Seating in the Hot Corner Cafe
- Food and drinks from 5:30 - 8:00 p.m. (hot dogs, hamburgers, cheeseburgers, peanuts, popcorn, chips, ice cream sandwiches, soft drinks and bottled water)
- \$3.00 draft beer

For tickets and info:

Dan Madden

(727) 712-4403

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

Tickets can also be purchased the day of the game at window #2 at the west box office off of Old Coachman Road. Your Pinellas County ID is not required.

Enjoy post-game fireworks!



Get Your Preventive Screenings and Earn Wellness Rewards

Be proactive about your health and earn [wellness rewards](#). Earn \$50/12,500 points for annual physical exams, dental check-ups, mammograms, colonoscopies OB/GYN exams and pap test.

We make it easy with onsite screenings! So far this year, employees made **379** appointments at our onsite dental clinics, dermatology bus and mammogram bus, and the year isn't over.

- **111** Jet Dental exams
- **216** OnSpot Dermatology bus appointments
- **52** mammograms on the mammogram bus

If you would like to take advantage, [OnSpot appointments](#) are available at various locations now through September. The mammogram bus returns in August and Jet Dental returns this fall.

"If you are like me, your own health and wellness tends to fall to the bottom of the priority list and routine screenings and maintenance tend to get skipped over – sometimes for several years. This year I have had the privilege to participate in dental care with Jet Dental, a skin cancer screening with OnSpot, and a mammogram with the mobile mammography bus. All have provided excellent services with very knowledgeable and professional staff while being exceptionally convenient. Thank you to the wellness folks for helping us take care of our health!"

- Melissa Kennedy, County Attorney's Office

A Day in the Garden

At the beginning of May, the Wellness Program hosted its second Harvest Talk and Tour gardening class. Employees enjoyed a tour of Chester Ochs Community Garden and received all kinds of harvesting and gardening tips from Master Gardener Cat Stillwagon. More Garden4Life onsite events are coming in July and August, and in the meantime, attend the [Getting Ready for Fall Planting webinar](#) on June 13 at 12:15 p.m.



Donate Glasses for Good

In partnership with [EyeMed](#), our vision plan administrator, we will be collecting used glasses at collection sites across the County between July 1 and 31.

Glasses will be donated to the [Lions Club](#), who cleans them and provides them to communities in need.

EyeMed will donate \$5 to the [OneSight EssilorLuxottica Foundation](#) for every pair collected.

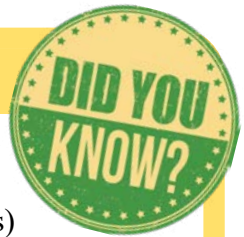
Start looking for your old pairs of glasses now!

- **DO** bring Rx eyewear, sunglasses, non-Rx glasses, sunglasses, and reader glasses
- **Do NOT** bring frames only, glasses cases, or safety glasses

New Deadline

The 2023 deadline to complete your annual biometric screening (bloodwork and body measurements) and health assessment is **November 30**.

The early deadline is due to Quest's reporting schedule and year-end processing requirements. To learn more, visit [Biometric Screening and Health Assessment](#).



- To keep track, purchase a bottle with clearly marked ounces or know how many refills are required to meet your goal.
- Track intake with a phone app.
- If you're forgetful, set an alarm on your watch, phone or calendar.

Getting bored with plain water? Try adding fresh cucumber, mint, lemon, lime, or orange slices. Herbal teas (iced or hot) are also good options because they do not contain caffeine. Some foods are [naturally water dense](#). Watermelon, peaches, strawberries, oranges, and cantaloupe boast a water content between 88-98%! Cucumbers, zucchini, spinach, bell peppers, and celery are also great choices.

Your brain, kidneys, and other organs are relying on you to keep them healthy in this summer heat. Set goals for yourself to increase your fluid and water-dense food intake to stay hydrated and healthy.



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

Tobacco Cessation Resources



Resources for Quitting

- Cigna Health Coaching
 - Onsite Coaches: Make an in-person or virtual appointment with our [onsite Cigna Health Coaches](#), Brittany or Shannon.
 - Phone: Cigna offers one-on-one phone support. To register, call (800) 862-3557 and select option 6.
 - Online Program: Complete a 28-day online Quit Smoking Program. Visit [Tobacco Premium](#) for instructions.
- Tobacco Cessation Hotline — 1-877-U-CAN-NOW (1-877-822-6669)
- [Employee Assistance Program \(EAP\)](#) — Counseling and support
- [Nicotine replacement products](#)

View [Tobacco Cessation Resources](#) for more resources.

Myth #2 — My care won't be as good because the provider doesn't know my background.

MDLive allows you to choose a primary care physician or mental health counselor that you see regularly, just like an onsite doctor, so you'll be able to build that relationship over time.

Myth #3 — The experience won't feel as personal.

Patients want to feel heard and understood whether they are in person or on a screen. Both you and the provider appear on camera, making it a more personal experience. Also, web-based providers ask the same questions as in-person doctors do, so if you feel like a doctor isn't listening, that is more likely a provider issue rather than the virtual setting.

Taking care of ourselves and our family can sometimes seem overwhelming. Virtual telemedicine can lighten the burden in many ways. That being said, not all types of care can be addressed in a digital space. To view a list of urgent care, primary care, mental health and dermatology services, visit [MDLive](#). You will need to log in to your [myCigna](#) account to make an appointment.



Magnesium

There are [10 bioavailable forms of magnesium](#) for the body and they each serve a unique purpose.

To learn more about nutrition, contact [Health Coach Shannon Parks](#).

Coming Soon: Hinge Health



Hinge Health will provide virtual exercise therapy to employees and their spouse/ domestic partner and adult dependents who are enrolled in a County medical plan. Exercise therapy will focus on prevention, recovery from injury, and chronic issues. Sign ups will be available later this month. You may enroll at any time and begin the day that you enroll.



Upcoming Blood Drives



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

- **Airport**
14700 Terminal Blvd. Street, Clearwater (in front of the terminal main entrance)
June 15, 9:00 a.m. to 2:30 p.m.
- **Clearwater Courthouse**
315 Court Street (west parking lot)
June 20, 11:00 a.m. to 4:00 p.m.
- **STAR Center**
7887 Bryan Dairy Road, Largo
June 22, 9:00 a.m. to 1:30 p.m.
- **Utilities**
14 S. Fort Harrison Avenue, Clearwater
June 14, 11:00 a.m. to 4:00 p.m.

EAP Wellness Webcast

We are pleased to offer national webcasts through Cigna EAP on **Wednesdays at 2 p.m.**



[Sign up now](#) and stay tuned for more throughout the year.

- **June 21 – Try It! Exploring New Things** – Are you in a same old, same old rut? We'll talk about the benefits of trying something new and help you discover ideas for expanding your horizons.
- **July 12 – Helping Children Cope With Traumatic Events** – When life gets scary, parents may struggle to know how to support their child. Learn how children are impacted and how to help them feel safe.



Childcare and Eldercare

Need help caring for your children or elderly parents? EAP offers directories of licensed childcare centers, family daycare homes, adult daycare, and more. Visit www.pinellas.gov/EAP.

Employee Assistance Program (EAP): Providing counseling and so much more to all Pinellas County employees.

Sun Care and Skin Safety

BayCare Presents Health and Wellness From the Experts Webinars

Wednesday, June 21, 12:00 to 12:45 p.m.

Presented by: Nupur Patel, MD

We live in one of the most beautiful places in the world and the sun is something we have to be aware of year-round.



Protecting your skin from the sun can reduce your risk of developing skin cancer, sunburn, and premature skin aging like age spots, sagging, and wrinkles. If you've had skin cancer, sun protection can reduce your risk of getting another skin cancer.

Please [register](#) in advance.

Food Trucks on Wednesdays



Connect with your co-workers during Food Truck Wednesdays at three County locations.

You can order at the truck, or pre-order up to 3 days ahead, pay and select a pick-up time using each location's unique link. The cuisine rotates each week for variety. You can also sign up for email reminders of which truck is coming each week using the links below.

Clearwater Campus

Wednesdays 11:00 a.m. - 2:00 p.m.
400 South Fort Harrison Avenue

In front of the Annex building. View the [Clearwater Campus Food Truck Schedule](#) and pre-order if desired.

Criminal Justice Center (NEW)

Wednesdays 11:00 a.m. - 2:00 p.m.
14250 49th Street North, Clearwater

Near the main entrance. View the [Criminal Justice Center Food Truck Schedule](#) and pre-order if desired.

STAR Center / Raytheon

Wednesdays 10:30 a.m. - 1:30 p.m.
7887 Bryan Dairy Road, Largo

West parking lot near Raytheon main entrance. View the [STAR Center/Raytheon Food Truck Schedule](#) and pre-order if desired.



Celebrating Caribbean-American Heritage Month: Caribbean Jerk Patty Recipe



About 90% of Caribbean-Americans [come from 5 countries](#): Cuba, the Dominican Republic, Haiti, Jamaica, and Trinidad & Tobago. Seven other countries make up the remaining 10%: Antigua & Barbuda, the

Bahamas, Barbados, Dominica, Grenada, St. Kitts & Nevis, St. Lucia, and St. Vincent & the Grenadines.

Though many different countries have influenced Caribbean cuisine over centuries, there is one shared trademark – it’s spicy! One common food in Caribbean-American culture is the Jamaican patty. Often made from beef or chicken, they can also be prepared from [callaloo](#) (a leafy green), or [ackee](#) (a fruit similar to lychee). This recipe combines flavors of turmeric, curry powder, and allspice, all of which have anti-inflammatory benefits.

Ingredients

Dough:

- 4 cups all-purpose flour, plus more for dusting
- 2 tablespoons sugar replacement, such as Stevia
- 1/2 tablespoon salt
- 1 teaspoon turmeric
- 5 ounces shortening
- 1 tablespoon apple cider vinegar
- 1 cup ice water
- 5 ounces unsalted butter

Filling:

- 1/2 medium yellow onion, chopped
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon allspice
- 1 teaspoon curry powder
- 1 teaspoon dried thyme
- 1 teaspoon ground white pepper
- 3 green onions, chopped
- 2 tablespoons parsley, chopped
- 1/2 teaspoon salt
- 2 teaspoons chili powder
- 1 lb. lean ground beef, or lean ground turkey
- 1/4 cup breadcrumbs

- 1/2 scotch bonnet pepper, deseeded and chopped (optional, for spice)
- 1 teaspoon chicken bouillon powder

Directions

Make the dough:

1. Mix flour, salt, sugar, and turmeric in a food processor, blend well. Add the butter and shortening, followed by vinegar and water in small amounts, pulse until combined and the dough holds together in a ball.
2. Place the dough on a well-floured surface. Divide it evenly into two parts and roll them out.
3. Using a large-mouth glass or bowl, about 4-5", cut out circles by gently pressing the dough and releasing it, shaping the meat patty dough. Continue cutting out circles until they've all been cut.
4. Refrigerate for at least 30 minutes or until ready to use.

Make the filling:

1. Add 2 tablespoons of oil to a saucepan, followed by onions, garlic, paprika, thyme, curry powder, chili powder, white pepper, allspice, and chicken bouillon. Let it sauté for about 2 minutes.
2. Add meat and breadcrumbs and continue cooking for 10 or more minutes, frequently stirring, to prevent burning. Then add about 1/2 cup of water.
3. Finally, add green onions and parsley and adjust for salt and pepper seasoning.
4. Remove from the heat and let it cool.

Assemble:

1. Preheat the oven to 375 degrees F.
2. Scoop a heaping tablespoon of filling into each circle, and brush with egg white around half of the circle. Fold over and twist with fingers gently to seal the edges of the meat pie. (Another way of sealing is by pressing the tines of a fork along the edges of the dough.)
3. Carefully arrange the patties on a baking sheet and bake for about 30 minutes then serve warm and enjoy!

Yield: 10 patties

Serving size: 1 patty

Nutritional information per serving:

Calories 356, Carbohydrate 44 gm, Fat 24 gm, Fiber 1 gm, Potassium 211 mg, Protein 13 gm, Sodium 567 mg



NEW

Urban Line Dancing moved to Parks' Magnolia Room in Largo

June 2023 Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
			6:30 to 7:10 a.m. Walk & Talk (Outdoor) Shannon	
12:15 to 12:45 p.m. Core & Balance Shannon	12:10 to 12:40 p.m. Cardio Bootcamp Cole	12:15 to 12:45 p.m. Spin Shirley (no class 6/7)	12:10 to 12:40 p.m. Full Body HIIT Cole	12:30 to 1:15 p.m. Restorative Yoga Shannon (no class 6/16)
	5:15 to 6:15 p.m. Solely Strength Cole	Parks' Magnolia Room in Largo 5:30 to 6:30 p.m. Urban Line Dancing Jolanda		5:30 to 6:30 p.m. Step 'n' Sculpt Lisa Pop-up class 6/9 and 6/23 only



All classes are held at the [Wellness Center](#), 324 South Fort Harrison Ave., Clearwater, except Urban Line Dancing is at Parks & Conservation Resources, 12520 Ulmerton Road, Magnolia Room, Largo.

No Registration Required - Just Show Up

Cardio Bootcamp (30 minutes): A challenging, fun, high energy class that is modifiable for all fitness levels.

Core & Balance (30 minutes): An all-level core-dedicated workout to strengthen mid-body muscles to maintain good posture, range of motion and a healthy back.

Full Body HIIT (30 minutes): Combine strength and cardio intervals, and a variety of equipment to work your entire body.

Restorative Yoga (45 minutes): A restful yoga practice that prioritizes long holds to gain a deeper stretch and emphasizes the meditative aspect of the mind-body connection.

Solely Strength (1 hour): Focus exclusively on building strength, lean body mass, bone strength and decreasing body fat in this total body strength training class.

Spin (30 minutes): A low impact cardio workout ideal for all fitness levels. Control your own resistance and speed to improve your current fitness level at your pace.

Step 'n' Sculpt (1 hour): Step your way to a healthy heart, tone your core and abs, and show your muscles some love with a feel-great stretch.

Urban Line Dancing (1 hour) (**Parks' Magnolia Room**): Dance is an excellent stress reducer, muscle toner and leg strengthener. Get moving and have some fun!

Walk & Talk (40 minutes): Get your steps in with Shannon, your [Cigna Onsite Nutrition Health Coach](#), while discussing nutrition and a healthy lifestyle.

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

