

To Your Health

PHYSICAL



EMOTIONAL



SOCIAL



FINANCIAL



AUGUST 2023

Why Biometric Screenings Matter

By Jane Grannis, Wellness Program Manager

“Why do I need to have a biometric screening?” This is a popular question this time of year as we get closer to the [November 30 deadline](#). Employees sometimes feel that it’s an inconvenience, but there are a few compelling reasons why getting screened every year is important. Unlike a cold or a muscle strain, there are health conditions we

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can’t see or feel. This annual blood work provides a peek into our health by detecting [high cholesterol](#), hemoglobin A1C and blood pressure, which are early signs of stroke, diabetes, and heart disease risk.

Changes may occur for several reasons. Genetics play an important role in our likelihood of developing these conditions, even in people who don’t smoke, drink, and are within a healthy weight range. For example, Black populations are [60% more likely to be diagnosed with diabetes](#), and 50% more likely to have high blood pressure when compared to their white counterparts. The

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Make the Biometric Screening Faster & Easier!

- Use the [Direct-to-Quest](#) option.
 - Make an appointment online at [My.QuestForHealth.com](#).
 - Get your lab work done.
 - Receive your results in 3 days.
 - No paperwork or extra trips to the doctor.
- Watch for emails from Quest on important communication and confirmation (sent to the email on your account).
- Don’t wait to get your lab results. Complete your health assessment now.
- Call Benefits at (727) 464-3367, option 1 with questions or to verify completion.
- Attend a 45-minute info session webinar.
 - [August 15, 1:00 p.m.](#)
 - [August 24, 12:00 p.m.](#)
 - [August 28, 12:30 p.m.](#)

Celebrating Wellness Month

Visit the [Wellness Program](#) webpage to learn about all the benefits available to you for physical, emotional, social, and financial wellbeing.

Also, don’t miss out on taking advantage of our *free* wellness centers. Take a look at all they have to offer (plus a sneak peek at the newly renovated Public Works Wellness Center) starting on [page 4](#).

Overcoming Picky Eating

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



Shannon Parks

As a dietitian, I meet with people regularly who gripe about picky eating. Whether it's themselves, a partner, or a child in their life, picky eating can be frustrating to manage. According to a [2020 study in the Journal of Pediatrics](#), picky eating often starts around the age of 2, and can stick around for many years after – even into adulthood. Some children who have difficulty

controlling their emotions tend to be pickier eaters than others. Furthermore, researchers found that when parents were very strict or demanding about the foods the child could or couldn't eat, the child was more likely to become a picky eater. Wherever you or your loved one fall on the spectrum of healthy eating, don't lose hope! Instead, try some of these tips below to help navigate food fights.



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

Picky Eating Info & Tips

Adults may:

- Dislike bitter/sour foods and slippery/slimy foods.
- Dislike food mixed together or touching one another.
- Experience mealtime anxiety.

Try:

- Serve foods separately.
- Skip snacks/caloric beverages so you're hungrier at mealtimes.
- Eat in a non-threatening setting.
- Start small, serving familiar favorites alongside new foods. Commit to just a few bites, giving yourself an "out" to eat other foods if you don't like it.
- Pair new foods with something you enjoy (i.e. a new veggie topped with your favorite sauce).
- Try different cooking methods.
- Find motivation to change (tension in relationships or wanting to set a good example for children).
- Consider an evaluation for ARFID (Avoidant Restrictive Food Intake Disorder) with an [in-network provider](#). If this is a chronic issue, it may lead to malnourishment.
- Seek occupational therapy if you're struggling with textures or are prone to gagging.

Children:

- Picky eating behaviors often go away by the time the child is 5, but can persist longer. They may become picky adults because of mealtime pressure or food traumas like choking, so try to stay calm and not react when they get upset or won't eat.
- Don't feel pressured to make a second meal. If they're truly hungry, they'll eat. If not, they'll wait until the next meal.
- Serve a healthy meal and let them decide how much and when to eat.
- It takes a child 9-10 or more times trying something to like it.

Try:

- Freeze small bites of different foods and use it later to avoid throwing it away. Wait a week before trying it again.
- Mix new foods with food they like.
- Let the child choose a healthy new food at the grocery store and prepare it at home.
- Let them feed themselves and offer it with another healthy option they like.



Potassium

Although bananas are a rich source of potassium, an avocado has twice as much potassium as a banana.

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

Find it Fast: HR from A to Z



Use our [A to Z Index](#) to find what you need on the Human Resources website quickly and easily. Access the A to Z link on the left-hand side of any Human Resources webpage. Let us know if you have items to add by emailing AskHR@pinellas.gov.



August and September Wellness Activities

Garden for Life Onsite Workshop



[Make Your Own Kokedama](#) – Register now for a 1-hour onsite workshop in Largo on **August 18 at 12:30 p.m.** to make a Kokedama (plant wrapped in a moss ball) to liven up your home or office.

Garden for Life Webinar



[Attractive Yards, Healthy Water](#) – Register now for a 45-minute webinar on **August 22 at 12:45 p.m.** Learn how to create and maintain attractive yards and protect your water through Florida-Friendly Landscaping™ practices.

Simplify Your Life: Onsite Class



[Less is More: Simplifying Your Life](#) – Register now for a 45-minute onsite class at Solid Waste on **August 24 at 11:00 a.m.** Learn how simplifying your life leads to more balance and satisfaction.

Financial Well-Being

Paycheck to Purpose Workshop Series



[Living Paycheck to Purpose Workshop](#) – Register now for a 4-week onsite workshop series in Clearwater on **September 6, 13, 20, and 27 at 12:30 p.m.** Create a vision of financial success, take control of your paycheck, and build wealth.

Social Security & Medicare Workshop



[Securian: Social Security & Medicare](#) – Register now for a 1-hour onsite workshop in Clearwater on **August 14 at 12:30 p.m.** Learn about important Social Security considerations when claiming this retirement income stream.

Nearing Retirement Webinar



[Nearing Retirement in the FRS](#) – Register now for a 90-minute webinar on **August 23 at 12:00 p.m.** Learn about important and practical issues that are relevant for those nearing retirement. *Registration closes August 18.*

Hydration Challenge



[“Water” You Up To? Challenge](#) – Register now for a 4-week challenge from **September 11 to October 6** to build healthy habits like limiting added sugars in drinks. *Registration closes September 13.*

Cook Along Kitchen Webinar



[Cook Along Kitchen: Kids in the Kitchen](#) – Register now for a 45-minute webinar on **August 30 at 12:15 p.m.** Join Shannon to learn how to get your children involved in the kitchen by preparing fun foods together.

Surviving Cold & Flu Season Webinar



[Surviving Cold & Flu Season](#) – Register now for a 30-minute webinar on **August 15 at 12:15 p.m.** Brittany will be discussing differences between illnesses, ways of treating them, and how to protect ourselves from them.

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





Wellness Month

August



Celebrating Wellness Month: Try Our Wellness Centers!

Ever heard the saying, “If it’s free, it’s for me”? Our wellness centers offer top-of-the-line equipment, are open 24/7 and are absolutely *free*.

We have two campuses for you to choose from:

Downtown Clearwater

345 S. Ft. Harrison Ave., Clearwater

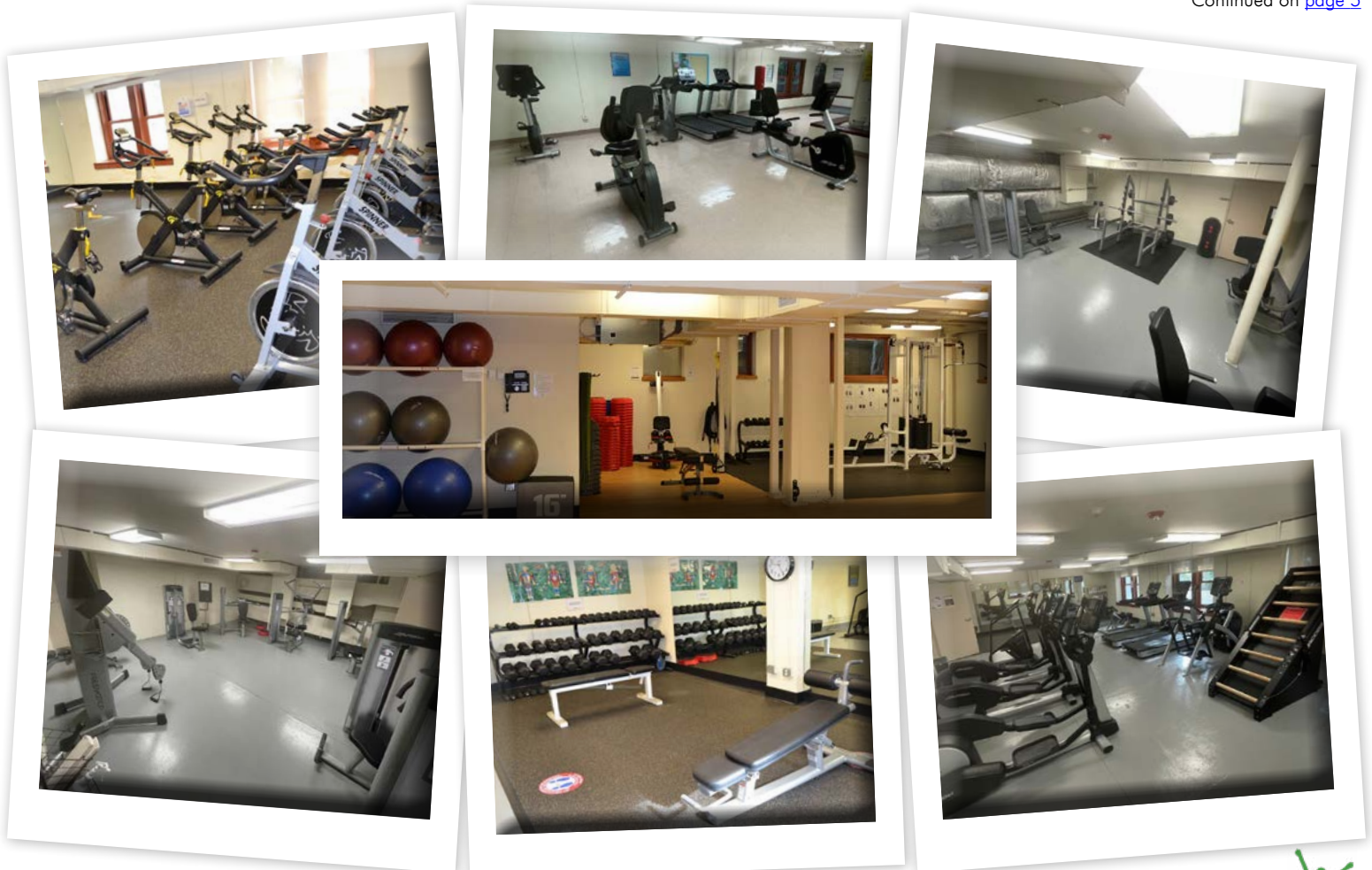
If you have never visited this gym, you’re in for a surprise. From the outside, it appears to be just one room; however, due to its unique layout (it used to be a jail), it is actually 5,900 square feet and has 7 rooms filled with all kinds of equipment! Whatever your workout preference, it’s likely you’ll find it here.

- [Group Fitness Classes](#)
- Full line of Lifefitness circuit machines
- Multi-cable machines

- Squat rack
- Smith machine
- Spin room
- Cardio equipment
 - Treadmills and ellipticals
 - Water rower
 - Jacob’s ladder
 - Seated elliptical
 - Upright and recumbent bikes
- Free weights and kettlebells
- TRX
- Small equipment: BOSU, stability balls, yoga mats, tubing, jump rope, battle ropes, and more

Be sure to [sign up](#) for an orientation so you can begin taking advantage of this benefit!

Continued on [page 5](#)





Wellness Month

August



Celebrating Wellness Month: Try Our Wellness Centers! continued from [page 4](#)

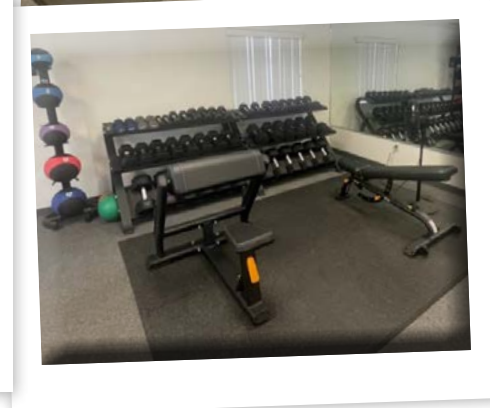
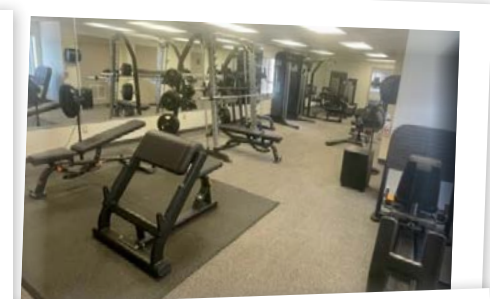
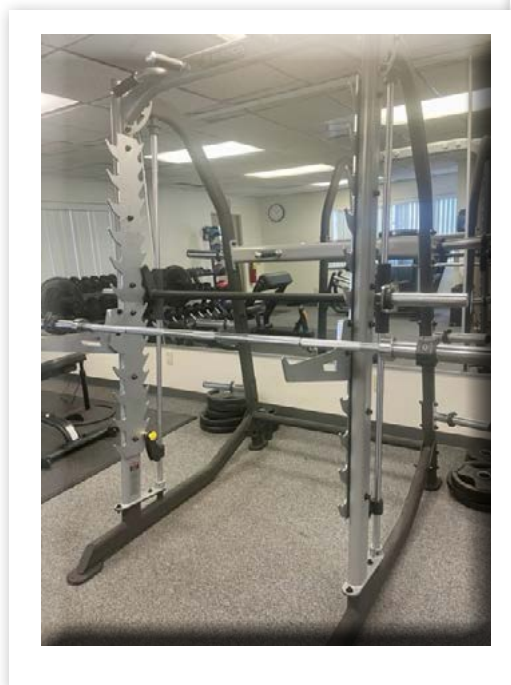
Public Works (*Recently Renovated!*)

22211 U.S. Highway 19 N., Clearwater

We're so pleased to share that the Public Works Wellness Center has received a much-needed renovation which includes premium fitness equipment and a fresh coat of paint and mirrors. Employees who had access previously do not need to complete another orientation. If you would like access, [contact Craig Lawton](#) to schedule an orientation.

- Precor circuit machines
 - Leg press
 - Lat pulldown/row dual
 - Leg extension/curl dual
 - Multi-press (pec and shoulder)
- Smith machine
- Multi-cable machine
- Dumbbells
- Benches
 - Vertical knee-up
 - Preacher curl
 - Back extension
 - Flat/incline/decline (2)
- Cardio
 - Treadmill (2)
 - Elliptical

- Rower
- Upright bike
- Small equipment and stretch station
 - Jump rope
 - Exercise tubes
 - Mats
 - Medicine balls
 - Kettlebells



Why My Waist?

Wondering why the biometric screening includes a waist circumference measurement?

The distance around your waist is a common measure for fat held around the stomach. Extra stomach fat (more than 35 inches for women and 40 inches for men) may increase your risk of heart disease and diabetes.

Complete your [Biometric Screening and Health Assessment](#) by November 30, 2023.



Why Biometric Screenings Matter continued from [page 1](#)

Hispanic/Latinos(as) populations are approximately 50% more likely to die from diabetes or liver disease.

Because we can't always tell what is happening within our bodies, it's important to have these [lab values](#) checked every year to monitor for changes. Catching and addressing them early can help reduce the chances of it developing into something more serious. Though we cannot change things like our genetics, age, or ethnicity, we can improve our habits to live a healthier life. [Modifiable risk factors](#) are what we can control, such as our diet, exercise habits, and tobacco use.



If you'd like to know more, watch July's webinar, [Know Your Numbers](#).



All About Vaccines

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



Brittany Hartup

What different types of vaccines are there?

Vaccines are categorized based on how they are made, the part of the germ they attack, and what illness they prevent.

There are [6 types](#) of vaccines: live, inactivated, messenger RNA

(mRNA), viral vector, toxoid, and a combination of subunit, conjugate, recombinant, & polysaccharide.

I don't get vaccines because they make me sick.

While [vaccine reactions](#) such as soreness at the injection site happen frequently, it is rare to become sick with the virus for which you were immunized. For example, you may experience a low-grade fever, chills, and headache after getting a flu shot; however, this does not mean you have the flu, and they are somewhat common side effects to many vaccines. People with weakened immune systems, organ transplants, and long-term health problems should always speak with their doctor about which vaccines are best suited for them. Some people better-tolerate vaccines when they are spaced apart, as opposed to receiving multiple at the same time.

How do I know which immunizations I need?

Vaccine Clinics Coming This Fall

Vaccine clinics return to various locations this October. Stay tuned for dates and locations. You can earn \$25 or 6,250 points in [wellness incentives](#) for getting your flu shot (regardless of where you get it). Other vaccines will also be available, including shingles, Hepatitis A/B, Pneumococcal and Tdap. Convenient online scheduling will be available through Publix.

Your vaccine schedule depends on factors such as age, health conditions, public health crises, and travel. View the Center for Disease Control and Prevention's recommended [immunization schedule](#).

How can I keep track of my vaccines?

There are a few ways you can keep track of which shots you've had and when. First, keep a personal up-to-date record wherever you maintain a list of your medications. Second, your healthcare provider, local pharmacist, or health department can provide you with a record of your immunization history. Finally, any shots you have received within the state of Florida should be documented in [Florida SHOTS](#). This online portal provides doctors, pharmacists, schools, and health departments access to complete and accurate lists of vaccinations. You

can obtain records for yourself or your child without your provider's help by [submitting a request](#) to Florida SHOTS.

What is Pinellas County doing to make getting vaccines more convenient?

Take advantage of onsite flu clinics coming to various County worksites this fall. See the yellow box above.



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

Glasses Drive Recap

Your old glasses did wonders.

Thank you to all who [donated glasses for good](#) during our collection drive in July in partnership with our vision plan administrator, [EyeMed](#). Together, we

1,076 glasses
\$5,380 donated

collected 1,076 pairs of glasses for a total of \$5,380 raised for the [OneSight EssilorLuxottica Foundation](#). As part of their

[Donate for Good Program](#), EyeMed donated \$5 to the OneSight EssilorLuxottica Foundation for every pair collected.

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



ONESIGHT
EssilorLuxottica Foundation



WELLNESS CHAMPION SPOTLIGHT

Ashli Doss

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?

1 year, 7 months.

Tell us a little about yourself.

I currently serve as the Communications Coordinator for the Clerk's Office and I enjoy engaging with our citizens online and through social media. Outside of work, I enjoy finding fun ways to exercise outdoors and

exploring new restaurants in town.

Why did you want to serve as a Wellness Champion?

I enjoy learning about the many ways to practice and improve wellness and being able to inform team members of the many initiatives the County offers to encourage healthy lifestyles.

What do you do to take care of yourself?

I practice self-care through meditation and exercise and spending quality time with friends and family.



Water You Up To? Challenge

Monday, September 11 – Friday, October 6, 2023

Challenge yourself to drink more water and/or swap at least one higher-calorie drink for water for 4 weeks!

What type of challenge is it?

This is an individual challenge. Take this challenge at your own pace, whether you're ready to swap one drink a day or five!

How do I participate?

Simple! Be sure to [register](#) by September 13. Then track your daily drink swaps for one month.



Tobacco Cessation Programs



If you use tobacco, complete an eligible tobacco cessation program between now and March 31, 2024 to save \$500 on your 2024 medical plan premium due to the [tobacco surcharge](#). There are a variety of ways to complete a program.

- Sign up for tobacco cessation coaching with Brittany or Shannon, our [onsite Cigna health coaches](#).
- Work with a Cigna health coach over the phone. To register, call (800) 862-3557, option 6.
- Complete an online 28-Day Quit Program on [my.Cigna.com](#).
- Register for a Tobacco Free Florida class series.
 - [Tuesdays, 12:00 - 1:00 p.m., Sept. 12, 19, 26, Oct. 3](#)
 - [Thursdays, 12:30 - 1:30 p.m., Sept. 28, Oct. 5, 12, 19](#)
 - [Wednesdays, 12:45 - 1:45 p.m., Oct. 11, 18, 25, Nov. 1](#)

View more [tobacco cessation resources](#).

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.

- **August 23 – Managers: Managing After a Traumatic Event** – It’s easy to feel helpless in the aftermath of a disaster or traumatic event. Knowing common reactions and ways to support your employees can help you feel more prepared.
- **September 6 – Suicide Awareness** – Suicide can touch any life. The impact can be profound. Join us for a candid conversation about possible warning signs and how you might help.



Need a Handyman?

EAP offers referrals for home services such as handyman, lawn care and moving.

Visit www.pinellas.gov/EAP.

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

Understanding Psychiatry and Treatment Modalities

BayCare Presents Health and Wellness From the Experts Webinars

Thursday, August 24, 11:00 to 11:45 a.m.

Presented by: Brandon DeLiberato, MD

Let’s take some time to learn about introductory concepts of psychiatry, the differences between mental health and mental illness, categories of illnesses, and treatments/levels of care.



Please [register](#) in advance.

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](#).

- **Clearwater Courthouse**
315 Court Street (west parking lot)
August 16, 11:00 a.m. to 4:00 p.m.
- **Public Works**
22211 U.S. Highway 19 N., Clearwater
August 17, 12:00 to 5:00 p.m.
- **Solid Waste**
3095 114th Ave. N., St. Petersburg
August 16, 10:00 a.m. to 1:00 p.m.
- **STAR Center**
7887 Bryan Dairy Road, Largo
August 24, 9:00 a.m. to 1:30 p.m.
- **Utilities**
14 S. Fort Harrison Avenue, Clearwater
August 24, 11:00 a.m. to 4:00 p.m.



Help shape the County’s new intranet site, MyPinellas! Use the form on the site to submit anonymous feedback. Enjoy fresh news and features, updated every day, including upcoming wellness activities and events.

www.pinellas.gov/MyPinellas



Celebrating Swiss National Day: Traditional Swiss Fondue Recipe



On August 1st, Swiss National Day celebrates the founding of the Swiss confederation. The date refers to a historic alliance reached in 1291 by the three cantons who later came to be regarded as the founders of

Switzerland. Celebrations include paper lantern parades, bonfires, hanging strings of Swiss flags, fireworks, and celebratory feasts across the country. Swiss cheese fondue made with Gruyere and Emmentaler cheeses is one of the dishes served.

Gruyere cheese is a great source of vitamin B12, vitamin A, calcium, and protein, while Emmentaler cheese is rich in calcium, vitamin B12, phosphorus, and copper. Although it is typically served with crusty bread for dipping, serve it with fresh fruits and vegetables to make it a well-rounded meal full of fiber, protein, and dietary fat. It's sure to please the palate!

Ingredients

- 1 lb. Gruyere cheese, shredded
- 10 oz. Emmentaler cheese, shredded
- 1 cup dry white wine
- 1 clove of garlic, cut in half
- 1 teaspoon cornstarch

- 1 tablespoon Kirsch liqueur
- Dipping items: Traditionally served with crusty French or sourdough bread. Either substitute or add fresh fruits (apples, grapes) or vegetables (carrots, celery, grape tomatoes, bell peppers, etc.) to add nutritional benefit.

Directions

1. Rub the garlic clove along the inside of the fondue dish (called a caquelon) to infuse the natural garlic oil into the dish.
2. Mix white wine and cornstarch in the fondue pot, stirring well to combine. Start to gently heat the mixture.
3. Slowly add the cheese to the heated wine mixture.
4. Finish the Swiss cheese fondue with a splash of Kirsch. Serve immediately.

Recipe adapted from [Earth, Food and Fire](#).

Yield: 8 servings

Serving size: 3/4 to 1 cup

Nutritional information per serving:

Calories 401, Carbohydrate 2 gm, Fat 29 gm, Fiber 0 gm, Protein 27 gm, Sodium 511 mg, Sugar 1 gm

Jet Dental Pop-Up Dental Clinics are Back!



The [U.S. National Library of Medicine](#) recommends we get dental check-ups every six months. If you got yours with Jet Dental last spring, it's that time again! If you have not had a preventive exam in

the last six months, don't miss this opportunity to get one at a worksite. You can also earn a [wellness incentive](#) of \$50/12,500 points (one reward per year).

Services include:

- Full preventive appointment with X-rays, cleaning, and a comprehensive exam by a dentist
- Cavity fillings
- Scaling/root planing (for gum disease)
- Teeth whitening (\$249 fee; not covered by insurance.)

Jet Dental is in the Cigna network, so a preventive dental exam is covered at 100% for employees on the

County's dental plan. Additional services are subject to the same co-pays and co-insurance as a traditional dentist visit. Employees not on the County's dental plan are encouraged to check with their insurer to determine if Jet Dental is part of their provider network. Each appointment typically lasts less than 1 hour.

Jet Dental will be at the following locations from 7:00 a.m. to 3:00 p.m.:

- **Public Works, September 27**
22211 U.S. Highway 19 N., Clearwater
- **Downtown Clearwater, October 10**
310 Court St., 1st Floor Conference Room
- **Parks & Conservation Resources, October 13**
12520 Ulmerton Road, Largo
- **Solid Waste, December 5**
3095 114th Ave. N., St. Petersburg

For more information and to register, visit [Jet Dental](#).



August 2023 Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
			6:30 to 7:10 a.m. Walk & Talk (Outdoor) Shannon Cancelled in August	
12:15 to 12:45 p.m. Core & Balance Jane		12:15 to 12:45 p.m. Spin Shirley (class only on 8/2 and 8/16)		12:30 to 1:15 p.m. Restorative Yoga Shannon Temporarily Cancelled
		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		

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

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.

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

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) (*Cancelled in August*): 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](#).

