



Tulare County Employee Wellness Program

“Mental Health Awareness”

December 2016

Mon	Tue	Wed	Thu	Fri
<p>Anthem EAP</p> <p>Find out what resources are available to you through Anthem EAP. See page 3</p>			<p>1</p> <p>Biometric Screenings <u>Visalia District Office</u> 1845 N Dinuba BLVD Visalia</p>	<p>2</p>
<p>5</p> <p>Biometric Screenings <u>HR&D</u> 2900 W Burrell Ave Visalia</p>	<p>6</p> <p>Biometric Screenings <u>Visalia Gov't Plaza</u> 5959 S Mooney Blvd Visalia</p>	<p>7</p> <p>Biometric Screenings <u>Dinuba District Office</u> 1066 N Alta Ave Dinuba</p>	<p>8</p> <p>Biometric Screenings <u>Porterville Gov't Plaza</u> 1055 W Henderson Porterville</p>	<p>9</p> <p>Biometric Screenings <u>Professional Development Center</u> 4031 W. Noble Ave, Visalia</p>
<p>12</p> <p>Podcast <u>Holiday Depression</u></p> 	<p>13</p> <p>Movember Challenge Winners Announced BOS Meeting</p> 	<p>14</p> <p>Podcast <u>Panic Attacks and Anxiety</u></p> 	<p>15</p>	<p>16</p>
<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p> <p>Video <u>Emotional Eating</u></p> 	<p>23</p>
<p>26</p> <p>County Holiday</p> 	<p>27</p>	<p>28</p> <p>Video <u>Caring for Your Emotional and Mental Health</u></p> 	<p>29</p>	<p>30</p> <p>Article <u>Manage Stress to Protect Your Health</u></p> 

Holiday Depression

This podcast explores holiday depression and how to recognize and deal with depression during this specific time.

Visit the link below to listen to the podcast:

[Holiday Depression](#)



Panic Attacks, Anxiety, and Meditation

This podcast is a series of guided mediations in order to help control panic attacks and anxiety.

Visit the link below to listen to the podcast:

[Panic Attacks and Anxiety](#)



Emotional Eating

This informational video explores what food triggers go beyond personal hunger. It also discusses mindful eating and how to keep loss of control at bay.

Visit the link below to watch the video:

[Emotional Eating](#)



Caring for Your Emotional and Mental Health

This informational video explores how negative feelings affect us daily. It explores when the problem of daily negative feelings affect us.

Visit the link below to watch the video:

[Caring for Your Emotional and Mental Health](#)



Manage Stress to Protect Your Health

This article explores what modern stress is, how stress affects you, and how to deal with your stress.

Visit the link below to read the article:

[Manage Stress to Protect Your Health](#)



Biometric Screenings



HUMAN RESOURCES
& DEVELOPMENT
TULARE COUNTY

County of Tulare

Biometric Screenings



Sign-up for your **FREE** Onsite Biometric Screening

Biometric Screening includes:

- A blood draw to measure your total cholesterol, HDL cholesterol, LDL cholesterol, triglycerides, blood glucose, total blood count, and more
- **A1C test (NEW)** - which provides a more accurate glucose assessment by measuring a 3-month average of your glucose levels
- **PSA test (NEW)** for Men only - this test measures the level of PSA in the blood. Elevated PSA levels can be an indicator of inflammation of the prostate gland, or prostate cancer
- Blood Pressure Check
- Body Composition includes Height, Weight, BMI, and Body Fat%
- Health Risk Assessment Questionnaire

You are encouraged **NOT** to eat or drink anything for at least nine hours prior to your **CONFIDENTIAL** screening (with the exception of water and daily medications). Please contact Elite at (559)733-7772 with any questions.

Eligibility: Employees enrolled in the SJVIA Health Plans

- Incentive:**
1. Biometric Screenings = \$50 Incentive
 2. Biometric Screening & PSA Test (**Men Only**) = \$75 Incentive
 3. Improved health score from 2015 screening = \$150 Incentive*
- *Available only for employees that were new participants in 2015.



Schedule & Locations

12/1– TulareWorks (VDO)	12/7– Dinuba District Office
12/5– HR&D	12/8– Porterville Gov't Plaza
12/6– Visalia Gov't Plaza	12/9– Visalia PDC



Visit the link below to register for the Biometric Screenings.

<https://www.surveymonkey.com/r/2016BiometricScreenings>

or Call HR&D Benefits at (559) 636-4911.

Employee Assistance Program

As a Tulare County employee you have free access to Anthem EAP.

Informational Topics Include:

- Emotional and Mental Health
- Maintaining a healthy lifestyle
- Successful communication
- Alcohol and drug abuse
- Relationship issues
- Legal concerns
- Financial concerns
- Dependent and adult care
- Childcare needs
- Everyday concerns and resources

Services Include:

- Telephone Consultations
- Face- to Face Counseling
- Legal Services
- Financial Services
- ID Theft Protection and Recovery
- Tobacco Cessation
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To take advantage of these resources visit:

Anthem.com/eap

Use code:

County of Tulare

Anthem
EAP



How to stop feeling sad when joy is all around

Your Employee Assistance Program (EAP) is by your side

"The times they are a-changin'" says the famous song. And what makes up a modern family can be proof of that. But modern times also come with new challenges. Things like redefining family traditions and adding your personal touch to the holidays can be stressful and even cause anxiety or depression. But it doesn't have to be like that. Let your Employee Assistance Program (EAP) give you information and resources to help you take a deep breath, take a step back and start creating traditions of your own this holiday season.

Log on to our website this month to read these feature articles. They're under the *Monthly Promotion* tab in the *Centers* section:

- Make the holidays your own
- Starting new traditions
- Surviving the holidays alone
- When you're not going home for the holiday

Visit our website or call for free, confidential help from our team of EAP experts.*

anthemEAP.com
1-800-999-7222

Anthem 
BlueCross

Healthy Recipe of the Month

Pumpkin Bars

PREP TIME: 15 MIN | COOK TIME: 45 MIN | SERVINGS: 12 | PER SERVING:

Ingredients

- 2 spray(s) cooking spray
- 20 item(s) gingersnap(s)
- 2 ½ Tbsp unsalted butter, cut into small cubes
- ¼ cup(s) fat free sweetened condensed milk, divided
- 6 oz low fat cream cheese, at room temperature
- 1 large egg(s), beaten
- ½ tsp vanilla extract
- ½ tsp ground cinnamon
- ¼ cup(s) packed light brown sugar
- ¾ cup(s) canned pumpkin
- ¾ cup(s) aerosol whipped cream

Instructions

Preheat oven to 350°F. Coat a 9 X 9-inch glass baking dish with cooking spray.

In a food processor, combine gingersnaps, butter and 2 tablespoons milk; process until completely blended. Spoon mixture into prepared baking dish and press down crust with fingers to form a crust. Bake crust for 10 minutes; remove from oven and let crust cool for 20 minutes. Reduce oven to 325°F.

Meanwhile, in a large bowl, using an electric mixer, combine remaining 2 tablespoons milk, cream cheese and egg until well-blended. Add vanilla extract, cinnamon, brown sugar and pumpkin; blend until smooth. Spoon pumpkin mixture over crust and smooth into an even layer; bake until center sets and a knife inserted in center of bars comes out clean, about 35 minutes.

Remove from oven and let cool. When cool, cover and refrigerate overnight. Cut into 12 bars and serve each with a tablespoon dollop of whipped cream. Yields 1 bar per serving.



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