



Saline County Employee Newsletter

HEALTHY HABITS TO ADOPT THIS NEW YEAR FOR A HAPPIER NEW YOU

by Robyn Whalen

We all know that New Year’s resolutions don’t always lead to success. In fact, most of them fail – with only eight percent of people following through with their resolutions. And while we believe that developing a New Year’s resolution dedicated to improving your health is a fantastic idea, it might not be the best approach.

Rather than having one specific New Year’s resolution this year, try adopting some healthy habits that are more likely to stick with you over a long period of time. Focusing on forming healthy habits is a bit more realistic and easier than having a resolution of losing 20 pounds, for example. You’ll be more likely to see results and improve your wellbeing by developing habits that will keep you healthy and happy year after year.

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“Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits attitudes contributing to their positive well-being.” - Saline County Wellness Committee

HEALTHY HABITS TO ADOPT

CONTINUED FROM FRONT PAGE...

So, if you want 2018 to be your healthiest and happiest year yet, consider adopting some of these seven healthy habits for a happier “new you”:

Focus on your mental health.

When it comes to health, many of us focus on our body and not enough on our mind. But your mental health is just as important as your physical health! With 1 in 5 American adults experiencing a mental illness in a given year, it's crucial that you learn to prioritize your mental wellbeing. Focus on your mental health this upcoming year by taking a break from social media, spending more time outdoors, and speaking with a mental health professional when you feel overly stressed, anxious, or depressed. And don't be afraid to take a mental health day when you need one!

Eat less sugar.

Eating sugar is a vicious cycle! In fact, many of us are sugar addicts. Researchers found that sugar stimulates brain pathways the same way as an opioid would. Even scarier, sugar is just as unhealthy as it is addictive. Too much added sugar in your diet can lead to major health issues like obesity, high blood pressure, a weak immune system, and liver damage – just to name a few! Fight your sweet tooth this New Year by focusing on whole, unprocessed foods and limiting your trips to the candy bowl. Check out some of these delicious low-sugar meals for inspiration.

Participate in your company's wellness program.

One of the simplest things you can do to improve your wellbeing is participating in your company's employee wellness program. Take advantage of any and all offerings including screenings, flu shots, and employee wellness days. After all, these offerings are free, so why not take advantage? Be sure to also participate in any wellness challenges and health education opportunities. You'll learn some great tips that will help lead a healthier and happier life.

Eat more fruits and veggies.

According to the Harvard School of Public Health, the average American consumes a total of only three servings of fruits and vegetables daily. This is really a shame because eating more fruits and veggies is one of the simplest and most delicious ways to lose weight, prevent certain diseases, and get more essential nutrients. Make it a habit to eat at least five servings of fruits and veggies every day in 2018.

Make time for self-care.

Daily life can be a bit chaotic. With the amount of stress that adults face on a daily basis, practicing self-care is essential to a clear mind and overall wellbeing. Make it a habit this New Year to practice some self-care for at least 15 minutes every day. Self-care can include meditating, reading, journaling, taking a bath, getting a massage, or working on one of your favorite hobbies.

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JAN
2018



BUDGETING BASICS

Financial wellness
is within reach!

Ever wonder where all your money goes? Are you tired of living paycheck to paycheck? Do you want to take the money fights out of your marriage? Maybe you just have that nagging feeling that you could be handling your finances better. Most of us know what we should be doing — saving more money, spending less on credit — but we don't always know how to implement a plan to move toward financial wellness. A personal monthly budget is the tool that will bring order out of financial chaos.

HELPNET WEBINAR AVAILABLE ON DEMAND STARTING JANUARY 1

To access Continuum's HelpNet, simply visit 4continuum.com and complete the member login at the top of the page. From HelpNet's home page, click the featured webinar of the month.

Available anytime, any day, Continuum EAP is a free, confidential program to help you balance your work, family and personal life.

COURTHOUSE PARKING LOT



As the Court-
house
Addition

nears completion, all employees should make reasonable attempts to use the new northside parking lot. This will help provide the best access to visitors entering/exiting the building throughout the day. *“Restore your human legs as a means of travel. All of us rely on food for fuel while the majority need no special parking spaces.”* -Lewis Mumford

JANUARY WELLNESS QUESTION OF THE MONTH

The new American Heart Association blood pressure guidelines will statistically increase the number of adults with high blood pressure to what percentage of the population?

- A. 28%
- B. 32%
- C. 41%
- D. 46%

BONUS: 25 WELLNESS
POINTS for correct answer

**Answer to the December
Question: “Bethlehem”*

Email your name and correct answer to: salinewellness@gmail.com

**All answers submitted for the Question of the Month must be received prior to the subsequent month’s newsletter distribution.*

POST-HOLIDAY BUDGET CHALLENGES



The holidays are near complete. Will you soon start fretting about how to pay the bills? Don’t panic in January, quarrel, or point a finger. Plan a family budget meeting to avoid all that. And don’t forget that Continuum EAP has resources to help you. Continu-

um’s financial coaches can help you investigate where your money is going and provide ideas on how to save money in hidden places. Whether it is commuting with coffee instead stopping for a latte, or cutting the cable channel extras no one uses, you can potentially save cash that’s slipping through your fingers right now.

Hint: Commit to a written plan so you have a better chance of following through.
-end

HEALTHY HABITS TO ADOPT

CONTINUED FROM FRONT PAGE #2

Practice gratitude.

While it seems like the “season” of gratitude is coming to an end, gratitude should be practiced year-round. Research has shown that gratitude has a positive impact on health and wellbeing, including better sleep habits, lower blood pressure, more energy, and less stress. Make it a habit to express gratitude at least once a day. To help the habit stick, consider starting a gratitude journal to track your thoughts.

Treat your gut right.

Many of us seriously neglect our gut health. A healthy gut is

extremely important to your overall health and wellbeing – as it affects your entire body, including your brain! Make it a habit to pay more attention to your gut health this year. You can treat your gut right by lowering your stress levels, eating gut-supporting foods, and consuming more probiotics.

Remember that developing healthy habits takes some time and patience. Consider adopting one healthy habit at a time so that you don’t stress yourself out.

Here’s wishing everyone a healthy and happy New Year!

-end

NEW BLOOD PRESSURE GUIDELINES AND YOUR WELLNESS PROGRAM

—ROBYN WAYLEN—W/LIBERTY

The American Heart Association (AHA) has changed the definition of hypertension (high blood pressure) for the first time in 14 years. Previously, the standard for stage one of hypertension was 140/90, and has now been revised to 130/80. The previous standard, 140/90, is now considered stage two of hypertension. *(This, along with the following information, should be kept in mind as a result of the upcoming Health Fair.)*

What does this guideline revision mean for us? Millions more of American adults will be diagnosed with hypertension. The percentage of adults living with high blood pressure has increased from thirty-two to forty-six percent with the new guidelines in place. This means that nearly half of adults are at risk for serious health problems due to hypertension.

According to the AHA, the new guideline is designed to help people take preventative steps to control their blood pressure earlier in life. This is especially important because hypertension is a major risk factor for heart disease and stroke, which are the two leading causes of death in the world.

Millions of Americans will need to lower their blood pressure to fit with these guidelines. The good news is that the AHA reported that the new guideline doesn't mean there will be

a massive increase in the number of people who will need to take medication to control their blood pressure.

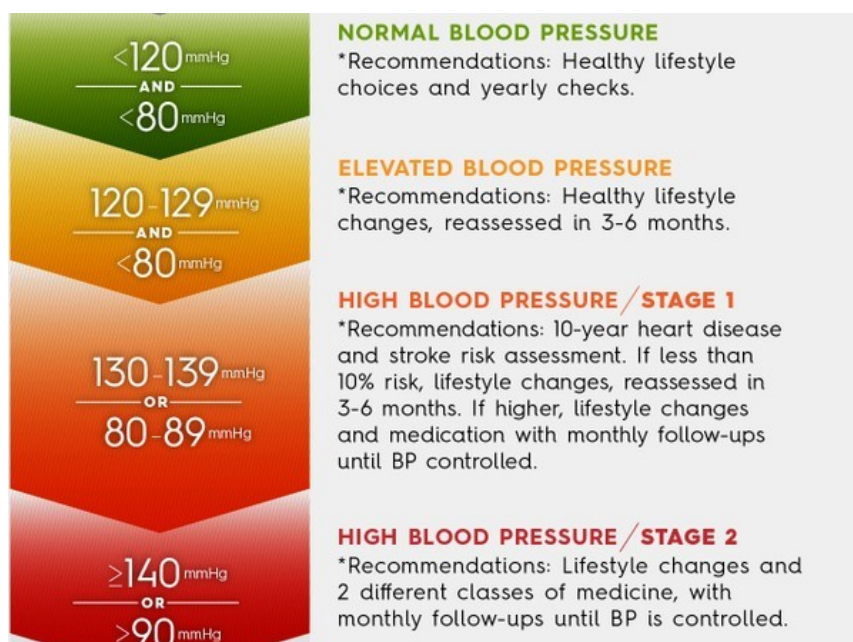
The AHA stated that of the estimated 14% more adults to be classified with high blood pressure, about 1 in 5 will need medication. Instead of taking medication, many of these people will need to focus on holistic lifestyle changes to maintain healthy blood pressure.

Thankfully, there are many ways to keep your blood pressure under control before medication is needed. Maintaining a healthy lifestyle is the best way to prevent high blood pressure and reduce your risk for heart disease and stroke. Here are some ways to naturally lower blood pressure that you can share with your employees:

- Reduce your sodium intake
- Drink responsibly
- Exercise regularly
- Maintain a nutritious diet
- Reduce stress
- Get more potassium

Along with keeping healthy habits, one of the best things you can do for your blood pressure is to track it frequently. Visit your doctor regularly and participate in your company's biometric screenings to test your key health numbers, including blood pressure. You can also keep track of your blood pressure easily at home with a blood pressure monitor.

Untreated hypertension is commonly referred to as the "silent killer" due to the lack of symptoms. It's the second leading cause of heart disease and stroke deaths – only second to smoking. Educating employees about their blood pressure level and encouraging them to practice a healthy lifestyle is the best way to prevent the health consequences of hypertension. -end





Saline County Health Screening

Taking Action For A Healthier 2018!

What's In It for Me?

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

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

Saline County Health Screening

Tuesday, Feb. 20th (5:00 am-8:00 am)

Law Enforcement Center: 911 S. Main Street

OR

Wednesday, Feb. 21st (5:00 am-8:00 am)

Saline County Courthouse– Assembly Room

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
- Hemoglobin (A1C) 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.
- Optional tests: Vitamin D (\$40), Cortisol-stress hormone (\$45), Thyroid (TSH-\$10), and Prostate (PSA-\$20).

To Sign-Up: Saline County employees can sign up using the online scheduler. You will be receiving an email from Tim McDermott with a link to the scheduling system.

Questions: Call Tim at (402) 821-3900 if you have questions or if you are not able to attend the health screening events.

Deadline to Sign Up: Tuesday, February 13th!



Saline County 2018 Health Screening Frequently Asked Questions

**Tuesday, Feb. 20th — Law Enforcement Center (5:00 am-8:00 am)
OR**

Wednesday, Feb. 21st — Saline County Courthouse (5:00 am-8:00 am)

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.
- Optional Tests: Vitamin D testing (\$40) and Cortisol- stress hormone (\$45), Thyroid (TSH-\$10), and Prostate (PSA-\$20).
- Allow approximately 15 minutes to complete the screening.

How do I schedule my health screening appointment?

Saline County employees can sign up using the online scheduler. You will be receiving an email from Tim McDermott with a link to the scheduling system.

Deadline to Sign Up: Tuesday, February 13th!

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, tea, pop or nicotine before your screening appointment.

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.

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 **during the Know Your Numbers presentation on Wednesday, March 14th at 10:00 am** located in the **county court room**. If you are unable to attend, your wellness packet will be distributed to you after the meeting by a committee member.

JANUARY—MARCH,
2018 - NIRMA ONLINE
UNIVERSITY CLASS

The upcoming quarter offers the following NIR-MA Online University course in which to earn 75 Wellness incentive points by successfully completing the following offering:

- ◆ “Sexual Harassment in the Workplace”

***Next Wellness Committee Meeting: Monday, January 8, 2018 in the Commissioners Room, 8:30 a.m.**

***Next Safety Committee Meeting: Wednesday, February 7, 2018 in the Courthouse Assembly Room, 8:30 a.m.**

WELLNESS COMMITTEE

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salinewellness@gmail.com

co.saline.ne.us/webpages/committees/wellness.html

Log onto the Wellness webpage online to review meeting minutes, Wellness newsletters, annual Program document and Fitness Center information.



2018 HEALTH FAIR

The Wellness Committee is working to scheduled February 20-21, 2018 from 5:00 a.m. to 8:00 a.m. at both the Courthouse and the LEC respectively for the upcoming Annual Health Fair;

- February 20, 2018 at the Law Enforcement Center from 5:00 am – 8:00 am
- February 21, 2018 in the Courthouse from 5:00 am – 8:00 am.

There will be a new registration process that will allow employees to choose their available time and location in which to participate by way of an “online portal”. Consult your supervisor if you have no access to a computer in which to do so. (See documentation in this newsletter for additional information.) -end

2017 WELLNESS PROGRAM ENDS

NOTICE:

1. In order to claim your Wellness incentives earned in 2017, employees will need to return their program booklets, and sealed medical verification forms in the envelop provided, to the Wellness Committee via Jamie Houser at the Assessor’s office on or before January 5, 2018.
 - Please ensure that all medical and tobacco affidavit forms are placed in your sealed medical envelop **ONLY**
1. Write down the anticipated benefit you’re anticipating with the points thus far calculated. The Committee will review and tabulate final points after the 2018 Health Fair.
2. The Wellness Committee will provide notification of the total incentive points earned once they are tabulated.
3. An announced ‘protest period’ will be opened in order to insure proper calculation of points—*Protests are intended to report miscalculations of points –end*

2018 WELLNESS PROGRAM BEGINS

NOTICE:

2018 Wellness Program packets have been distributed to each county department during the last week of December. Speak to your supervisor if you have not received yours. Call 821-3900 with any questions. -end

NOTE: Articles found in this newsletter are for informational purposes only and are not intended as medical advice. For further information, please consult a medical or legal professional.