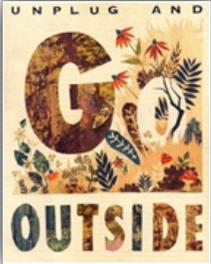


Your worksite wellness newsletter

News

MAY/JUNE 2014



A New Wellness Program Is Almost Here!

I am excited to tell you that Healthy Directions is in the final stages of the implementation process with our new wellness vendor Viverae.

Beginning July 1, all PPO/HSA health plan-covered employees will be eligible to participate in your new health management program. The health management program is run on a point system. You earn points throughout the year for completing certain program activities. Then, you redeem these points at the end of the year to receive your 2014 incentive.

Our first year you will need 150 points to earn your 2014 incentive. You will be required to complete the Biometric screening and the Member Health Assessment Survey as two of the mandatory activities with each completion worth 50 points. That leaves you with an additional 50 points to earn by the end of 2014 to be awarded your \$75 Visa Gift Card incentive.

How easy is that! And, all done while participating in activities to better your overall health and wellness.

Healthy Directions will be sponsoring the Biometric screening at four different county locations on 10 different days and times during the month of July. You will also have the opportunity to take the Member Health Assessment during the screening dates with a completion date of August 31.

Details on scheduling your screening date, how to register, and how to log into the Viverae website will be sent to you in the next couple weeks. The Viverae wellness website will be your personal health management site. You will log in with your own personal credentials. All programs are confidential and in compliance with the Health Insurance Portability and Accountability Act (HIPPA).

The Healthy Directions Program is a vital part of our overall benefits program. Whether your goal is to have more energy, to lose weight, to manage stress, or to improve your diet, the Healthy Directions Worksite Wellness Program can help you. Watch your mail for more details and how you can earn a \$75.00 Visa Gift Card just for participating.

Kathy Adair & the Healthy Directions Wellness Committee



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; distribution: Kathy Adair. We'd like to hear from you! Send questions/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.

Commit to be Fit



Exercise? Who, me? 8 strategies for making the leap

The potential for greatness lives
within each of us.

Wilma Rudolph, U.S. gold medalist in track and field

You might not think of yourself as an athlete. But, given the chance, your body may be able to do things you never dreamed of.

And, you don't have to be sporty or skilled to reap the impressive benefits of regular exercise. They're right there for the taking — including more energy, better health and help managing stress.

Creating your new active life

So, are you ready to begin moving more and feeling your best? Here are eight strategies to help kick off your future in fitness:

- 1. Get a green light.** If you've been inactive, talk with your doctor before starting an exercise routine. That's especially important if you're pregnant, have any chronic conditions, or have been sidelined by injury or illness. Your doctor can suggest good workout options for you — and give you pointers on how to safely ease into new habits.
- 2. Put it in writing.** Start your journey with a get-fit blueprint. Write out a weekly exercise plan. Be specific — it should include workout times and what you'll do. If you start a fitness journal, this can be a great way to track your progress over time, too. Also, see "Make a fitness contract."
- 3. Pace yourself.** Slow and easy is the best way to begin. As your fitness level improves, you can gradually increase the length and intensity of your workouts.

What's a good goal for most healthy adults? Aim for at least 2.5 hours of moderate aerobic exercise a week. And, add strength exercises on two or more days.

4. Find your footing. Walking is a great workout for beginners. And, it's one that many people adopt for life. You can begin slowly — and walk farther or faster as your fitness develops. You just need sturdy, supportive shoes and a safe path to follow.

A tip for inspiration: Try using a pedometer. These simple step-counters can give you a daily goal to meet.

- 5. Take 10.** If you're pressed for time, exercise in short bursts. Any moderate or vigorous aerobic activity you do for 10 minutes or more can count toward your weekly goal.
- 6. Pair up, sign up, show up.** Recruit an exercise buddy — or join a fitness class. You'll be more likely to stick with your plan when a friend, family member or group is counting on you.

7. Explore new adventures. How about hiking with friends? Or, taking a lesson at a local climbing wall? Sampling a variety of activities — solo or with others — can help you stay motivated and energized.

8. Make moving a way of life. Walk around the block whenever you take out the trash. Bike to work. Play a game of tag or soccer with the kids. Take extra trips when toting groceries or laundry.

Finally, don't give up the cause if you have a setback. That happens to seasoned athletes, too. Just go back to your plan — and start anew.

For the new, fitter you

Discover more tips for an active lifestyle at myuhc.com. Click Health & Wellness > Learn > Exercise + Fitness.

Karis Day, R.N., UnitedHealthcare®



Batter Up!

It's time to play ball, and some of your Douglas County co-workers are looking to put together a softball team for fun and recreation.

Men and women are invited — looks like we'll go co-ed — and you don't have to be a star.

If this sounds like fun to you, please contact via e-mail Aja Anderson at aja.anderson@douglascounty-ne.gov or Phil Rooney at phillip.rooney@douglascount-ne.gov.

What do ya have to lose? Other than your dignity, a few pounds, some skin off your knees . . .



PROSTATE CANCER

Take Time to Decide

Most prostate cancers grow slowly, and don't cause any health problems in men who have them. A PSA test may find a prostate health problem. Treatment can cause serious side effects. Take time to ask your doctor these questions before you decide to get tested or treated for prostate cancer.

Who has a higher risk for prostate cancer?



- Men who are 50 years old or older.
- African-American men.
- Men whose father, brother, or son had prostate cancer.

What is the PSA test?

- Your prostate makes a substance called prostate-specific antigen (PSA).
- The PSA test measures the PSA in your blood.
- Your PSA level can be high for many reasons.



What happens next if my PSA is high?



- Your doctor may repeat your PSA test.
- Your doctor may send you to a specialist (urologist) for more tests, like a **biopsy**.

Tiny pieces of prostate tissue are removed using small needles and checked for cancer cells. Biopsies are the only way to know if you have prostate cancer.

What are my choices if a biopsy shows early prostate cancer?

Watching it closely.

- Get PSA tests and biopsies regularly.
- Talk to your doctor if you have symptoms like trouble urinating, blood in your urine, or pain in your back, hips, or pelvis that doesn't go away.

Getting other treatments after talking to your doctor.

- You may talk surgery to remove the prostate, radiation therapy, or hormone therapy.
- You may also talk about the side effects of treatment like impotence, loss of bladder control, and bowel problems.



For more information about prostate cancer:
<http://www.cdc.gov/cancer/prostate/>

National Center for Chronic Disease Prevention and Health Promotion
Division of Cancer Prevention and Control





The County Wellness Bicycling Corner By Lee Lazure

Biking season is definitely here and the challenge is to get out on that bike and ride. If you have a bike and have not used it in some time, here is a great opportunity to enjoy the outdoors with all the spring flowers and the new leaves on the trees.

And who knows? You could find out how much fun biking is --- just by yourself or with your family members or some friends. Of course, our Douglas County bike group is always looking for more riders, especially those who are new to the sport. We are hoping to help you get into biking, and we strongly believe in “no biker left behind” on our rides.

Here are some basic bicycling tips:

- Make sure to have a spare inner tube just in case you have a flat, and have a hand pump attached to your bike. Even better – have a CO/2 air inflator tool. Check the directions on the inner tube container and it’s a great idea to practice changing a tire before you go out on the trail or roadway.
- Have a bike bag that fits under the back of your bike seat to store your inner tube, tire changing levers, and CO/2 air tool for emergency purposes. It’s always a good idea to have a packet of Kleenex for whatever need may arise.

- Make sure you use sunscreen and bring enough fluids on your ride.
- When riding into the wind, shift your gears down to a lower level to make it easier to pedal.
- If you are going up a hill, shift down to your lower gears in advance of the hill.
- Crouching in a tuck formation will help with the wind, and when you go down a hill you get a lower center of gravity which will give you more control.
- If the temperature is below 60 degrees, wear long pants and a long sleeve shirt for protection from the chill. It’s possible that gloves may be in order.

Congratulations are in order to Connie Lehman, Kevin Conlon, Lee Lazure, and Jim and Marge Bojanski for doing the 55-mile Great American Pie Ride on Saturday, May 10.

With even better weather coming --- Make the Commit to Be Fit!!!

YOU CAN DO IT!

Lee Lazure

Douglas County Human Resources-Civil Service
402/444-6123

Outdoor dining safety rules:



Safe Cookouts Require Planning

- Clean your grill between each use.
- Use a meat thermometer to ensure that you thoroughly cook meat and poultry.
- Beef and pork should be “rested” for 3 minutes to allow the heat to spread and kill more contaminants.
- Whether you’re cooking in the backyard or on a picnic, make sure you always keep the cold foods cold and the hot foods hot.
- Leftovers should be promptly refrigerated.

Meat, in particular, needs special attention. To avoid cross-contamination, cooked meat should be put on a clean platter and you should not reuse a plate that was earlier used for raw meat. Also, sauce that was used to marinate meat should not be used on cooked food. Remember to wash your hands, utensils and cutting boards that have been in touch with raw meat or poultry.

The internal temperature of cooked meats should be:

- Beef and pork, steaks, roasts and chops – 145 degrees
- Poultry – 165 degrees
- Hamburger and other ground meats – 155 degrees

Appearance in meat is not a reliable indicator of safety or risk. Only by using a food thermometer can consumers determine if meat has reached a sufficient temperature to destroy pathogens of public health concern.

Joe Gaube, Douglas County Health Department

Commit to be Fit

Melanoma/Skin Cancer Detection and Prevention

What is skin cancer?

Skin cancer is the most common kind of cancer in the United States. There are 3 major types of skin cancer:

- Basal cell carcinoma
- Squamous cell carcinoma
- Melanoma

Basal cell carcinoma and squamous cell carcinoma are the 2 most common kinds of skin cancer. They are both also called non-melanoma skin cancer. The most dangerous kind of skin cancer is called melanoma.

Skin cancer can almost always be cured when it's found and treated early. That's why it's a good idea to check your skin regularly for new growths (like moles or lumps) or changes in old growths. Tell your doctor or nurse right away if you find a change.

What causes skin cancer?

Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. Anyone can get skin cancer. The risk is highest for people with:

- White or light-colored skin with freckles
- Blond or red hair
- Blue or green eyes

You are at higher risk for the most dangerous type of skin cancer (melanoma) if you have:

- Unusual moles
- A large number of moles (more than 50)
- A family history of melanoma

The best way to prevent skin cancer is to protect your skin from the sun.

- Stay in the shade as much as possible between 10 a.m. and 4 p.m.
- Use sunscreen with SPF 15 or higher.
- Cover up with long sleeves, a hat, and sunglasses.

Why do I need to protect my skin from the sun?

Protecting your skin from the sun today may help prevent skin cancer later in life. Most skin cancer appears after age 50, but skin damage from the sun can start during childhood.

Staying out of the sun and using sunscreen may also help prevent:

- Wrinkles
- Blotches or spots on your skin
- Other damage caused by the sun

www.health.gov

Just say NO to indoor tanning.



What about indoor tanning?

Harmful UV radiation can also come from tanning booths or sunlamps.

Ads for tanning salons, sun lamps, and tanning beds promise a bronzed body year-round, but experts agree that ultraviolet (UV) radiation from these devices damages the skin and poses serious health risks. Sunburns and tans are signs of skin damage. Deliberate tanning, either indoors or out, increases your risk of melanoma and nonmelanoma skin cancer.

SUNGLASSES

More than a Fashion Statement

When you're shopping for shades, skip sunglasses that are labeled "cosmetic" or that don't offer details about UV protection. Instead look for sunglasses that provide at least 99 percent protection from UVA and UVB light.

www.mayoclinic.org

Commit to be Fit



Spicy Roasted Whole Cauliflower
www.snack-girl.com

- 1 head cauliflower
- 1 ½ cups plain Greek Yogurt (0% or 2%)
- 1 lime, juiced
- 2 tablespoons chili powder
- 1 tablespoon cumin
- 1 teaspoon curry powder
- ½ teaspoon salt

Preheat oven to 400° F. Line a rimmed baking sheet with aluminum foil. Trim the base of the cauliflower removing the leaves and cutting out the woody stem. In a large bowl, mix yogurt, lime juice, chili powder, cumin, curry powder, and salt. Dip the cauliflower into the bowl and smear the marinade on with a spoon or your hands. It should be well coated. Place the cauliflower on the baking sheet and roast until surface is brown about 40 minutes. Serves 6.

65 calories, 1.6 g fat, 0.7 g saturated fat, 8.6 g carbohydrates, 4.0 g sugar, 6.2 g protein, 3.5 g fiber, 262 mg sodium, 2 Points+
Points+ values are calculated by Snack Girl and are provided for information only.



Is one of your goals to eat more fruits and vegetables?

Click on the link below to find inspiration, encouragement, and recipes at the More Matters website:
www.fruitsandveggiesmorematters.org/

Need help quitting smoking?
Visit www.epa.gov/smokefree

FYI: Mammograms are paid 100%
by United Healthcare.

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.



Considering Weight Watchers?

Contact Gail Knapp at gknapp@ci.omaha.ne.us or call Gail at (402)444-5190

DC YOUTH CENTER: P90X CLASSES

Are you up to the challenge?
Call Daniel Archie at 402-444-1892



**PLEASE BUCKLE UP
AND DON'T TEXT WHILE DRIVING.**

If you or someone you know is experiencing domestic violence, please contact the YWCA of Omaha's 24-hour hotline at 402-345-7273 or YWCA Omwaha office at 402-345-6555.

Rent Smoke-free!
Would you like to learn more about **Smoke-free mult-unit housing?**

Contact: Aja Anderson, BS, Douglas County Health Dept. at aja.anderson@douglascounty-ne.gov.

Commit to be Fit