



AUGUST 2021 - WELLNESS PROGRAMS FOR HEALTHY BUCKS (Attend HB Programs on NON-WORK Time)

NEW HIRES & NEW HIRE SPOUSES - SEPTEMBER 30, 2021 IS THE DEADLINE TO COMPLETE THE MIDLAND HEALTH LABS & THE MEETING WITH THE HEALTH ADVOCATES OR WELLNESS HEALTH EDUCATORS.

Wellness Clinics for the Result-based HB Programs start in August & September. Meet the goal to earn \$75 Healthy Bucks:


1. *Re-shape Your Frame* - Body Composition (weight or waist measurements)
2. *Off the Cuff* - Blood pressure (blood pressure reading)

See second page of calendar for more program details.

\$75 Healthy Bucks
Sugar Busters-A1c lab appointments at our 2 MedCenters **start Friday July 23rd**. Call them for an appointment for this non-fasting lab.

The **WEIGH-INS** for the 2022 *Holiday Weight Challenge* will be conducted at the 2021 August/September Wellness Clinics. Simply weigh-in and if your BMI is equal/greater than 25; then lose only 1 pound at January 2022 weigh-out (week of Jan. 3-11). If your BMI is less than 25, then maintain it at weigh-out for an easy \$75HB.



	\$75 Healthy Bucks Program Options:	August Dates	Day	Time	Location
Nutrition	The Heart of the Matter	18th	Wednesday	12-1pm	Main Campus - Risk Management Training Room
	Ways to Reduce Your Blood Fats & Body Fat	18th	Wednesday	5:15-6:15pm	Main Campus - Risk Management Training Room
	Easy Meals in a Bowl	23rd	Monday	5:15-6:15pm	Main Campus - Risk Management Training Room
	Undo It with Lifestyle Changes	30th	Monday	12-1pm	Main Campus - Risk Management Training Room
	The Hype and Hypertension	31st	Tuesday	12-1pm	Domestic Animal Services - 7610 Davis Blvd.
Hot Topics	Gluten Free: When, Why & How	5th	Thursday	12-1pm	No. Collier Gov't Center-2335 Orange Blossom Dr. Town Hall Mtg Rm
	Gluten Free: When, Why & How	9th	Monday	12-1pm	Main Campus - Risk Management Training Room
<i>(Hot Topics programs designed from your Wellness survey comments)</i>	Gluten Free: When, Why & How	11th	Wednesday	5:15-6:15pm	Main Campus - Risk Management Training Room
	Gluten Free: When, Why & How	16th	Monday	5:15-6:15pm	Main Campus - Risk Management Training Room
	Gluten Free: When, Why & How	19th	Thursday	12-1pm	GMD Planning & Regulations - 2800 N.Horseshoe Dr. Rm 609/610
	Gluten Free: When, Why & How	24th	Tuesday	6-7pm	No. Collier Gov't Center-2335 Orange Blossom Dr. Town Hall Mtg Rm
	Gluten Free: When, Why & How	25th	Wednesday	12-1pm	Main Campus - Risk Management Training Room
Emotional Wellness	<i>Self Care</i> - Anabel Satham, LSW , will guide you through how to recognize and improve your conscious acts that can optimize your physical, mental, and emotional health.	17th	Wednesday	5:15-6:15pm	GMD Planning & Regulations - 2800 N.Horseshoe Dr. Rm 609/610
Stress Reduction	Laugh Out Loud to Reduce Worry	3rd	Tuesday	12-1pm	No. Collier Gov't Center-2335 Orange Blossom Dr. Town Hall Mtg Rm
Reduction	Mindfulness for Peace & Calm	31st	Tuesday	5:15-6:15pm	Main Campus - Risk Management Training Room
MONEY MATTERS	Mortgage Modifications-Is It Time?	5th	Thursday	12-1pm	Main Campus - Risk Management Training Room
	Debt Management	9th	Monday	5:15-6:15pm	GMD Planning & Regulations - 2800 N.Horseshoe Dr. Rm 609/610

FITNESS, THE GREAT OUTDOORS, RESULT-BASED HEALTHY BUCKS, & 2022 HOLIDAY WEIGH-IN CHALLENGE PROGRAMS ON SECOND PAGE



	\$75 Healthy Bucks Program Options:	August Dates	Day	Time	Location
Fitness	Movement for Flexibility	2nd	Monday	5:15-6:15pm	Main Campus - Risk Management Training Room
	Body Weight Workout	30th	Monday	5:15-6:15pm	Main Campus - Risk Management Training Room
The Great Outdoors	CCG Fitness Center Program	Sign up anytime	work-out 30 mins. at least 6x/month for 3 <u>consecutive</u> months	payroll deduct for 1 year membership	Any of the 6 CCG Park & Recreation Fitness Facilities-Includes Main Campus Employee Wellness Fitness Center (Must be Registered by 7/31 date in GoSignMeUp System)
	Water Aerobics - A certified NCH instructor will lead you through water exercises in their heated outdoor pool. Bring a towel & sun	28th	SATURDAY	9:30-10:30AM	NCH Healthcare Briggs Wellness Center, 399 Tamiami Trail N., #101, Naples T:624-2750 ***SUBJECT TO CANCELLATION DUE TO RAIN***

YOU WILL BE REQUIRED TO EXERCISE DURING ALL FITNESS SESSIONS

***** Register for all programs on <http://colliergov.gosignmeup.com> *****

Remember to register for the below RESULT-BASED HB programs on the GoSignMeUp registration system:

Earn \$150 Healthy Bucks by participating in these programs for your yearly maximum of \$300 Healthy Bucks:

- 1.) Off the Cuff - Blood Pressure Program - \$75HB GOAL: Blood Pressure < 130/90**
 · Attend a Wellness Blood Pressure - Weight Clinic in August or by September 30, 2021 to have your BP taken.
- 2.) Sugar Busters - A1C Management Program - \$75HB GOAL: A1C < 5.7% OR for those with Type 1 or Type 2 Diabetes A1C ≤ 7%**
 · Schedule a non-fasting A1c lab test by appointment at the Main Campus MedCenter 239-252-4257 or North MedCenter 239-315-7111 starting July 23rd - September 30, 2021.
- 3.) Re-shape Your Frame - Body Composition Program - \$75HB GOAL: BMI < 25 OR**
 if BMI was 25-29.9 at the Jan. 2021 weigh-in then you must lose 5% of weight at Aug/Sept weigh-out
 · if BMI was ≥ 30 at the Jan. 2021 weigh-in then you must lose 10% of weight at Aug/Sept weigh-out
 OR YOU CAN SELECT:
 · **Waist Circumference Women < 35 inches Men < 40 inches**
 OR YOU CAN SELECT:
 · **Percent Body Fat** (reserved for muscular individuals only) **Women ≤ 31% Men ≤ 24%**
 Must Call Wellness to be have a % Body Fat Test
 · ALL FINAL BMI & Waist measurements will be conducted in August or by September 30, 2021 by attending a Wellness Weight - BP Clinic.

Remember, you might have already received \$75HB for meeting this years' Holiday Weight Challenge or Holiday Fitness Challenge goal as a result-based HB program.

August & September Wellness Clinic Calendars for Blood Pressure & Weight/Waist Measurements are now available on the Wellness SharePoint wellnessweb.colliergov.net Select "Calendar" icon and scroll down page.



2022 HOLIDAY WEIGHT CHALLENGE - \$75 RESULT-BASED HEALTHY BUCKS
 WEIGH-IN SESSIONS FOR THE 2022 HOLIDAY WEIGHT CHALLENGE WILL BE CONDUCTED DURING THE 2021 AUG/SEPT WELLNESS CLINICS. WEIGH-OUTS WILL BE CONDUCTED JANUARY 3-11, 2022. MAINTAIN A BMI LESS THAN 25 AT WEIGH-OUT OR LOSE 1 POUND AT WEIGH-OUT IF BMI WAS 25 AND ABOVE AT WEIGH-IN FOR \$75HB.
Register on GSMU under 2022 Invest in Your Health/Wellness Holiday Challenge.