



SEPTEMBER 2020 Wellness Healthy Bucks programs. (Attend programs on NON-WORK time).

**ALL NEW HIRE & NEW HIRE SPOUSE LABS & HEALTH ADVOCATE/WELLNESS MEETINGS ARE DUE WEDNESDAY, SEPTEMBER 30TH.**  
 ALL OTHER QUALIFIERS FOR ALL EMPLOYEES HAVE BEEN WAIVED DUE TO COVID-19. THOSE WITH 4-5 RISK FACTORS OR DIABETES **VOLUNTARILY** CAN OBTAIN A REPEAT A1c, LIPID PANEL OR COMBO A1c + LIPID TEST AT OUR MAIN CAMPUS MEDCENTER (252-4257) OR NORTH MEDCENTER (315-7111) BY APPOINTMENT UNTIL SEPT. 30TH.

Due to COVID-19, ALL Healthy Bucks programs will be worth \$75 Healthy Bucks. 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. COVID PRECAUTIONS FOR ALL SESSIONS. (see 2nd page).

**No Charge COVID-19 Testing and COVID-19 Antibody Testing NOW OFFERED**  
 FOR QUESTIONS CALL 239-252-5588  
 The County is offering FREE, Voluntary COVID-19 testing for all employees (covered and not covered under County Health insurance) and covered dependents. COVID-19 testing performed via swab test; COVID-19 ANTIBODY by blood draw. Results available no later than 72 hours after testing. Freedom Park, 1515 Golden Gate Parkway. Mon.-Fri. 7am - 11am.  
**BY APPOINTMENT.**  
 Schedule on <https://collier.blooddraw.com/signup/COVID19>. \*\*\*NO WALK-INS\*\*\*

	HEALTHY BUCKS PROGRAMS	SEPT.	DAY	TIME	LOCATION
<b>Nutrition</b>	No Lonely Carbs	1st	Tuesday	12-1pm	Growth Management Building - 2800 N. Horseshoe Drive, Rm 609 & 610
	Carb Control--Is It New for You?	2nd	Wednesday	12-1pm	Main Campus - Risk Management Training Room
	Healthy Snack Options	2nd	Wednesday	5:15-6:15pm	Main Campus - Risk Management Training Room
	Meatless Monday Meals	8th	Tuesday	5:15-6:15pm	Main Campus - Risk Management Training Room
	Healthy Snack Options	9th	Wednesday	5:15-6:15pm	No. Collier Gov't Center-2335 Orange Blossom Drive, Town Hall Mtg Rm
	Carb Control--Is It New for You?	15th	Tuesday	12-1pm	Domestic Animal Service, 7610 Davis Blvd.
	Meatless Monday Meals	17th	Thursday	12-1pm	No. Collier Gov't Center-2335 Orange Blossom Drive, Town Hall Mtg Rm
	Alternative Grains for Your Plate	21st	Monday	12-1pm	Main Campus - Risk Management Training Room
	Meatless Monday Meals	22nd	Tuesday	12-1pm	Golden Gate Community Center-4701 Golden Gate Pkwy. Rm C
	Healthy Snack Options	23rd	Wednesday	5:15-6:15pm	Growth Management Building - 2800 N. Horseshoe Drive, Rm 609 & 610
<b>Hot Topics</b>	End Everyday Pain w/Easy Movement	3rd	Thursday	12-1pm	Growth Management Building - 2800 N. Horseshoe Drive, Rm 609 & 610
	End Everyday Pain w/Easy Movement	10th	Thursday	5:15-6:15pm	Main Campus - Risk Management Training Room
	End Everyday Pain w/Easy Movement	21st	Monday	5:15-6:15pm	No. Collier Gov't Center-2335 Orange Blossom Drive, Town Hall Mtg Rm
	End Everyday Pain w/Easy Movement	23rd	Wednesday	12-1pm	Main Campus - Risk Management Training Room
<b>Money Matters</b>	Saving Food Dollars	1st	Tuesday	5:15-6:15pm	Main Campus - Risk Management Training Room
	Saving Money & Successful Budgeting	29th	Tuesday	5:15-6:15pm	Main Campus - Risk Management Training Room
<b>The Great Outdoors</b>	<b>Lely Resort Golf &amp; Pedometer Steps</b> Play 18 holes of golf wearing a pedometer. 8am Shotgun start. 4-some groups. 12:30pm Meet in clubhouse for prizes for most steps walked.	19th	SATURDAY 8AM Shotgun Start	7:15-7:45AM ARRIVAL TO MAKE \$45 PAYMENT	Lely Resort Golf & Country Club - <b>Flamingo Course</b> , 8004 Lely Resort Blvd, Naples. <b>Pay \$45 course fee (incl. tax) that morning (cash or CC).</b> No rain checks. Proper golf attire (collared golf shirt, no jean/cargo shorts). <b>Shotgun Start promptly at 8AM.</b> Email Karen Eastman at <a href="mailto:Karen.Eastman@colliercountyfl.gov">Karen.Eastman@colliercountyfl.gov</a> your foursome by Tues., Sept. 15th.

**FITNESS, RESULT-BASED HEALTHY BUCKS PROGRAMS, AND FLU VACCINATION CLINIC INFORMATION ON SECOND PAGE.**  
**REGISTER FOR ALL PROGRAMS ON <http://colliergov.GoSignMeUp.com>**



	HEALTHY BUCKS PROGRAMS	SEPT.	DAY	TIME	LOCATION
<b>Fitness</b>  <b>Wear workout attire/shoes</b>	Increase Your Muscle Mass	16th	Wednesday	5:15-6:15pm	Main Campus - Risk Management Training Room
	Chair Stretching Exercises	30th	Wednesday	5:15-6:15pm	Growth Management Building - 2800 N. Horseshoe Drive, Rm 609 & 610
	FCCF Labor Day <b>Virtual</b> 5K Run/Walk sponsored by Gulf Coast Runners	7th	Monday	VIRTUAL RACE due to COVID	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.



Want to earn \$150 Dollars? Each Result-based Healthy Bucks program option earns you \$75 Healthy Bucks for meeting the goal. Have your weight or waist measurement and/or blood pressure taken at an "open" Wellness Clinic session at a location close to you.

Wellness Clinic Calendars (August & September) located on Wellness SharePoint



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 Clinic to have your Blood Pressure taken---simply walk-in at a site near you (see Wellness Clini Calendar)
- 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 20th - 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 - Less than 35 inches Men - Less than 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; 252-6230

  - ALL FINAL BMI (weight measurement) & Waist measurements will be taken at a Wellness Clinic---simply walk-in at a site near you (see Wellness Clini Calendar)



### 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



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

**Seasonal Flu Vaccination Clinics-2020**  
**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.**

Flu Vaccination Clinics start **SEPTEMBER 15th** and are offered at different locations.

Use the Wellness internet website to find a location best suited for you.

<http://wellnessweb.colliergov.net>

The quadrivalent vaccine for use in the 2020-2021 influenza season contains the following: an A/Guangdong-Maonan/SWL1536/2019 (H1N1)pdm09-like virus; an A/Hong Kong/2671/2019 (H3N2)-like virus; a B/Washington/02/2019 (B/Victoria lineage)-like virus; and a B/Phuket/3073/2013 (B/Yamagata lineage)-like virus