



Tulare County Employee Wellness Program

“Bone, Joints and Arthritis”

March 2016

Mon	Tue	Wed	Thu	Fri
<p>Coming Soon! <i>Tulare County Healthy Week</i> April 4—April 9</p>  <p>Tulare County Health & Human Services Agency 1-800-834-7121</p> <p><i>See Page 3 for more details</i></p>	1	2	3	4
7	8	<p>9 Arthritis Types <i>Click on the links below to learn more about the types of arthritis.</i></p> <p>Arthritis in General Osteoarthritis Childhood Arthritis Rheumatoid Arthritis Fibromyalgia Systemic Lupus Gout Erythematosus (SLE)</p>	10	11
14	<p>15 Webinar “Let’s Sleep On It”</p> <p>Learn the steps needed to obtain higher quality sleep every night. See page 3 for instructions on how to view the webinar.</p>	16	17	18
<p>21 Mammography Screening Visalia Government Plaza 5959 S Mooney Blvd RMA Conference RM</p>  <p>Register Today: MammoScreening</p>	<p>22 Mammography Screening Tulare Ag Center 4437 S Laspina Auditorium</p>  <p>Register Today: MammoScreening</p>	<p>23 Mammography Screening Porterville Government Plaza 1055 W Henderson Orange/Tangerine RM</p>  <p>Register Today: MammoScreening</p>	<p>24 Mammography Screening HR&D 2900 W Burrel Testing Room</p>  <p>Register Today: MammoScreening</p>	25
28	<p>29 Mammography Screening Professional Development 4031 W Noble Ave Peach/Cherry RM</p>  <p>Register Today: MammoScreening</p>	<p>30 Mammography Screening Visalia Processing Center 26644 S Mooney Blvd Birch A&B RM</p>  <p>Register Today: MammoScreening</p>	31	

ONSITE MAMMOGRAPHY SCREENINGS

It's not too late to register for your screening! If you have already registered for your screening, you will be receiving confirmation this week. If you would like to register for your screening at one of the locations below, please click on the link at the bottom right corner of this section.

- **FREE—No Out-of-Pocket expense to employees**
- Available to Tulare County employees enrolled in Anthem Blue Cross health plans through SJVIA
- Mammogram Screenings will be held on site at selected locations (allowed on County time)
- Completely **Private & Confidential**
- Females Ages 40 & over
- Recommended if you have family history of Breast Cancer
- Educational information online:
www.nationalbreastcancerawareness.org
- Testing will take approximately 15 mins.
- Administered by Pacific Coast Medical Services

REGISTER BY 3/11/16

March 21

Visalia Gov't Plaza
RMA Main Conf Rm (8am-4pm)
5959 S. Mooney Blvd., Visalia

March 22

Tulare Ag Center
Auditorium (8am-4pm)
4437 S Laspina St, Tulare

March 23

Porterville Gov't Plaza
Orange/Tangerine Rm (8am-4pm)
1055 W Henderson, Porterville

March 24

HR&D
Testing Rm (8am-4pm)
2900 W. Burrel, Visalia

REGISTER BY 3/18/2016

March 29

Professional Development
Peach/Cherry Rm (8am-4pm)
4031 W. Noble Ave., Visalia

March 30

Processing Center
Birch A&B Rm (8am-4pm)
26644 S. Mooney Blvd., Visalia



For appointments, register online at:

<https://www.surveymonkey.com/r/MammoScreening>

Only available to employees enrolled as primary subscribers in the SJVIA Health Plans.



Be strong and flexible

Keep your musculoskeletal system healthy

Your musculoskeletal system includes the bones and muscles that help you move. Doing the same motion day after day can be hard on your body, and can strain your musculoskeletal system. It could be an injury from repeating the same motion. Repetitive motion injuries (RMIs) usually affect the hands, wrists, elbows and shoulders.

Keeping motion injuries at bay

You can prevent RMIs from happening and reduce symptoms. Here are a few tips for preventing and treating RMIs:

- Take frequent breaks. Stretch and give your body time to rest.
- Adjust your chair and desk so you're sitting in a natural position.
- Keep an upright posture. Avoid leaning forward or backward more than you have to.
- Use a splint to lessen pressure on the muscles and nerves.
- Put ice on the affected area.
- To relieve soreness and pain, try physical therapy.

Staying pain free for the future

With rest, most people fully recover from RMIs. By taking steps now to protect your bones and muscles, you can keep doing the things you need to do every day at work and at play.



Sources:
1 Cleveland Clinic website: Normal Structure and Function of the Musculoskeletal System (accessed December 2014) clevelandclinic.org
2 National Institute of Neurological Disorders and Stroke website: NINDS Repetitive Motion Information Page (accessed December 2014) ninds.nih.gov/disorders/repetitive_repetitive/repetitive_motion
3 National Institute of Neurological Disorders and Stroke website: Carpal Tunnel Syndrome Fact Sheet (accessed December 2014) ninds.nih.gov/disorders/carpal_tunnel/carpal_tunnel_fact_sheet
4 NIOSH: Fitness & Exercise: Repetitive Motion Injuries (accessed December 2014) webmd.com

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03052016MAMMO WPD Rev. 2/15



Live well with arthritis



What is arthritis?

Arthritis is swelling around the joints (where two bones meet in your body). There are more than 100 different types of arthritis.

Do I have arthritis?

The most common signs of arthritis are stiffness and pain in the joints, mostly in the morning. The skin around the joint might even be red and warm to the touch. You might not be able to move the joint as much as you used to. If you have these symptoms, visit your doctor.

What will the doctor do?

Your doctor will do a physical exam and ask about your medical background. Your doctor may:

- Do a blood test to look for infection.
- Get X-rays of the joint.
- Take some of the fluid out of your joint (with a needle) to send to a lab.

What is the treatment?

Treatment depends on the type of arthritis you have. But in general, treatment can help you manage your symptoms so you can have better quality of life. Because arthritis can cause chronic pain, people who have it can be depressed as well. The best way to combat both of these is to take care of yourself.

- Talk with your doctor so all areas of your health can be treated (physical, emotional and mental).
- Over-the-counter and prescription drugs can help with pain. Low-impact aerobic exercise, strength training and stretching can help manage the condition
- Physical therapy may help. This includes heat or ice, splints to support the joints (for rheumatoid arthritis) and massage.

Health tips for living with arthritis

- Sleep 8-10 hours a day. Take naps if you can too.
- Move and change your position often.
- Avoid positions that cause pain or strain.
- Find ways to make everyday actions easy (clothes with Velcro or zipper pulls, electronic can openers and toothbrushes, or safety rails for the tub and toilet).
- Lower your stress. Try yoga or tai chi, or you can meditate.
- Lose weight if you need to.
- Eat a healthy diet full of fruits and veggies, as well as omega-3 fatty acids.
- Get your vitamins and minerals. Make sure you get enough vitamin E.
- Apply capsaicin cream to painful joints.

Webinar: “Let’s Sleep On It”

There's nothing like a good night's sleep. Learn about the types of sleep, steps to help you have better quality sleep, as well as myths about sleep.

To view the online webinar, follow the steps below:

- Step 1: Select [AnthemEAP Login](#)
- Step 2: Enter “**County of Tulare**”
- Step 3: Select the Online Seminar “**03/15/16—“Let’s Sleep On It”**”

You no longer need to register in advance to attend Online Seminars offered by the Anthem EAP program. Seminars are prerecorded and uploaded on the third Tuesday of each month. If you have questions, type them into the “Ask a question” box. You will receive an e-mailed answer within five business days. All questions and answers will be posted on the FAQ tab on the Anthem EAP website.

Anthem® EAP



Tulare County
Health & Human
Services Agency
1.800.834.7121

Healthy Tulare County Week Coming in April

During the first week of April, agencies across the county observe *National Public Health Week* to recognize the contributions of public health and highlight issues that are important to our communities’ health. For the last three years, a partnership of health agencies and health allies have campaigned to educate the public, policymakers, and practitioners about issues related to each year's theme. This year we imagine Tulare County Health Community 2030.

This year’s activities will include: Healthy Food Demos, Healthy Food Store Tours, Bailoterapia, Health Screenings, HIV Testing, and Walk With a Doc. View the daily themes below:

- Monday, April 4th—Promoting the Public’s Health
- Tuesday, April 5th—Eating Healthy
- Wednesday, April 6th—Living Active
- Thursday, April 7th—Knowing Your Numbers
- Friday, April 8th—Thinking Positive
- Saturday, April 9th—Closing Events



1 U.S. National Library of Medicine website: Arthritis (accessed February 2015): nlm.nih.gov/medlineplus/arthritis.html

2 Mayo Clinic website: Arthritis (accessed February 2015): mayoclinic.org

3 WebMD website: Assistive Devices: Living Better With Arthritis (accessed February 2015): webmd.com

4 National Institute of Arthritis and Musculoskeletal and Skin Diseases website: Headset on Health: Osteoarthritis (accessed February 2015): niams.nih.gov/Health_Info/Osteoarthritis/default.asp

5 National Institute of Arthritis and Musculoskeletal and Skin Diseases website: Headset on Health: Rheumatoid Arthritis (accessed February 2015): niams.nih.gov/Health_Info/Rheumatic_Diseases/default.asp

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