

Commit to be Fit

July - August 2015

Happy Summer to All!

Yes, we are in the heat (and the heart) of the summer and more than halfway through 2015. Hopefully, by now, you know we have a couple wellness challenges underway that will let you earn some cash while committing to be fit.

With the 2015 Corporate Cup Run/Walk less than eight weeks away, Healthy Directions announced the annual CCR T-Shirt Design Contest. The contest began July 17th and will run until August 12th. I already have received five entries and I have to tell you they are REALLY good this year. The winner of the design contest will earn a \$75 Visa gift card, a T-Shirt with the winning design, free registration for the Corporate Cup Run/Walk, and their picture in our next newsletter.

All employees submitting a design will earn a \$10 Subway gift card. So put on your artist's hat and design the 2015 CCR T-Shirt for team Healthy Directions.

The 2015 Corporate Cup Run/Walk will again take place at Aksarben Village and is scheduled for September 13th. As we have before, Healthy Directions is sponsoring a team this year. Watch for details and registration information coming soon. By the way, if you do participate in the 2015 CCR, you will earn 15 Viverae wellness points.

Healthy Directions also has a wellness challenge that began July 20th and will run until August 31st. For every two employees and/or spouses who are insured under our medical that you register on the www.myviverae.com website, and get to begin participating in the wellness activities - you will earn "lunch on us" as well - PLUS the two individuals who registered also get lunch.

Just send the names of those employees and/or spouses to kathy.adair@douglascounty-ne.gov so the registration can be verified to receive a \$10 Subway gift card.

We've made it pretty easy to earn a free lunch on Healthy Directions.

I hope you will "Commit to Be Fit!"

Kathy Adair



Prevent Mosquito Bites

You can apply a mosquito repellent that includes DEET, and the CDC also has approved picaridin and oil of lemon eucalyptus. The CDC generally recommends that when using sunscreen and repellent, the sunscreen should be applied first. Products that combine sunscreen and repellent are not recommended.

Wear loose, long-sleeved shirts, plus pants, shoes and socks when outdoors.

Avoid outdoor activity around dawn and dusk when mosquitoes are most active.

Remove standing water or report it to the Health Department for treatment.

Phil, Rooney
Douglas County Health Department

Don't Let the Heat Beat You

This is Serious

It has been a summer of heat extremes, and that looks to be with us for a while longer.

"During the average year in the United States, heat is – by far - the biggest weather killer," Douglas County Health Director, Dr. Adi Pour said. "You can easily be injured, but just as easily you can take simple steps to protect yourself."

There is no need to give up on all your outdoor fun, Dr. Adi Pour said, but do a little planning to prevent injury. Heat-related safety suggestions include:

- **NEVER leave a person or an animal in a closed, parked vehicle.**
- **Drink plenty of fluids before you get thirsty, and avoid drinks with alcohol or caffeine. Water is the best drink.**
- **Take advantage of air conditioning as much as possible.**
- **Wear light-colored, loose-fitting clothing.**
- **Outdoor activities should be limited to the cooler morning and evening hours. Athletes participating in outdoor activities need special attention.**
- **Those 65 years of age or older are more at risk as are children. You can help by checking on these individuals during the day.**
- **A sunscreen of SPF 15 or higher should be used when outside.**

"This is not the time to test your limits," Dr. Pour said. "Protect yourself."

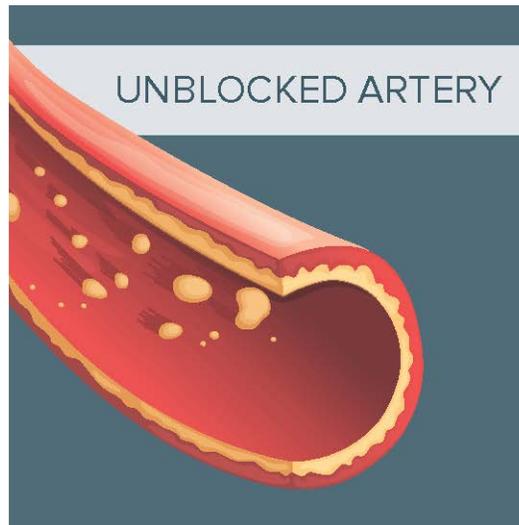
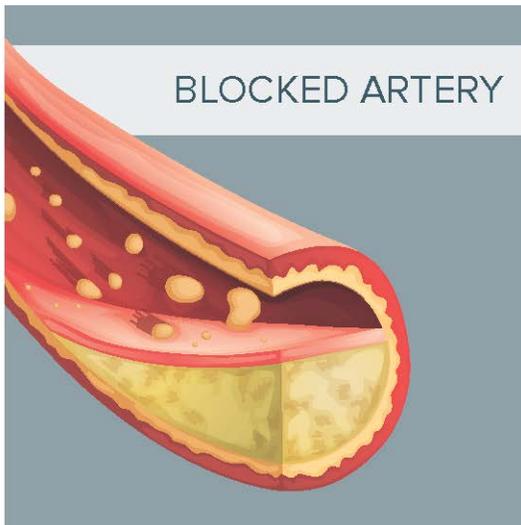
Phil Rooney, Douglas County Health Department



Is your family at risk for lead poisoning?

Lead poisoning is a sickness caused by lead entering the body by breathing in fumes or dust, or swallowing something with lead in it. Lead can be found in many items including soil, chipping or peeling paint, imported candy, jewelry, crystal or ceramic dishware. Learn more about lead and how you can get your home tested by calling the Douglas County Health Department's lead poisoning control experts at 402-444-7825.

Clearing Up Cholesterol Confusion



Every drop of human blood contains cholesterol, a compound popularly referred to as a fat, which your body needs to form healthy cells and tissues. From birth on, your liver manufactures cholesterol, which is pushed out to the gut and reabsorbed back as part of a system for fat absorption. In addition, cholesterol in the food we eat gets absorbed into the body.

Eat Heart-friendly Foods

When a doctor checks your cholesterol level, he or she will usually do a test that's called a lipid panel, which includes measuring your total cholesterol and some of the other fats that are in the blood. The lipid panel can better evaluate your risk for heart disease by measuring your levels of the two major forms of cholesterol, LDL cholesterol and HDL cholesterol. In common lingo, LDL is called the "bad" cholesterol, and HDL is known as the "good" cholesterol. That's because LDL cholesterol is the substance that clogs arteries by delivering cholesterol to the cells and depositing it in the artery wall; HDL cholesterol, on the other hand, actually helps clear LDL cholesterol from the blood by trucking cholesterol back from the cells to the liver for disposal.

The basic goal is simple: You want to keep your LDL within the target level that's right for you. Your target level depends on your situation: If you don't already have coronary heart disease and if you have fewer than two of the major risk factors -- obesity, high blood pressure, or a family history of premature heart trouble -- your LDL cholesterol should be below 160 mg/dL (and preferably under 100). If you already have coronary artery disease or diabetes mellitus and your LDL is over 100, your doctor will probably recommend you take cholesterol-lowering drugs to get your LDL below the 100 mark. If you are at very high risk for a heart attack (you have coronary artery disease or diabetes AND multiple risk factors), doctors may recommend you use drug therapy to bring your LDL readings below 70 mg/dL.

You also want to keep your "good" HDL levels from getting too low. Your HDL should be at least 40 mg/dL, according to guidelines issued in May 2001 by the National Heart, Lung, and Blood Institute (NHLBI). Since lower levels of "good" cholesterol appear to cause greater risk of heart disease in women, the American Heart Association (AHA) recommends that women's HDL be at least 50 mg/dl. An HDL level of 60 mg/dL or higher is considered protective against heart disease.

www.viverae.com



**Summer
Safety
Reminder:**
**Walk a lap
around the car
before you
drive**

Vehicle safety begins in the driveway. Drivers should always check surroundings as they back out of the driveway to ensure a child isn't near.

The National Safety Council warns:

- **Children most vulnerable to being struck in the driveway are younger than age 4.**
- **A driver should always walk a complete lap around the car before pulling out of the driveway.**
- **A driver should never rely solely on a backup camera or mirrors to detect a nearby child.**
- **A driver should always lock any car when not in use to prevent a child from climbing inside.**

Be a prepared patient at your next doctor appointment



1. Bring your insurance information

You can review your benefits and print a copy of your health plan ID card right from myuhc.com®.

Cool tool: Did you know you can use the UnitedHealthcare Health4Me® mobile app to do many of the same things as myuhc.com? That includes viewing and sharing your ID card with your doctor right from the app.

2. Review your health history

Your doctor will want to know about your current medical conditions, as well as any past illnesses or surgeries.

Cool tool: In the UnitedHealthcare Smart Patient mobile app, you can store five key numbers that may say a lot about your health. Track how your blood pressure, blood sugar, body mass index, cholesterol and waist circumference change over time. And set reminders to let you know when it's time to update your numbers.

3. List all the medications you take

Be sure to include both prescription and over-the-counter products, such as vitamins and supplements. And note how much and how often you take them.

Cool tool: Use this prescription checklist anytime your doctor prescribes a new medicine. It may help you better understand why you need the medicine — and how to take it safely.

4. Write down your questions

Asking questions may help you make more informed decisions about your health care. So take a few minutes before your visit to jot down what's on your mind.

Cool tool: The Smart Patient app offers several checklists that may give you ideas of what to ask:

- At a doctor visit
- Before a test
- After a diagnosis
- When filling prescriptions
- Before surgery
- When leaving the hospital
- If you need to go to the emergency room or urgent care
- Time well spent

For more ways to get ready for your next visit — and take charge of your health — go to beasmartpatient.com.

Need help quitting smoking?

Visit www.epa.gov/smokefree

Stop Domestic Violence

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 Omaha office at 402-345-6555.**

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



Info@MOTAC.org
(402) 546-1099

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 Alegentep.com.**

FYI: Mammograms are paid 100%
by United Healthcare

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.

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