

Commit to be Fit

Happy Fall to All!

This is such a great time of year! I hope you get out to enjoy the fall colors, and the temps are perfect for that walk or stroll in the park or a run if you prefer.

Speaking of a run or a walk, team Healthy Directions had a great turnout for the 2015 Corporate Cup Run/Walk. We had 27 employees and 14 family/friends join our team this year. The Assessor/Register of Deeds had the most representatives with five employees, while the Election Commission was a close second with four employees. There were representatives from 12 departments and even two from our retiree group. All participants received a free team t-shirt, a discounted registration fee, and a \$10 Subway gift card for their participation. Thanks to everyone who participated and special thanks to Michelle Cedillo from the Purchasing Department who won the t-shirt design contest this year, plus a free registration to the Corporate Cup, a \$10 Subway gift card, and a \$75 Visa gift card.

During the month of October Healthy Directions sponsored the MammoVan at the Civic Center as well as the Health Center Midtown location. Many of you took advantage of the mammogram screening during Breast Cancer Awareness month as most of the appointment times were used. Mammograms are free to employees and spouses covered under the United Healthcare medical plan. We plan on bringing the MammoVan back in the spring for those who did not get an opportunity to get the screening.

As we begin to wind down 2015 there is still time to participate in the wellness program offered through Healthy Directions and Viverae. That gives you a chance to earn your \$150 Visa Gift card incentive before December 1st. We currently have 256 employees/spouses who have reached the 200 point goal and 200 of those participants have over the 200 points while 14 employees have earned 300 or more points to date. Back in July, I challenged all of you to keep earning points as the top five employees who earn the most points over 200 will earn an additional \$75 Visa gift card on top of the \$150 Visa gift card incentive. Keep on pushing! The top contender to date has earned a total of 365 points, so there still is time to be one of the top five and earn the additional incentive by December 1st.

We have plans for the 2016 wellness program in the works and will offer a \$200 Visa gift card for those who make the 200 point goal. The program design will be a two-tier incentive with participants instantly earning a \$100 Visa gift card by completing the required bio-metric screening and the Member Health Assessment survey which will earn 100 points toward the 200 point goal.

Then if the remaining 100 points is reached by December 1, 2016, you can earn the additional \$100 Visa gift card - more details coming soon to your mailbox.

Until next time – Commit to be Fit

Kathy Adair

September - October 2015



**Congratulations to
Michelle Cedillo from Douglas
County Purchasing for designing
the winning 2015
Corporate Cup Run T-shirt.**

DAYLIGHT SAVING TIME



ENDS

**Daylight savings
time ends
Sunday,
November 1.
When you change
your clocks,
it's also a great time
to check the batteries
in your smoke alarms
and carbon monoxide
detectors.**

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CONGRATS TO ALL WHO PARTICIPATED IN THE 35TH ANNUAL CORPORATE CUP SEPTEMBER 13TH



Steve & Mia Cacioppo



Carol Prokop



Scott Barnes



Cedillo Family



Election Commission



Assessor, Register of Deeds



Jennifer Cunningham



I'm Exercising...Now What?

If your muscles are screaming and you're gasping for breath in the first few minutes, slow down and catch your breath. Once you feel more comfortable you can start building up your pace slowly. Your muscles may hurt at first because they're burning carbohydrates without oxygen and producing a waste product called lactic acid that causes fatigue. If you've been spending a lot of time on the couch, your lungs aren't used to having to boost their oxygen intake at a moment's notice. But once you've built up a little endurance, your breathing should catch up with your effort, giving your muscles the oxygen they need. The better shape you're in, the sooner you'll reach this state. If you find you can't recover your breath after a few minutes, see your doctor. You could be suffering from exercise-induced asthma.

If you're searching for the "exercise high" everyone talks about, don't worry; you'll get there. When you exercise intensely, the stress on your body prompts your brain to release substances called endorphins into your bloodstream. These chemicals hook onto nerve receptors all over your body, blocking pain signals. They may cause you to feel euphoric - simultaneously relaxed and energized - even hours after you've stopped sweating. A leisurely walk around the block probably won't do the trick. Researchers say you have to work out at about 75 percent of your maximum heart rate for at least 30 minutes for endorphins to kick in. (You can find your maximum heart rate by subtracting your age from 220.) But any kind of regular activity will give you more energy on a day-to-day basis. www.myviverae.com



*A friendly reminder from
your Health Department*



**Flu shots are the most
effective way to prevent
influenza and its
complications**

FLU SHOT CLINIC
at the **CIVIC CENTER**

October 29, 2015
8:30 a.m. - 10:30 a.m.
Room 702

**FREE for United Healthcare
participants and
their spouses**

\$15.00 for all others

Check or exact cash amount
greatly appreciated

Please wear loose/short sleeves



Brought to you by the
Douglas County Health Department
and Healthy Directions

October is Breast Cancer Awareness Month

Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that many women can survive breast cancer if it's found and treated early.

- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.
- Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

www.health.gov

FYI: Mammograms are paid 100% by United Healthcare

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.**

**Don't Text and Drive:
STOP TEXTS, STOP WRECKS.**

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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is offering
5 classes for \$20!

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STILLNESS.
STRENGTH.
GRACE.

Commit to be Fit

**COMING
SOON
TO YOUR AREA**

**OPEN
ENROLLMENT!**

IT'S EASY!

**DON'T
MISS IT**

October 30 – November 10

DOUGLAS COUNTY EMPLOYEES,

The 2016 Open Enrollment for benefits will be held from October 30th (beginning at 8 a.m.) – November 10th (**until 8 a.m. – NO EXCEPTIONS**). All employees should go through the self-service enrollment process to confirm continuation of benefits even if you desire to keep the same benefits you currently have for 2015. **If you have any flex spending account enrollments in 2015 you are "required" to reenroll for participation in 2016.**

There are step by step instructions on how to navigate through the online enrollment process on the benefits web-site: www.douglascounty-ne.gov/hr/benefits-information. Click on the Open Enrollment link.

If you would like assistance with the online enrollment, the benefits department will be available at the following times/locations to assist:

October 30th – 10th: Human Resource Offices at the Health Center and Civic Center Room 505 (8 a.m. - 4 p.m.)

November 2nd: Health Center – Town Hall (6 a.m. - 9 a.m.) & (2 p.m. - 4 p.m.)

November 3rd: Correctional Facility Training Room (6 a.m. - 8:30 a.m.) and (2 p.m. - 4 p.m.) (Correction Employees ONLY)

November 6th: Extension Office 8015 W Center Road – Room C (11 a.m. - 2 p.m.)

Please make sure to complete the online enrollment by 8:00 a.m. November 10th.

Feel free to contact the Benefits Department with any questions:

Lisa Osborn: 402-444-6533 Kathy Adair: 402-444-6099

Or in person:
Human Resource Offices at the Health Center
and Civic Center #505

