



DOUGLAS COUNTY

Healthy Directions

Wellness Newsletter



HEALTHY DIRECTIONS PICKS UP STEAM AS YEAR TWO BEGINS

In the coming weeks a free online health assessment will let you know if your life is headed in a Healthy Direction.

As part of Douglas County's Healthy Directions wellness program, employees will have the opportunity to visit the United Health Care website (www.myuhc.com) and take a brief online health assessment. Computer access will be provided to everyone who doesn't have a computer at their work station, with availabilities planned for Corrections, the Sheriff's Office, the Youth Center, the Roads Department and the Health Center, plus the Human Resources offices. The health assessment also can be taken at home.

Kathy Goodman, chairwoman of Healthy Directions, said she wants people to know their information remains completely confidential and is merged with other surveys to help determine what will be offered to employees in the coming year.

Kathy said the assessment takes about 15 minutes to complete, but you should make sure to have some information before you start.

"You need to know your numbers," she said. "That means blood pressure, height, weight and cholesterol."

The online assessment will include questions about smoking, medications, safety practices and other behaviors that can affect your well being. The campaign will begin on April 15th and continue through the end of that month.

"The Wellness Committee will get the results in aggregate form," Kathy emphasized. "No one is going to have your personal health information."

Healthy Directions just keeps growing. Let us know what you need, and we'll do our best to help you feel better and get more out of life.

**Kathy Goodman,
Chairwoman
Healthy Directions**

What's Inside: March/April 2010

- Winter Walking Challenge Winners!
- Diabetes & You: Small Steps for Your Health
- Driving While Distracted
- Inspired Walker Doubles Her Efforts
- Counterfeit Medicines
- And more!

Employees and their spouses who take the health assessment will receive a \$5 gift card to Subway and will be entered in a prize drawing. Last year those prizes included i-Pods, Kansas Royals ticket, Rose Theater tickets and many food gift certificates donated by area businesses.

The results of the needs assessment sponsored by the Wellness Committee are being compiled. That questionnaire came with pay stubs about a month ago and again Douglas County's employees responded in a big way.

"We had about a fourth of our employees return the survey," Kathy said. "That is a very good number and shows the support for this program."

The results of the needs assessment and any possible new offerings will be shared as soon as the numbers are ready. Also being compiled are the log sheets for the winter walking events – The Douglas County Health Center's "Walk to the Rockies" and "Phil's Winter Walking Challenge."

Both programs kept people on the move during a challenging time of the year that was worse than usual. Watch for details on new walking programs at the Healthy Directions website on the county's Intranet or go to www.co.douglas.ne.us/county/wellness.

The Healthy Directions website is also your source for a list of walks and runs that you may want to try as you become more involved in the fitness lifestyle. And, when you do that, you'll no doubt want to sport one of the fancy new Healthy Directions sweatshirts.

In answer to some of our requests, the new sweatshirt is black and sports the Healthy Directions logo. The cost is just \$20, and you can order yours from Kathy in Human Resources.

Phil Rooney

COMMIT TO BE FIT

Walking Challenge Winners!



PHIL'S

Winter Walking Challenge



First Place!

Linda Rowe, Assessor's Office
4716 minutes
\$25 Gift Certificate to Scheels



Second Place!

Cheri Albin, Administration
4455 Minutes
\$10 Gift Certificate to Jason's Deli



Third Place!

Tami Hekter, HR Corrections
4205 Minutes
Healthy Direction Sweatshirt

The good news is that the Winter Walking Challenge has come to an end. That's good news because – for those who didn't know it, or notice, spring arrived with snow and ice on the ground about midday, Saturday, March 20.

The better news is that people are still walking, and some amazing totals were posted by our participants. I thought my nearly 11 hours of footwork was impressive, only to be blown away by people like Linda Rowe from the Assessor's Office. Now, not only did she log 4,716 minutes of walking, she also quit smoking at the same time.

Talk about taking a Healthy Direction!

And there was Chika Anyaegbunam who took part in the Health Center's Walking Challenge. We aren't

**Health Center
WINTER
WALKING
CHALLENGE!**



First Place!

Chika Anyaegbunam, Health Center
4575 minutes
\$25 Gift Certificate to Scheels



Second Place!

Marti Christensen, CMHC
4205 Minutes
Healthy Directions Sweatshirt

Congratulations to our winners and to everyone who participated in our walking challenges!



**WALK TO
THE ROCKIES!**



First Place!

Marti Christensen, CMHC
\$5 Gift Certificate to Applebees



Second Place!

Nina Adams, Health Center
\$5 Gift Certificate to Applebees

sure if she would have made it to the Rockies, but 4,575 minutes is an awesome start.

Many others took the step – OK steps – to begin moving their lives in a Healthy Direction. I invite you to join us this summer when we again put the leather to the pavement and walk for better health.

Phil Rooney

DIABETES & YOU: SMALL STEPS FOR YOUR HEALTH

Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes.

Type 1 Diabetes

- Frequent urination
- Extreme hunger
- Extreme fatigue and Irritability
- Unusual thirst
- Unusual weight loss

Type 2 Diabetes*

- Any of the type 1 symptoms
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections
- Frequent infections

*Often people with type 2 diabetes have no symptoms

If you have one or more of these diabetes symptoms, see your doctor right away. You can also take an Online Diabetes Risk Test at www.diabetes.org to find out if

Small Steps for Your Health

It's easier to make lifestyle changes one step at a time—over months and years. Think of each small step as one piece of your effort to change your habits. Making changes one step at a time gives you the best chance to reach and stay at a healthy weight and prevent type 2 diabetes.

The good news is that making just a few small changes can have make a big impact on your weight and health. Learn how to make these changes step-by-step.

Is your health at risk?

People around you may tell you that you have a problem with your weight or health. But what do you think? If you don't believe you have a problem, you will probably not want to make changes. You may even resent or be angry at the people pushing you to change. If you do think you have a problem, you will probably succeed. Step number one: accept that you have habits you need to change.

Are you ready, willing, and able to change?

To succeed at making lifestyle changes you need to answer YES to the question, "Are you ready, willing, and able to change?" The experts say that for people to change, making the change must be important to them. In other words, you must have good reasons to change. For example, maybe you want to live long enough to see your grandchildren grow up. You must have more reasons to change than reasons not to change. The experts also say that you must be confident—believe that you can change.

To succeed, take what you want to do and break it down into small steps. Then think about a few things you are ready, willing, and able to change. Leave other habits that you don't feel ready, willing, and able to change for another time.

What are you ready, willing, and able to change?

To answer this next question, think about your current eating and activity habits. What foods do you buy? How active are you? Try to keep honest food records for a few days to get a true picture of what you eat. Based on your current habits, start with a few changes that

are easy to tackle. Pick some changes that you want to do the most, and that will make the biggest impact. Perhaps choose one change in your eating habits and another in activity. Remember; don't try to change everything at once.

For example, maybe you tend to eat a bowl of ice cream every night while you watch TV. Can you switch that ice cream to a healthier snack? Maybe fruit or a small bowl of cereal? Or just a smaller portion of ice cream. And can you take 15 minute break from the TV and go for a walk?

For each goal, think about four things:

1. How long will you try to reach this goal? Keep it short.
2. Is it easy to do in your regular daily life? Keep it realistic.
3. Is it limited in scope? Be specific.
4. How often will you do this?

Keep your goals realistic. Don't try to do too much too quickly. Let's look at three examples of realistic goals.

1. Eating: For the next month (how long), four days each week (how often) I will eat two pieces of fruit a day -- one at breakfast and one as an afternoon snack. (realistic and specific).
2. Eating: The next five times (how long) I go to a fast food restaurant (how often), I will order a small French fries and a single hamburger, rather than a large French fries and double hamburger (realistic and specific).
3. Physically active: For the next month (how long), four days each week (how often) I will take a 15 minutes walk after lunch three days a week (realistic and specific).

Notice that the eating goals are not "I will eat more fruit" or "I will eat healthier." The activity goal is not "I'll walk more." These goals aren't specific like the examples above.

Set 1 to 3 goals at a time. Write them down. Put them in a place where you will see them often -- on the refrigerator, your bathroom or bedroom mirror, or in your purse or wallet.

Get more realistic tips on changing your eating habits or learn more about physical activity.

Did you succeed?

The last step is to see how you did at making the change. Once the time you set is over, look at the goals you set. Ask yourself these questions: Did you succeed? Did you set your sights too high? Did something happen in your life to keep you from being successful? If you were successful, give yourself a BIG pat on the back. (Or maybe a trip to the movies!)

Wait, you are not done! Making a change for two weeks or a month does not mean that it will stick for life. It's so easy to slip back to your old ways. Practice the new habits faithfully. It will take months before they become your way of life. If you weren't successful, try again. Revise your goals or choose easier ones. Make sure they contain the four parts of setting a goal that's within reach. Make sure you want to make changes in this area and that you believe you can.

What is your next step?

Start the lifestyle change cycle again. Choose some new goals to work on. Slowly, goal by goal, over time you'll be eating healthier and being more active... and you'll be at a healthier weight. You'll also be on your road to preventing or delaying type 2 diabetes.



DRIVING WHILE DISTRACTED

The AAA Foundation's first annual Traffic Safety Culture Index found that 82 percent of motorists rated distracted driving as a serious problem, yet over half of those same individuals admitted to talking on the cell phone while driving in the past month, and 14 percent even admitted to reading or sending text messages while driving. Think about the things that distract you. Do you do things while you're driving that you wouldn't want other drivers to do?

Don't touch that dial. Adjust seat positions, climate controls, sound systems, and other devices before you leave or while the vehicle is stopped. Know how your controls work, so if you must adjust something on the fly, you'll be less distracted. Use presets for radio and climate control, or have your passenger assist you.

Stop to eat or drink. Drive-through windows and giant cup holders make it tempting to have a meal while driving, but you're safer when you stop to eat or drink. If you can't avoid eating while driving, at least steer clear of messy foods. Reducing your risk will be worth the time you spend. Same goes for smoking.

Pull over to a safe place to talk on the phone, text message or email. Cell phones can be a great resource for getting help or reporting trouble. But, whether you use a handheld phone -- which can sometimes cause a physical distraction -- or a hands-free device, talking while driving causes you to take your mind off the road. Your best bet is to pull off the road to a safe spot before you use your phone to talk, text message, or surf the web. (Be careful, because stopping on the road can be very dangerous. Find a safe area away from traffic). Learn how your phone's controls work in case a call while driving is unavoidable. And practice good habits: Turn your phone off before you drive, so you won't be tempted to answer calls on the road.

Plan ahead. Read maps and check traffic conditions before you leave, so you'll be prepared for your journey. Use a passenger as your navigator and assistant, if possible. If you have a navigation system, enter your destination before departing for that destination.

Don't multitask and drive. Driving is complicated enough -- you'll become distracted if you do other things, too. Don't use the vehicle's mirrors for personal grooming when the vehicle is in motion. Don't try to read or write while you're behind the wheel. Just drive.

Pull over to care for children. Change the baby, feed the kids, and buckle them into their vehicle seats before you leave. If you need to attend to them, pull over in a safe place -- don't try to handle children while you're driving.



aaafoundation.org

GET ACTIVE!

WWW.ACTIVATEOMAHA.ORG!



It's a terrific resource for an active life! Click on Calendar to see what's going on right here in our area. Here are a few events from the March-April calendar:

April, 17 – 12:00PM - 8:00PM - Earth Day Omaha (Elmwood Park) Omaha's annual Earth Day event, providing a showcase for the many charitable, scientific and educational efforts advocating for sustainable environmental practices and lifestyles. Activities, presentations, booths, music, food and more! Event web address: <http://www.earthdayomaha.com>. For more information, contact: Lynn Beha, lbeha@earthdayomaha.com, 402-964-9293.

April, 24 – 9:00 AM - Walk MS presented by Blue Cross Blue Shield, (Omaha Civic Auditorium) Walk MS is a simple, but incredibly powerful way for you to share in the hope for the future. It's a time and place to stand together and be together to help raise critical funds for the National Multiple Sclerosis

Society so people with MS can move their lives forward. Event web address:

<http://www.nationalmssociety.org/chapters/NEN/index.aspx>
For more information, contact: deb.hermann@nmss.org

April 24, 11:00 AM - 5:00 PM - OmahaHealth Expo
(Civic Auditorium, 17th and Capitol) FREE!

The Largest Health Expo in the Region expanded through both the Exhibition Hall and the Mancuso Convention Center with over 275 exhibitors and 50 seminars, 4 continuous seminar rooms and 1 keynote speaker stage where you will hear from experts on ways to improve our lifestyles, live longer, better, and happier. This show again is positioned to kick off the Healthy Season on April 24th & 25th, 2010. Mark your calendars to attend and participate in the walk on Saturday and the bike ride on Sunday.

Visit: <http://showofficeonline.com> for details

Mark your calendars!
April 28th is National Walk at Lunch Day! More info to come!



National Public Health Week is April 5 - 11. It celebrates the accomplishments of public health: safe water, immunizations, smoke-free environments, safe food practices, lead poisoning prevention, injury prevention, infant safe sleep practices, obesity prevention, and more!

COMMIT TO BE FIT



Denise Gunter and Nina J. Y. Adams logging Walk to the Rockies miles at the Health Center.

INSPIRED WALKER DOUBLES HER EFFORTS

The Walk to the Rockies walking program which started in November has been a great way for Health Center employees to remain active during a cold, snowy winter. Nina J. Y. Adams and Denise Gunter have been faithful participants. Nina says, "As an avid walker I am thankful for the wellness program and the Walking to the Rockies activity. It has inspired me to double my walking exercise and has added an extra element of fun to the routine. The Walk to the Rockies has been a blast and I hope that we can continue to have these types of activities in the work place. It seems to encourage more people to get involved and get moving towards fitness and better health. Thank you, thank you, thank you for adding this wonderfully positive element to the work environment." Congrats to Nina and Denise for making fitness a priority in their busy schedules!

THE EYES HAVE IT!

The most active muscles in your body aren't the ones in your legs, back, or arms; they're the ones in your eyes. Your eyes have over 2 million working parts and the ability to process 36,000 bits of information every hour (that's a lot of information; to put it in perspective, 36,000 is about the number of people who fit in a sold-out Fenway Park in Boston).

What's more, your eyes are always moving-even when they're not open (remember, REM sleep stands for rapid eye movement). That makes your eyes one of your body's most powerful tools.

It's so powerful, in fact, that many cultures have used the eyes as symbols of power. There's the evil eye, which is described by many cultures as having such a mystical quality that you can inflict malice on someone through a gaze. There's the center of a hurricane (while the actual eye of a hurricane is a relatively calm place, the most violent weather occurs right outside of it). And let's not forget the ultimate measurement of perfection for an archer or dart-thrower-a bull's eye.

Dr. Mehmet Oz

MAKE YOUR VEGGIES TASTE GREAT!

- **Perk up your salad!**
Just toss in a few cherries or strawberries!
- **Stir-fry instead of steam!**
A great combo: Snow peas, scallions, reduced-sodium soy sauce and a sprinkle of sesame seed cooked in a little canola oil - YUM!
- **Roast 'em in your oven!**
Heat oven to 375 degrees, lightly coat veggies with olive oil, and cook for 15 minutes (asparagus) to 60 minutes (squash).

Make soup!

Saute broccoli or cauliflower and onion in olive oil for 2 to 3 minutes. Add just enough chicken stock to cover veggies; cook until stalks are tender. Remove from stove and puree. *Fitness magazine*



LOOKING FOR A CHALLENGING WAY TO GET INTO SHAPE? Daniel Archie at the the Youth Center will host 6 weeks of P90X extreme fitness classes! You've seen the infomercials; now become part of the movement! Classes will start April 5 at 3:00, Mon-Fri at the Douglas County Youth Center and April 7 at 4:00, on Wed, Fri, and Sun at the Creighton Medical Center on North Radial Hwy. For more information, contact Archie at: Daniel.Archie@douglascounty-ne.gov.

Weight Watchers at the Health Center



Did you know that the Health Center has a Weight Watchers group that meets weekly? They meet every Tuesday at 11:30 in Town Hall. This is open to everyone and the price is \$12.00 per meeting. Weigh-in is at 11:30 the meeting starts at 12:00.

The *Healthy Directions Wellness Newsletter* is brought to you by the Douglas County Healthy Directions worksite wellness committee. Contributing editor: Phil Rooney; layout and design: Connie Lehman; distribution: Sunday Uribe.

COMMIT TO BE FIT

COUNTERFEIT MEDICINES

You can avoid counterfeit medicine by purchasing only from U.S. state-licensed pharmacies.

While counterfeit medicines are rare in the United States, you must take an active role in managing your medicines to ensure you're not at risk. Here are some important facts about counterfeit medicine from the Food and Drug Administration (FDA).

Counterfeit medicines are fake or copycat medicines. They may:

- be contaminated
- contain the wrong active ingredients (the formula that makes the medicine work)
- be made with the wrong amount of ingredients
- contain no active ingredients at all
- be packaged in phony packaging.

Medicines that are counterfeit may not help the condition the medicine was intended to treat and may lead to dangerous side effects. How can you avoid counterfeits?

- Purchase ONLY from state-licensed pharmacies that are located in the United States, where FDA and state authorities can assure the quality of drug manufacturing, packaging, distribution and labeling. This way, you know your medicine is coming from a reputable source, and you can get help if you have any problems with your medicine. If you buy over the Internet:
 - Check to see if a pharmacy is licensed, is in good standing, and is located in the United States. Contact your local state board of pharmacy or the National Association of Boards of Pharmacy (NABP) at <http://www.nabp.net> 1 or 1-847-698-6227, or
 - Check to see if an Internet pharmacy site has the VIPPS Seal, the seal of the Verified Internet Pharmacy Practice Sites Accreditation Program. This program was established by the NABP to help protect you and guide you through Internet pharmacy shopping. Legitimate pharmacies that carry the VIPPS Seal are listed at <http://www.nabp.net/vipps/consumer/listall.asp2>.
- Know your medicine. Any time you get a prescription refilled, check the color, texture,
- taste and shape of the medicine. Anything different? Talk to your pharmacist.
- Give your doctor and pharmacist a complete list of all medicines (over-the-counter and prescription) that you use. They will also want to know what dietary supplements you use, including vitamins and herbals.

www.fda.gov

SYMPTOMS OF HEARING LOSS



Signs and symptoms of hearing loss may include:

- Muffled quality of speech and other sounds
- Difficulty understanding words, especially against background noise or in a crowd of people
- Frequently asking others to speak more slowly, clearly and loudly
- Needing to turn up the volume of the television or radio
- Withdrawal from conversations
- Avoidance of some social settings

When to see a doctor

Talk to your doctor if you have difficulty hearing. Your hearing may have deteriorated if you find that it's harder to understand everything that's said in conversation, especially when there's background noise; if sounds seem muffled; or if you find yourself having to turn the volume higher when you listen to music, the radio or television.

Hearing Loss Prevention

Hearing loss prevention consists of steps you can take to help you prevent noise-induced hearing loss and avoid worsening of age-related hearing loss:

- Protect your ears in the workplace. Specially designed earmuffs that resemble earphones can protect your ears by bringing most loud sounds down to an acceptable level. Foam, pre-formed, or custom-molded earplugs made of plastic or rubber also can effectively protect your ears from damaging noise.
- Have your hearing tested. Consider regular hearing tests if you work in a noisy environment. Regular testing of your ears can provide early detection of hearing loss. Knowing you've lost some hearing means you're in a position to take steps to prevent further hearing loss.
- Avoid recreational risks. Activities such as riding a snowmobile, hunting and listening to extremely loud music for long periods of time can damage your ears. Wearing hearing protectors or taking breaks from the noise during loud recreational activities can protect your ears. Turning down the volume when listening to music can help you avoid damage to your hearing.

www.mayoclinic.com

HEAR FROM YOU!
We'd like to hear from you! If you have a question or comment for the Healthy Directions committee, e-mail Kathy Goodman at kathy.goodman@douglascounty-ne.gov, drop her a note to Human Resources, Rm 505, or call her at 444-6099.

COMMIT TO BE FIT

APRIL IS FOOT HEALTH AWARENESS MONTH

What are your feet saying about you?

Listen carefully, your feet may be trying to tell you something. When our feet hurt, or develop problems, it's their way of sending us a message about our lifestyle choices. According to a recent survey conducted by the American Podiatric Medical Association (APMA), even though the majority of women stated that they suffered from some type of foot ailment, only twenty-six percent (26%) of women ages 18-49 have ever visited a podiatrist.

APMA member podiatrist Dr. Jane Andersen says, "It's important to pay close attention to our feet, as they are constantly working to give us clues about our health."

Heed this advice if you experience any of the following foot problems:

Fungal Nail

Reason: Trauma or infection to the nail that makes it thickened, discolored, loose or deformed. Often caused by the spread of athlete's foot, but may also be an indication of conditions such as diabetes or arthritis.

Response: Consult a podiatrist to prescribe the medication and treatment that will safely and effectively treat the problem. Keralac Gel and Lamasil tablets, both of which hold the APMA Seal of Approval, have proved effective in combating this problem and can be prescribed by a podiatrist.

Tendinitis

Reason: Overuse due to increase in physical activity, such as an increase in walking time or distance. May also be caused by wearing worn out or improperly-fitted shoes.

Response: Rest and ice provide relief, however in some cases, over-the-counter supports and anti-inflammatories may need to be prescribed. APMA-approved Bio-Freeze is the industry's most used topical pain relieving gel. Ask a podiatrist if this is an appropriate treatment.

Blisters

Reason: Friction from shoes that don't fit right or are too stiff.

Response: Keep feet dry and wear socks with properly-fitted

shoes. Never pop a blister. If painful, carefully open a corner of the blister closest to the bottom of the foot with a sterilized instrument, like a sewing needle, drain and immediately apply antibiotic cream and a bandage.

Ingrown Toenails

Reason: Improper trimming or too much pressure on feet in tight-fitting shoes, resulting in redness, pain or swelling around the nail. Can also result from poor foot structure, heredity, trauma or

foot deformities.

Response: Do not use nail polish to cover discoloration. Instead, visit a podiatrist at the first sign of a problem to see what treatment may be necessary. Avoid tight-fitting shoes and socks and inspect nails daily. Be sure to trim nails straight across using toenail clipper, making sure not to round edges.

Bunions

Reason: A bump at the base of the big toe that is swollen, tender or painful when in the shoe, often caused by misalignment of the joints. Ill-fitting shoes, heredity, trauma, biomedical abnormalities, neuromuscular disorders, inflammatory joint disease, congenital deformities or arthritis can also be culprits.

Response: Avoid pointy and narrow shoes or shoes with stitching or seams that rub bony areas of the foot. If painful, bunions can be surgically removed by a podiatrist.

Plantar Fasciitis

Reason: Excessive weight gain resulting in pain on the bottom of the heel or in the arch. May also be caused by bony overgrowth on the heel, muscle imbalance, high or low arched feet, improper shoe gear, excessive activity or trauma.

Response: Exercise and stretch feet daily and wear strong and supportive shoes that don't put undue stress on the ball or heel. Visit a podiatrist who can examine and see if medications or orthotics are necessary.

Bromhidrosis (Foot Odor)

Reason: Increased perspiration from the more than 250,000 sweat glands in the foot due to increased body temperature. Results in sweaty, smelly feet that do not itch or appear to have a rash.

Response: Rub cornstarch or spray antiperspirant directly onto the soles of the feet and spray Lysol into shoes. Keep shoes and socks dry and change shoes regularly. Wear socks that wick away moisture. *American Podiatric Medical Association*



The Employee Assistance Program (EAP) is available to all Douglas County employees. EAP's trained staff can help you with problems that affect your personal or professional life. Services are free to employees and family members, and records are kept confidential and are not included in the staff member's personnel file. Call 593-1711 for an appointment.

COMMIT TO BE FIT

What's the best way to **improve** your **health**?



Commit to be Fit

Find out by taking a free confidential Health Assessment

A healthier life could be just a few clicks away. By taking a free online confidential Health Assessment, you can identify your personal health needs, learn healthy habits and compare your "lifestyle score" to others of the same age and gender. Plus, you'll have access to several health improvement resources.

It's easy to get started:

1. Go to **www.myuhc.com**[®]
2. If you already registered, log in to your account with your user name and password. If you are not registered, you must register with **myuhc.com** to access the Health Assessment. Follow the easy steps under *Register Now*.
3. After you are logged into **myuhc.com**, click on the *Health Assessment* button on home page. Select *English* or *Spanish* version and then click *Launch University of Michigan Health Assessment* link and follow the instructions for completing the **confidential** Health Assessment.

Receive* a \$5 Subway Gift

Card for completing the **CONFIDENTIAL Personal Health Assessment** between **April 15th, 2010 and April 30th 2010!**

***Must be an employee or spouse covered under the UHC Medical Plan**

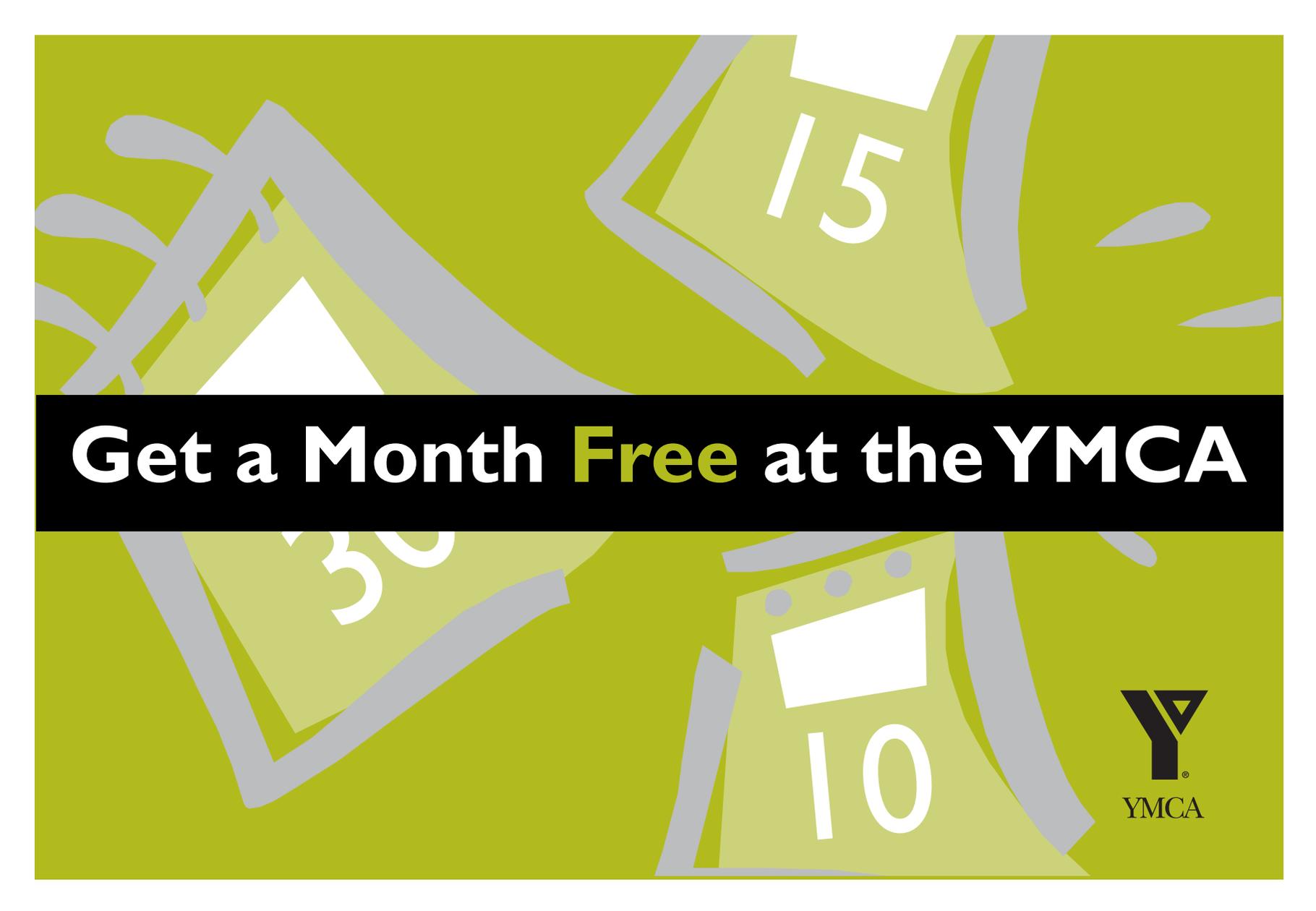
Reach your goals

Health Assessment & Improvement helps you track progress toward your health goals. After you have completed the Health Assessment, you can review your assessment report and begin to take steps to improve your overall health and well-being. Once you have reached your goals, pat yourself on the back for a job well done!



Insurance coverage provided by or through United HealthCare Insurance Company or its affiliates. Administrative services provided by United HealthCare Insurance Company, United HealthCare Services, Inc. or their affiliates.

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Get a Month **Free** at the YMCA



MEMBER GET A MEMBER OFFER

You already know the YMCA helps you grow healthy in spirit, mind and body.

Now you can help your friends get healthy too – all year round!

Refer a friend, and when they join any YMCA of Greater Omaha branch by April 30, 2010, you will receive one month membership – FREE! The more friends you refer, the more months of free membership you will receive.

For more information visit your local YMCA of Greater Omaha branch.
Branch locations can be found at www.metroymca.org.



YMCA of Greater Omaha

Association Office
430 South 20th Street
Omaha, NE 68102
www.metroymca.org

MEMBER REFERRAL CARD

Refer a **NEW** member to the YMCA and receive one free month of membership!

Fill in your name, Member ID#, (located on your membership card) and phone number below. Give this referral card to a friend. If they join, you receive a free month of membership. New members must join by April 30, 2010.

Referred By: _____

Member ID# _____

Phone: _____

New Member Name: _____

New Member ID#: _____



Offer not valid for Youth, Complimentary or Silver Sneakers memberships. Free months earned are non-transferable. Referring member will be contacted by the YMCA with details about their reward. This offer is not available when signing up for a membership online. In order to receive your free month, the person you refer must not have been a YMCA of Greater Omaha member in the last 60 days. **Offer expires April 30, 2010.**

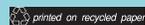
After attending this program, you will feel more prepared to:

- deal with pain and extreme tiredness
- eat for better health
- talk with family, friends and health professionals
- manage medications
- relax and enjoy life!

For More Information Contact:
patty.falcone@douglascounty-ne.gov

Living Well Needs Trained Leaders!

If you are interested in becoming a trained leader for this program, please contact:
patty.falcone@douglascounty-ne.gov



**A SIX SESSION
SELF-MANAGEMENT
PROGRAM**

Enjoy Life!

You don't have to stop doing all the things you love to do to enjoy a healthier life!

What is Living Well?

Living Well is a six session program for any one living with a long-term health problem such as:

- Asthma
- COPD
- Congestive Heart Failure
- Depression
- Heart disease
- Parkinsons
- Arthritis
- Cancer
- Diabetes
- Fibromyalgia
- Obesity
- Other chronic condition

Living Well is offered free of charge. Class sizes are kept to 10 -15 participants. Each class of the six session program runs for 2 -2 1/2 hours.



Who can take part?

Anyone living with a long-term health condition is welcome. Feel free to bring a family member, friend or caregiver.

How will this program help me?

By taking part in a Living Well program you will learn better ways of coping and managing your health by:

- setting goals that are do-able
- working with others
- finding support and solutions to problems
- making daily tasks easier
- relaxing and managing stress
- working in partnership with your healthcare team

Take Control of Your Health!



THE 2ND WIND EXERCISE EQUIPMENT CORPORATE WELLNESS PARTNERSHIP

In Partnership with:



ID#DC000398

We care about your health, which is why we have partnered with 2nd Wind to provide you special savings on all NEW club-quality exercise equipment. Here's all you do:

1. Go online to 2ndwindexercise.com/corporatewellness. Enter our Corporate ID# printed just below our logo. After you follow the directions, your Personal Savings Certificate will be generated for you to print out.
2. Bring your Personal Savings Certificate to any 2nd Wind store and one of their Certified Fitness Consultants will help you select the perfect product for your body and your budget. They can also design a workout plan for you!

Just bring in your Certificate to receive substantial storewide savings on ANY equipment purchase!



PowerPlate My5



PaceMaster Silver XP



LifeSpan TR4000i



ALL Accessories

SAVE 15 to 40% OFF EQUIPMENT!*

SAVE 15%

FREE DELIVERY & SET-UP



You will also receive:

FREE Delivery and Set-Up**
on ANY new equipment purchase.
Up to \$150 value



If that's not enough...

Your equipment purchase may be an eligible Flex-Spending expense! That means that with a Dr.s Authorization you may be able to use your tax-free contribution to make your purchase. Contact your Flex-Plan Administrator for more details.

Isn't it time **YOU** got **YOUR** 2nd Wind?

* Deals will vary based on model year, special buys, closeouts, floor models and pre-owned items currently available. ** FREE Delivery and Set-Up only available in existing delivery areas in MN, WI, MO, SD, ND, NE, IL, IN and IA. Free Delivery applies to Treadmills, Ellipticals, Bikes, Powerplates, and Home-Gyms only. \$150 delivery credit will be applied towards an item with a higher delivery cost including but not limited to strength equipment and home-gyms.

**Make a Difference One Step at a Time
Join Us For a**

3.5 Mile Fun Run/Walk

**Net proceeds will benefit the
Douglas County Health Center Foundation**

Date: April 24, 2010

Time: 8:00 a.m. - 11:00 a.m.

- Free water bottle for the first 150 participants*
- Check in 7:00 a.m.—10:00 a.m. in the Douglas County Health Center's Town Hall
- Participants will run/walk the Field Club Trail
- The event starts at 8:00 a.m. however, you may start at your leisure
- All participants must complete the event by 11:00 a.m.
- Snacks will be served in the Douglas County Health Center Courtyard Pavilion after completing the event



Sponsored by:
Douglas County Health
Center Foundation

Entry Fee: \$15.00

To pre-register or for more information call (402) 444-7313
or e-mail the foundation at dchcfoundation@gmail.com

Website: www.dchc.douglascounty-ne.gov/foundation

Participants will be asked to sign a waiver.

Event Options

- Run
- Walk
- No Run / Walk

(If you are not able to join us for this event you can still show your support for the foundation by registering for the no run/walk.)

*No Run/Walk participants not eligible for water bottle

Fun Run/Walk – Saturday, April 24, 2010
Sponsored by the Douglas County Health Center Foundation

Run/Walk Waiver and Registration Form

I know that participating in a run/walk is a potentially hazardous activity. I will not enter and participate unless I am medically able and properly trained. I assume all risks from participating in this event and its related activities including, but not limited to: falls; contact with other participants; effects of the weather, including high heat, humidity, precipitation, traffic and the conditions of the road/trail; all such risks being known and appreciated by me. Having read this waiver and release and knowing these facts and in consideration of your accepting my entry fee and participation, I, for myself and anyone entitled to act on my behalf, waive and release Douglas County, Douglas County Health Center, Douglas County Health Center Foundation, race officials, volunteers, sponsors and their respective affiliates, subsidiaries, principals, directors, agents, officers, employees or contractors of and from all claims, liabilities or causes of action of any kind arising out of my participation in this event or its related activities which I or my successors, assigns or heirs may ever have now or in the future against any of them. This release and waiver extends to all claims of every kind and nature whatsoever. I agree to abide by any decision of a race official related to my ability to complete the run/walk event safely. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any lawful purpose. Applications for minors will be accepted only with a parent's signature and all children participating in the run/walk under the age of 15 must be accompanied by an adult during the entire race.

All net proceeds go to the Douglas County Health Center Foundation to help improve the quality of life for residents who call Douglas County Health Center "home".

REGISTRATION FOR FUN RUN, WALK or NO WALK/RUN = \$15.00			
Name: _____			
Address: _____			
City: _____	State: _____	Zip Code: _____	
Telephone: () _____	Email: _____		
Date of Birth: _____	Age on Race Day: _____		
Choose One: RUN <input type="checkbox"/>	WALK <input type="checkbox"/>	NO WALK/RUN <input type="checkbox"/>	Sex: MALE <input type="checkbox"/> FEMALE <input type="checkbox"/>
Waiver Signature: _____ <small style="text-align: center;">Signature of parent or guardian if under 18)</small>			

This application may be photocopied if necessary.

ENTRY FEE(S): \$15.00 per person.

PLEASE MAKE ALL CHECKS PAYABLE TO:

Douglas County Health Center Foundation – may be abbreviated DCHCF

MAIL REGISTRATON FORM TO:

Douglas County Health Center
Attn: Mary Powell
4102 Woolworth Avenue
Omaha, NE 68105

Postmarked before **Monday, April 19, 2010**

FOR MORE INFORMATION CALL: (402) 444-7313
or EMAIL: dchcfoundation@gmail.com