



## JUNE 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).

HEALTH ADVOCATE & WELLNESS APPOINTMENTS MUST BE COMPLETED BY **JUNE 30, 2020**  
 YOU WILL BE PLACED IN THE **BASIC GROUP COST SHARE** IF JUNE 30TH DEADLINE DATE IS NOT MET.

**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**

| Healthy Bucks |  | \$75 Healthy Bucks Program Options: | June Dates | Day         | Time  | Location |
|---------------|--|-------------------------------------|------------|-------------|---|----------|
| Nutrition     | Alternative Grains for Your Plate                                    | 15th                                | Monday     | 5:15-6:15pm | Main Campus - Risk Management Training Room                             |          |
|               | No Lonely Carbs  | 16th                                | Tuesday    | 12-1pm      | Main Campus - Risk Management Training Room                             |          |
|               | Healthy Snacks to Enjoy<br>Bocadillos Saludables para Disfrutar      | 17th                                | Wednesday  | 7-8am       | North Collier Regional Park, Admin. Bldg. 15000 Livingston Rd, Room A&C |          |
|               | Sheet-pan Meals for Better Health                                    | 18th                                | Thursday   | 1-2pm       | No. Collier Gov't Center-2335 Orange Blossom Dr. Town Hall Mtg Rm       |          |
|               | Meatless Monday Meals  | 18th                                | Thursday   | 5:15-6:15pm | Main Campus - Risk Management Training Room                             |          |
|               | Carb Control--Is It New to You?                                      | 22nd                                | Monday     | 5:15-6:15pm | Main Campus - Risk Management Training Room                             |          |
|               | Healthy Snacks to Enjoy  | 23rd                                | Tuesday    | 12-1pm      | Supervisor of Elections-3750 EnterpriseAve, Train.Rm.1                  |          |
|               | Sheet-pan Meals for Better Health                                    | 23rd                                | Tuesday    | 5:15-6:15pm | Main Campus - Risk Management Training Room                             |          |
|               | Alternative Grains for Your Plate<br>Granos Diferentes para Tu Plato | 24th                                | Wednesday  | 5:15-6:15pm | Road & Bridge - 4800 Davis Blvd-Training Room                           |          |
|               | No Lonely Carbs  | 25th                                | Thursday   | 12-1pm      | No. Collier Gov't Center-2335 Orange Blossom Dr. Town Hall Mtg Rm       |          |
|               | Alternative Grains for Your Plate                                    | 25th                                | Thursday   | 5:15-6:15pm | Marco Tax Collector, 1040 Winterberry Dr., Marco Is.                    |          |
|               | Healthy Snacks to Enjoy  | 29th                                | Monday     | 12-1pm      | Main Campus - Risk Management Training Room                             |          |
|               | Meatless Monday Meals  | 29th                                | Monday     | 5:15-6:15pm | GMD Planning & Regulations - 2800 N.Horseshoe Dr. Rm 609 & 610          |          |
|               | Healthy Snacks to Enjoy  | 30th                                | Tuesday    | 12-1pm      | Fleet Management - 2901 County Barn Rd, Training Rm                     |          |
|               | Alternative Grains for Your Plate                                    | 30th                                | Tuesday    | 5:15-6:15pm | No. Collier Gov't Center-2335 Orange Blossom Dr. Town Hall Mtg Rm       |          |

**MORE FITNESS, MONEY MATTERS, AND THE GREAT OUTDOORS PROGRAMS ON 2nd PAGE**



| \$75 Healthy Bucks Program Options:  |  | June Dates      | Day  | Time                                 | Location   |
|--|--|-----------------|--|--------------------------------------|--|
| <b>Fitness</b><br>YOU WILL BE REQUIRED TO EXERCISE DURING ALL FITNESS SESSIONS | Chair Yoga   | 17th            | Wednesday  | 12-1pm                               | Main Campus - Risk Management Training Room  |
|  | Chair Stretching Exercises   | 22nd            | Monday   | 12-1pm                               | Main Campus - Risk Management Training Room  |
|  | World Giraffe Day VIRTUAL 5K   | 21st to 22nd    | Sunday to Monday   | VIRTUAL RACE                         | Due to COVID we are accepting 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 | work-out 30 mins. at least 6x/month for 3 <u>consecutive</u> | payroll deduct for 1 year membership | Any of the 6 CCG Park & Recreation Fitness Facilities-Includes Main Campus Employee Wellness Fitness Center <b>(Register on 7/31 date in GoSignMeUp System)</b>  |
| <b>Money Matters</b>   | Saving Food Dollars  | 15th            | Monday   | 12-1pm                               | Main Campus - Risk Management Training Room  |
| <b>The Great Outdoors</b>  | <b>Yoga on the Beach at Lowdermilk Park</b><br>Enjoy a relaxing beginners yoga session lead by a certified yoga instructor. Bring a yoga mat or large beach towel, water for hydration and wear sunscreen. | 27th            | SATURDAY   | 9-10am                               | Lowdermilk Park, 1301 Gulfshore Blvd North, Naples You will need a Beach Parking Pass or else pay by credit card for parking meter. Meet Wellness staff by chickee hut.  |

**\*\*\* 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

