



SALINE COUNTY EMPLOYEE
HEALTH & WELLNESS
 MONTHLY INFORMATION NEWSLETTER

FEBRUARY/2015

"Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits & attitudes contributing to their positive well-being."

HEALTH IS LIKE MONEY, WE NEVER HAVE A TRUE IDEA OF ITS VALUE UNTIL WE LOSE IT

FEBRUARY WELLNESS CLASS

Daisy Pulliam, Registered Nurse/Health Coach, at Saline Medical Specialties will give a class on Heart Health on Thursday, February 19 at 5:30 pm at the extension office. Class is worth 25 Wellness Points

SALINE COUNTY 4TH ANNUAL HEALTH FAIR

The Annual Health Fair is schedule for:
 Courthouse, Tuesday, February 17th, 6:30 -9:30 am
 Jail, Wednesday, February 18th, 5:00 – 8:30 am
 Wellness Committee members will be coming around to schedule appointments in January. The blood tests will be **FREE** to **ALL** county employees and **FREE** to spouses covered by the county's Blue Cross Blue Shield of Nebraska insurance plan. We will be offering CMP, CBC, Lipid Panel, TSH and Biometric Testing. In addition, we will also offer PSA testing for our male participants and A1C for diabetics. 500 Wellness Points

TARGET HEART RATE

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For Maximum Results, you should exercise for 20-60 minutes at your Target Heart Rate.

To find your Target Rate, use the following equation:

Maximum Heart Rate: 220-age= MAX heart rate
 (ex. 220-20=200 MHR)

Target Heart Rate: 60%-80% of the MAX
 (ex. 200 x .6 = 120 beats per min, 200 x .8 = 160 beats per min.
 Therefore the **TARGET HEART RATE** range for a 20-year old, working at 60-80% (up to 85% for very fit people) of his/her max heart rate is 120-160 beats/min.

BINGO CHALLENGE

The following people participated in the October, November & December 2014 BINGO Challenge: Anita Novotny, Bonnie Bleich, Brandi Kelly, Bruce Filipi, Cheri Slama, Dean Gorgen, Judy Florian, Kara Burda, Kathy Nienaber, Kory Mullen, Laura Mackeprang, Linda Kastanek, Lloyd Hollibaugh, Marvin Kohout, Russ Kalkwarf, Sharon Jelinek, Tim McDermott & Willis Luedke. They received 25 2014 Wellness points for each month they participated. Judy Florian earned the most BINGOs and received a FREE 30-minute massage from Wilber Massage and Esthetics. Anita Novotny was the winner of the drawing a received a FREE Dinner and Movie night to 9th Street Bar & Grill and ISIS Theatre in Crete, NE. Great Job Everyone!!!

CRAZY 8 CHALLENGE

It's not too late to participate in the Crazy 8 Challenge. The Challenge will run thru Friday, February 27th. You must earn at least 1,000 points in the challenge to receive 25 Wellness Points or at least 1,350 points to receive 50 Wellness Points.

NIRMA ONLINE UNIVERSITY CLASSES

The following online classes are offered FREE from Jan 1 to Mar 31. (25 Wellness Points each)

- Workplace Harassment
- Personal Professionalism
- Eating Disorders*

*Previously there was a problem with the "Eating Disorder" class not appearing online. This has been fixed.

Wellness Committee Contacts:

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NEW HEALTHY VENDING MACHINE

A New Healthy Vending Machine is now located in the Courthouse. Check it out!!!

WELLNESS NEWSLETTER CHANGES

The Wellness Newsletter will no longer be mailed to each employee's house. The newsletter will be placed in each office and emailed to all employees that have supplied their email address. In addition, the newsletter will be listed on the Saline County website at <http://www.co.saline.ne.us/wellness>. It will also be listed on the Saline County Facebook group **Saline County Wellness**. Please check out this group or "friend" Kerry Hagemeyer to be invited. In addition, the minutes to all wellness meetings are also posted on both sites.

BONUS: 25 WELLNESS POINTS

Answer to Last Month's Question: **206 Bones**

What is the largest muscle in the human body?
Contact any wellness committee member with the answer by the end of February to receive 25 points.

5 STEPS TO HELP PREVENT THE FLU

1. Avoid or minimize contact with people who are sick (a minimum of three feet distancing is recommended).
2. Cover your mouth and nose with a tissue when you cough or sneeze and wash your hands afterwards. If tissue-less, cough or sneeze into your elbow or upper arm, not into your hands.
3. Keep your hands away from your eyes, nose and mouth to keep germs from entering your body.
4. Wash hands frequently with soap and water or an alcohol-based hand sanitizer.
5. Get a flu shot every year. Vaccination is one of the most effective ways to minimize illness and death.

RIVER RUN DATE SET

The River Run is set for Saturday, June 13, 2015 at Tuxedo Park in Crete, NE. Mark your calendars!!

FEBRUARY IS HEART HEALTH MONTH

Bring up heart disease, and most people think of a heart attack. But there are many conditions that can hamper the heart's ability to do its job. These include coronary artery disease, cardiomyopathy, arrhythmia, and heart failure. You'll want to know what they do to the body and how to recognize the warning signs. **What is Heart Disease?** [Click Here](#) for the Video

EXERCISE

28-DAY SQUAT CHALLENGE

30-DAY WALKABOUT CHALLENGE

RECIPES

Valentine's Day is right around the corner. All that chocolate and champagne isn't exactly low-cal. This year, treat loved ones to some delicious and lighter holiday fare. These healthy recipes from cocktails to breakfast recipes to, desserts. [Click Here for Recipes](#)



It's All About You. *Take Action Now.* Be Your Own Hero.

What's in it for Me?

Savings: Free on-site health screening saves you time and money. PLUS receive 500 WELLNESS POINTS!

Peace of Mind: When you know your numbers, you know where to take action to improve your health.

Support: Education and goal-setting plans give you the superpowers to become your own health crusader.

Saline County Health Screening

Tuesday, Feb. 17th (6:30-9:00 a.m.)

Court House: 215 S. Court Street

OR

Wednesday, Feb. 18th (5:00-8:00 a.m.)

Law Enforcement Center: 911 S. Main Street

Health Screen Includes:

- Key Lab Measures for Heart Risk, Diabetes & Metabolic Syndrome (CBC, Cholesterol, Triglycerides, LDL, HDL, Glucose & more)
- Biometric Measures: Weight, Waist, Blood Pressure, Body Fat % & BMI
- Additional Screens: Thyroid (TSH), Prostate (PSA) for males are included.

Additional Details:

- Avoid eating or drinking anything other than water for 8-10 hours before your appointment
- You can take medications (with water) the morning of your health screening
- Remember to drink plenty of water the day before the screening so you are well hydrated

To Register: Contact Bruce at (402)826-9394, Sharon at (402)821-2588, or Jenn at (402)821-7224.

Questions: Call Bruce, Sharon, or Jenn if you have questions or are not able to attend the health screening events.

Deadline to Sign Up: Monday, February 3rd

Saline County Health Screening Frequently Asked Questions

Tuesday, Feb. 17th — Court House 6:30-9:00 a.m.
OR

Wednesday, Feb. 18th — Law Enforcement Center 5:00-8:00 a.m.

Why should I participate in the health screening?

The health screening process provides an opportunity for you to know your personal health numbers, what the healthy ranges are, and ways to maintain or improve your health. You save **valuable time and money** since the screens are offered in the workplace and paid for by Saline County — and you receive 500 wellness points!

What is involved in the health screening process?

- The health screening includes lab draws and biometric measures. Lab results include: cholesterol, triglycerides, LDL, HDL, and glucose and other key lab values. Biometric measures include: blood pressure, weight, body mass index, body fat%, and waist measure.
- **Additional Testing:** Thyroid screen (TSH) for all participants, and prostate screen (PSA) for males. The TSH and PSA screens are available at no additional cost. Employees are eligible for the Vitamin D test if your doctor has recommended it.
- Allow approximately 15 minutes to complete the screening.

How do I schedule my health screening appointment?

Please contact Bruce at (402)826-9394, Sharon at (402)821-2588, or Jenn at (402)821-7224 to schedule your screening appointment or if you are not able to attend the health screening.

Deadline to Sign Up: Monday, February 3rd

Why do I need to fast?

- The blood profile requires fasting so that your screening results provide you with the most accurate picture of your current health status. **Avoid eating or drinking anything other than water for 8-10 hours before your appointment.**
- **Drink plenty of water the day before the screening so you are well hydrated and it will make it easier to give a blood sample.** You can drink water and take medications (with water) the morning of your health screening. **Please - no coffee, gum or tobacco use before your screening.**

How much does it cost?

The screening is **FREE** for all Saline County employees. The health screening is also free for spouses on the County's BCBS health insurance plan. Madonna will file an electronic medical claim for the lab work for participants who are on the plan. The lab work is covered as a routine preventative service through our plan. You will receive an EOB (Explanation of Benefits) from BCBS listing the lab services provided and associated costs. Dr. Stalder from Madonna, will be listed as the physician. Please know that the EOB is not a bill and the lab cost is covered 100% through our preventative services benefit. You do not need to do anything with the EOB—it is a standard procedure when a medical claim is submitted.

Who will see my results?

Your results are for your eyes only. Madonna Fit for Work will ensure that your personal health information is kept confidential. You will receive your own personal Health Risk ScoreCard that is based on your lab results and biometric measures. The Health Risk ScoreCard is scientifically linked to how likely you are to develop diabetes, metabolic syndrome or heart disease in the next 10 years. Saline County will be provided a composite group report to help guide future wellness programming efforts and to help measure changes in health risks for their employees.

Will my health screening results be sent to my physician?

Madonna Fit for Work will fax a copy of your screening results to your physician, please bring the name of your physician and a fax number to your screening appointment.

When will I get my results?

You will receive your wellness packet in early March. Individual wellness packets include a copy of your lab report, your new Health Risk ScoreCard, *Your Health, Your Choice* education brochure, and a personal wellness goal sheet.

