



JULY 2020 - WELLNESS PROGRAMS FOR HEALTHY BUCKS (Attend HB Programs on NON-WORK Time)

Due to COVID-19, ALL Healthy Bucks programs will be worth \$75 Healthy Bucks until September 30, 2020. HB programs attended Jan-Mar 2020 will be upgraded to a \$75HB value prior to Allegiance file download in November 2020. \$150HB earned attending these programs; \$150HB earned by meeting the Result-based HB program goals (see 2nd page).

NEW HIRES & NEW HIRE SPOUSES - SEPTEMBER 30, 2020 IS THE DEADLINE TO COMPLETE THE MIDLAND HEALTH LABS & THE MEETING WITH THE HEALTH ADOVCATES OR WELLNESS EDUCATORS. No other qualifiers required this year due to Covid-19.

\$75 Healthy Bucks Sugar Busters-A1c lab appointments at our 2 MedCenters start Friday July 24th. Call them for an appointment for this non-fasting lab.

ALL HEALTHY BUCKS PROGRAMS WILL OBSERVE COVID PRECAUTIONS. DISPOSABLE MASKS & GLOVES WILL BE OFFERED WITH CLASS SIZE LIMITATIONS TO HONOR SOCIAL SPACING. NO WALK-INS ALLOWED. REGISTER FOR ALL SESSIONS ON <http://colliergov.GoSignMeUp.com>. Wellness can assist w/registration if needed, 239-252-6092



	\$75 Healthy Bucks Program Options:	July Dates	Day	Time	Location
Nutrition	Meatless Monday Meals	6th	Monday	12-1pm	Main Campus - Risk Management Training Room
	Healthy Snack Options to Enjoy	7th	Tuesday	5:15-6:15pm	Main Campus - Risk Management Training Room
	Alternative Grains for Your Plate	8th	Wednesday	12-1pm	UF/IFAS Extension Office - 14700 Immokalee Rd. Classroom
	Meatless Monday Meals	8th	Wednesday	6-7PM	No. Collier Gov't Center-2335 Orange Blossom Dr. Town Hall Mtg Rm
	Carb Control--Is It New to You?	13th	Monday	1-2pm	No. Collier Gov't Center-2335 Orange Blossom Dr. Town Hall Mtg Rm
	Alternative Grains for Your Plate	13th	Monday	5:15-6:15pm	Main Campus - Risk Management Training Room
	No Lonely Carbs	14th	Tuesday	12-1pm	Property Appraisers - 3950 Radio Rd., Conference Room
	Sheet-pan Meals for Better Health	15th	Wednesday	12-1pm	Main Campus - Risk Management Training Room
	Carb Control--Is It New to You?	21st	Tuesday	12-1pm	GMD Planning & Regulations - 2800 N.Horseshoe Dr. Rm 609/610
	Healthy Snack Options to Enjoy	22nd	Wednesday	5:15-6:15pm	Main Campus - Risk Management Training Room
	No Lonely Carbs	27th	Monday	12-1pm	Main Campus - Risk Management Training Room
	Meatless Monday Meals	27th	Monday	5:15-6:15pm	Main Campus - Risk Management Training Room
	Alternative Grains for Your Plate Granos Diferentes para Tu Plato	28th	Tuesday	12-1pm	Pelican Bay Services - 2600 Watergate Way
	Sheet-pan Meals for Better Health	29th	Wednesday	5:15-6:10pm	Immokalee Library - 417 N. 1st St. Rooms A & B
	Healthy Snack Options to Enjoy	30th	Thursday	8-9am	GreenTree Tax Collector Office 2348 Immokalee Rd
To Your Health!	Dementia: Signs, Symptoms & Care Giving presented by Tammy DeCaro, MSM,CDAL. 1 of 6 women; 1 of 10 men living past age of 55 will develop dementia. Be informed and attend.	16th	Thursday	5:15-6:15pm	Main Campus - Risk Management Training Room
Hot	Hormone Health for Men & Women	7th	Tuesday	12-1pm	GMD Planning & Regulations - 2800 N.Horseshoe Dr. Rm 609/610
Topics	Hormone Health for Men & Women	15th	Wednesday	5:15-6:15pm	Main Campus - Risk Management Training Room
	Hormone Health for Men & Women	23rd	Thursday	12-1pm	No. Collier Gov't Center-2335 Orange Blossom Dr. Town Hall Mtg Rm

FITNESS, MONEY MATTERS, THE GREAT OUTDOORS, RESULT-BASED HEALTHY BUCKS, & 2021 HOLIDAY WEIGH-IN CHALLENGE PROGRAMS ON SECOND PAGE



	\$75 Healthy Bucks Program Options:	July Dates	Day	Time	Location
Fitness YOU WILL BE REQUIRED TO EXERCISE DURING ALL FITNESS SESSIONS	Floor Core Exercises	1st	Wednesday	5:15-6:15pm	Main Campus - Risk Management Training Room
	Chair Stretching Exercises	9th	Thursday	12-1pm	Domestic Animal Service - 7610 Davis Blvd., Training Room
	Increase Your Muscle Mass	29th	Wednesday	12-1pm	Main Campus - Risk Management Training Room
	Firecracker VIRTUAL 5K sponsored by Gulf Coast Runners	3rd to 5th	Friday to Sunday	VIRTUAL RACE	Due to COVID we are acceptng virtual races. Register through Gulfcoast Runners - Naples webpage. Race Registration Fees Apply. You must submit proof of participation using your GPS race tracker (not pedometer) which shows your name, displays route and finish time for Wellness to verify.
	Fitness Center Program - CCG Park & Recreation Membership <u>Required</u>	Sign up anytime	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 (Register on 7/31 date in GoSignMeUp System)
Money Matters	Saving Food Dollars	20th	Monday	12-1pm	Everglades City - City Hall - 102 Copeland Avenue, Chamber Rm
	Saving Money & Successful Budgeting	23rd	Thursday	5:15-6:15pm	Main Campus - Risk Management Training Room
	Saving Food Dollars	30th	Thursday	5:15-6:15pm	Main Campus - Risk Management Training Room
The Great Outdoors	Gordon River Greenway 3-mile Walk Join us on a walk along the Gordon River walkway. Wear sunscreen, sunglasses & a hat; bring water.	25th	SATURDAY	8:30-9:30AM (Walk starts promptly at 8:30am)	Gordon River Greenway - 1590 Goodlette Frank Road. Enter Naples Zoo parking lot and park in back parking lot area. DO NOT use entrance off Golden Gate Parkway. We will meet at benches and walk as a group. ***SUBJECT TO CANCELLATION DUE TO RAIN.

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

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 Blood Pressure < 130/90**
 • Maintain or lower your initial Midland Health Lab Blood Pressure by August - September 30, 2020
 • Attend a Wellness Blood Pressure - Weight Clinic in August or by September 27, 2018 to repeat your BP
- 2.) Sugar Busters - A1C Management Program - \$75HB A1C < 5.7% OR for those with Type 1 or Type 2 Diabetes A1C ≤ 7%**
 • Maintain or lower your initial Midland Health Lab A1C value by September 30, 2020
 • You will be required to repeat your non-fasting A1c lab test by appointment at the Main Campus MedCenter 239-252-4257 or North MedCenter 239-315-7111 **starting July 24th - September 30, 2020.**
- 3.) Re-shape Your Frame - Body Composition Program - \$75HB Maintain a BMI < 25 OR**
 if BMI is 25-29.9 then lose 5% of initial Midland Health weight recorded;
 • if BMI is ≥ 30, then lose 10% of initial Midland Health weight recorded.
 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 repeated in August or by September 30, 2020 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 Measurements will be available mid July on the Wellness SharePoint wellnessweb.colliergov.net
 Select "Calendar" icon and scroll down page.

2021 HOLIDAY WEIGHT CHALLENGE - \$75 RESULT-BASED HEALTHY BUCKS

WEIGH-IN SESSIONS FOR THE 2021 HOLIDAY WEIGHT CHALLENGE WILL BE CONDUCTED DURING THE 2020 AUG/SEPT WELLNESS CLINICS. WEIGH-OUTS WILL BE CONDUCTED JANUARY 4-12, 2021. 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.