



EXTENDED HEALTH QUALIFIER & HEALTHY BUCKS PROGRAMS DEADLINE - FRIDAY, OCTOBER 13TH.
REMEMBER, THOSE WITH 4-5 RISK FACTORS OR DIABETES REQUIRE A REPEAT A1c, LIPID PANEL OR COMBO A1C + LIPID TEST BY OCT. 13TH.
Those completing the *Commit To Quit* Program MUST obtain a repeat Cotinine Lab Test by Oct. 13th only thru the MedCenters.

ALL PREMIUM COST SHARE REPEAT QUALIFYING LABWORK APPOINTMENTS end Friday, Oct. 13TH. THREE OPTIONS OFFERED:

- Main Campus MedCenter, call 252-4257 for an appointment. Labs drawn 7:00am - 3:30pm **OR**
 North MedCenter, call **315-7111 (New Number)** for an appointment. Labs drawn 7:30am - 3:30pm
- Midland Health Patient Care Center (PSC), go on <http://colliergov.GoSignMeUp.com> to make an appointment using **The Repeat Risk Factor Lab App't link**
- Call MIDLAND HEALTH TOLL FREE Number, 855-358-3733 to schedule a REPEAT LABCORP Patient Service Center (PSC) appointment.

NO WALK-IN SERVICE at Patient Service Centers (PSC)

	BP	TRIGS	LDL	Waist	A1C	Health Smart Risk Factor OR Healthy Bucks Program Options:	Oct. Dates	Day	Time	Location
Nutrition	✓	✓	✓	✓	✓	5 Simple Risk Reduction Steps	2nd	Monday	5:15-6:15pm	Main Campus - Risk Management Training Room
Only for A1C					✓	New to Blood Glucose Management?	3rd	Tuesday	7-8am	Main Campus - Risk Management Training Room
	✓	✓	✓	✓	✓	The Calcium Crisis Challenge	11th	Wednesday	5:15-6:15pm	Main Campus - Risk Management Training Room
Fitness	✓	✓	✓	✓	✓	No Equipment Workout	10th	Tuesday	12-1pm	Main Campus - Risk Management Training Room
Wear workout attire/shoes	✓	✓	✓	✓	✓	At Home Workout	12th	Thursday	5:15-6:15pm	Immokalee Library - 417 North First St. Immokalee
<i>Commit To Quit</i> Nicotine Cessation Program Make-up Sessions For sessions that started Aug. 10th & 11th (Questions/Concerns call Wellness, 252-6092)						Commit to Quit - Session #5	SEPT. 28th	Thursday	5:30-6:30pm	No. Collier Gov't Center-2335 Orange Blossom Dr. Town Hall Mtg Rm
						Commit to Quit -Session #5	SEPT. 29th	Friday	5:30-6:30pm	Main Campus - 3311 Tamiami Trail East, Risk Management Training Room,
						Commit to Quit -Session #6	OCT 5th	Thursday	5:30-6:30pm	Main Campus - 3311 Tamiami Trail East, Risk Management Training Room,
						Commit to Quit -Session #6	OCT 6th	Friday	5:30-6:30pm	Main Campus - 3311 Tamiami Trail East, Risk Management Training Room,

More Program Information on 2nd Page.
Register for all programs on <http://colliergov.GoSignMeUp.com>

SUGAR BUSTERS - A1C RESULT-BASED HEALTHY BUCKS LAB DRAW

USE THE 2 MEDCENTERS FOR YOUR NON-FASTING A1c:

- 1. Main Campus MedCenter - Call 252-4257 for an appointment 7am-3:30pm Mon.-Fri.**
 - 2. North MedCenter - 1735 SW Health Parkway - Call 315-7111 for an appointment 7:30am-3:30pm M-F**
- LabCorp PSCs will NOT draw a Healthy Bucks A1c blood glucose test.**

REVISED SEPTEMBER & OCTOBER WELLNESS CLINIC CALENDAR DATES

The Wellness Clinics for repeat weight - waist measurements and blood pressure have been revised. Please refer to the revised calendars for September & October as some locations have been deleted due to the location/rooms are no longer available due to Irma. Simply walk in during the published clinic times. No appointments necessary.

Have you Reached Your Goals? Result-based Healthy Bucks Programs - \$150 HB earned by participating in these programs:

- 1.) *Re-shape Your Frame* - Body Composition Program - \$50HB
- 2.) *Off the Cuff* - Blood Pressure Program - \$50HB
- 3.) *Sugar Busters* - A1C Management Program - \$50HB

**Attend an open Wellness Clinic to be measured and weighed for
Healthy Bucks credit.**

\$\$\$ Easy Money \$\$\$

**Is your *weight (BMI) or waist measurement
within the proper range?**

Are you lucky to have a blood pressure below 130/90?

**If so, then attend one of our open Wellness Clinics for an easy
\$100 Healthy Bucks (\$50HB for each program).**

**BMI less than 25 or your waist measurement is
less than 40 for men or less than 35 for women.*



**Upon request, all sites can
administer the
Thimerosal-Free Vaccine.**

Seasonal Flu Vaccination Clinics-2017

**THIS YEAR—A FREE QUADRIVALENT FLU VACCINE
IS OFFERED ONLY TO MEDICALLY-INSURED
STAFF MEMBERS & THEIR SPOUSES**

employed with the:

BCC Government Supervisors of Elections
Clerk of Courts Property Appraiser
Tax Collector

**You must bring your name badge or
Allegiance ID Card to receive the FREE flu vaccination.**

The trivalent vaccine for use in the 2017-2018 influenza season contains the following: an A/Michigan/45/2015 (H1N1) pdm09-like virus; an A/Hong Kong/4801/2014 (H3N2)-like virus; a B/Brisbane/60/2008-like (B/Victoria lineage) virus; B/Phuket/3037/2013-like (B/Yamagata lineage) virus.

PLEASE NOTE: The flu vaccine will not give you the flu.

Flu Vaccination Clinics start October 4th and are offered at different locations. Use the Wellness internet website to find a location best suited for you.

<http://wellnessweb.colliergov.net>

**Healthy Buck Program details found on
the**

Wellness internet website

<http://wellnessweb.colliergov.net>