



Healthy Directions News

Worksite Wellness Newsletter for Douglas County Employees



Greetings from your worksite wellness center!

May and June have conspired with "Mother Nature" to bring us lots of rain and some pretty hot temperatures to make outdoor activities a challenge.

I still see many employees walking during the lunch hour, even if it is just around the block which is good since the 2nd Employer Challenge, "Step Ahead" began on June 13th.

You have the opportunity to earn 15 wellness points by participating and logging your steps during this challenge. If you log a total of 100,000 steps during the four-week challenge, you will earn those 15 wellness points toward your 2016 annual goal of 200 points and your \$200 Visa gift card reward.

You also have many other opportunities to earn wellness points by visiting the [website www.myviverae.com](http://www.myviverae.com).

There are monthly questions, webinars, and peer-to-peer challenges, not to mention completing your Member Health Assessment survey and Bio-Metric screening requirement.

Did I mention we added coaching to our wellness program for 2016? You can take advantage of expert health coaching assistance for weight management, nutrition, fitness, stress management, or tobacco cessation. The best part is, they are all free to you!

As of June, 486 employees and/or spouses have earned the first \$100 Visa gift card wellness incentive. In addition, 312 members have earned the 2016 annual wellness points so far, so they will receive the second \$100 Visa gift card by the end of

July. A big congratulations to all of you!

We still have work to do to encourage other members to participate in the worksite wellness program so they can earn a \$200 Visa gift card. Only about 25 percent of those eligible have logged into the wellness portal with slightly fewer earning their first wellness incentive.

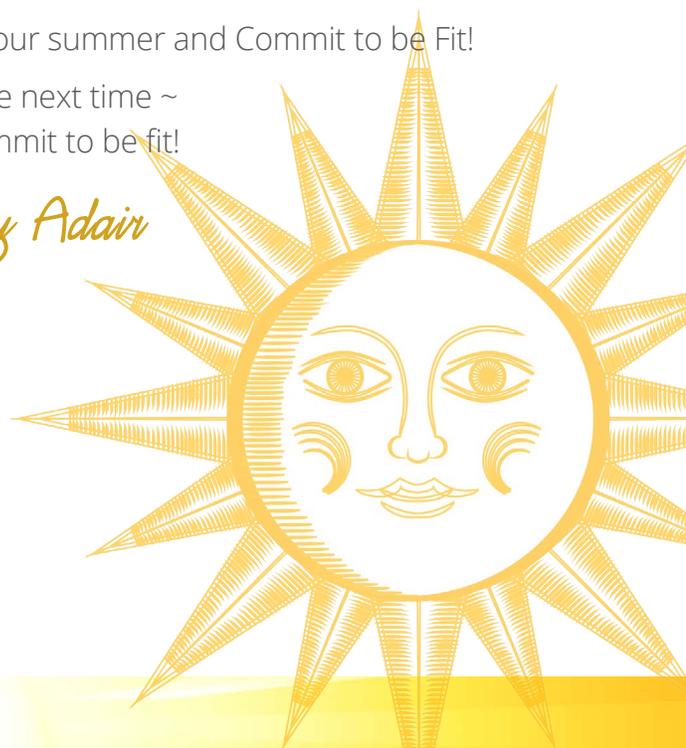
We need your help to encourage your fellow employee and/or spouse to participate and by doing so we will reward you with a free lunch. Yes, again I am offering you a \$10 Subway gift card for everyone you encourage to register on the wellness website and I will also give that individual a \$10 Subway gift card for registering.

Simply submit the name of the individual to me (Kathy Adair, Wellness Coordinator) and I will verify their registration, then both of you will be rewarded with a \$10 Subway gift card. How easy can a free lunch be?

Enjoy your summer and Commit to be Fit!

Until the next time ~
just commit to be fit!

Kathy Adair





June is Men's Health Month

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

Eat Healthy.

Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.

Get Moving.

Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.

Make Prevention a Priority.

Many health conditions can be detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

www.menshealthmonth.org

Men, Talk to your Doctor about Depression.

It is important that men talk to their doctors about depression, how they're feeling and ask for help. With a diagnosis and proper care for depression, the great majority of people respond to treatment. Treatment usually involves antidepressant drugs, psychotherapy or a combination of both. Managing depression can help relieve unnecessary suffering, improve the chances for recovery from other illnesses and prolong a productive life.

Wellness on Line by Unitedhealthcare

United at Work
Podcast of the
Month

Men's Health

The goals of the Men's Health podcast <http://www.brainshark.com/uhcna/vu?pi=zHKzubuFZzFF3Rz0> are to help men make more informed health decisions and to educate all employees about differences between men's and women's health care needs.

34.5% of men 20 years and over are obese

32.6% of men 20 years and over have hypertension

18.9% of men 18 years and over currently smoke

THE LEADING CAUSES OF DEATH FOR MEN IN THE UNITED STATES:

Heart disease
Cancer
Accidents
(unintentional injuries)

www.cdc.gov/nchs/fastats/mens-health.htm

Outdoor Safety Tips



Hiking Safety

Hiking this spring? Use the buddy system. It's safest to venture out in nature with others. If you're hiking or exploring, always let others know your plans. Tell them when they should expect you back or to check in.

2015 HealthDay. (Viverae Healthy News)

Prepare To Stay On Track

Getting lost in the outdoors is a possibility. Proper planning and action can keep you safe. Here are a few tips that may help you in this situation.

- Learn how to use a compass and a map or GPS
- Thoroughly review a map and other guidebooks of the area. Learn about the trails, streams, mountains, nearby roads and other features around the area.
- Pack the proper equipment and supplies. Carry essential items in your pockets for use in an emergency. Bring water.
- Sign in on trailhead registers and stick to your planned route.
- When hiking always use a map and compass. Stop occasionally to note your progress on the map and always pay attention to landmarks as you hike. Be aware of your surroundings. www.lovetheoutdoors.com

A Guide to Common Poisonous Plants



Poison Ivy



Poison Oak



Poison Sumac

If you are exposed to a poisonous plant:

- Immediately rinse skin with rubbing alcohol, poison plant wash, or degreasing soap (such as dishwashing soap) or detergent, and lots of water.
- Rinse frequently so that wash solutions do not dry on the skin and further spread the urushiol (the sap oil).
- Scrub under nails with a brush.
- Apply wet compresses, calamine lotion, or hydrocortisone cream to the skin to reduce itching and blistering.
- Oatmeal baths may relieve itching.
- An antihistamine may help relieve itching. Drowsiness may occur.
- In severe cases or if the rash is on the face or genitals, seek professional medical attention.
- Call 911 or go to a hospital emergency room if you have a severe allergic reaction, such as swelling or difficulty breathing, or have had a severe reaction in the past. www.cdc.gov

Mosquitoes: Fight the Bite!

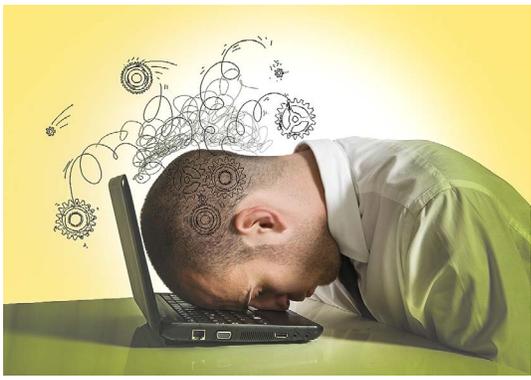
Which mosquito repellents work best? CDC recommends the use of products containing active ingredients which have been registered with the U.S. Environmental Protection Agency (EPA) for use as repellents applied to skin and clothing.

Of the products registered with the EPA, those containing DEET, picaridin, IR3535, and some oil of lemon eucalyptus and para-menthane-diol products provide longer-lasting protection.

EPA registration means that EPA does not expect the product to cause adverse effects to human health or the environment when used according to the label.

How often should repellent be reapplied? Repellents containing a higher percentage of the active ingredient typically provide longer-lasting protection. Regardless of what product you use, if you start to get mosquito bites, reapply the repellent according to the label instructions.

www.cdc.gov



Signs that a sleep problem needs medical attention

Along with regular exercise and a healthy diet, sleep is essential for good health. If you're not getting enough zzzs, you should talk with your doctor.

The womenshealth.gov says a doctor visit is in order if:

- You frequently have difficulty sleeping and can't find relief.
- You wake during the night, gasping for air.
- Your partner tells you that while you sleep, you stop breathing for short periods.
- You snore loudly.
- You wake in the morning not feeling refreshed.
- You frequently fall asleep during the day

2015 HealthDay. (Viverae Healthy News)



Three Simple Ways to Improve Your Eating Habits

Experts claim the healthiest diets are rich in fruits and vegetables, because these foods are full of healthful nutrients and fiber. Eat fruits and veggies in a variety of colors – red, orange, yellow, purple, green and white. And don't forget to:

Choose less meat and fat, go for more fruits and veggies.

Fill half of your plate with fruits and vegetables. Make at least half your grains "whole grains."

Swap artery-clogging creamy sauces and dressings with marinades or dressings made with olive oil (a heart-healthy fat) and herbs.

Kathleen Zelman, MPH, RD, www.uhc.com

Need help quitting smoking?

Visit www.epa.gov/smokefree

Stop Domestic Violence

If you or someone you know is experiencing domestic violence, **contact the Women's Center for Advancement's 24-hour hotline: 402-345-7273 or office: 402-345-6555.**

The Employee Assistance Program

(EAP) is available to all Douglas County employees through Alegent-Creighton Health. EAP's trained staff can help with problems that affect your personal or professional life. Services are provided to employees in a confidential manner and there is no charge to the employee for up to five counseling sessions. **Call 402-398-5566 or 1-888-847-4975 or visit Alegenteap.com. PLEASE NOTE: They have relocated to different building on the Creighton/Bergan Mercy Hospital Campus: 7710 Mercy Road, Building ONE, Suite #332.**

24-Hour Nurse from UnitedHealthcare

Connect with a registered nurse who'll take the time to understand what is going on with your health and provide personalized information just for you, 24 hours a day, seven days a week. To talk with a nurse, call 888-332-8885, or visit myuhc.com.

The Healthy Directions Wellness Newsletter is brought to you by the Douglas County Healthy Directions worksite wellness committee. Contributing editor and photographer: Phil Rooney; layout and design: Connie Lehman; proofreading: Tina Curry; distribution: Kathy Adair. We'd like to hear from you! Send questions or comments to the committee by e-mailing chairwoman Kathy Adair at kathy.adair@douglascounty-ne.gov, drop her a note to Human Resources, Room 505, or call her at 402-444-6099.

SECONDHAND SMOKE?

Know your rights!

- Rent Smokefree
- Live Smokefree



www.douglascountyhealth.com 402-444-7221