



Tulare County Employee Wellness Program

September 2015

“Cold/Flu & Immunizations”



Sun	Mon	Tue	Wed	Thu	Fri	Sat
ONLINE SEMINAR <i>“Protect Yourself & Your Family with the Flu Vaccine”</i> See page 2 for more information Available All Month Long CLICK HERE TO WATCH THE VIDEO		1 <u>Weight Watchers</u> Week 2 Meeting Visalia District Office 12:00 PM—1:00 PM	2	3 <u>Weight Watchers</u> Week 2 Meeting Human Resources & Development 12:00 PM—1:00 PM & 5:30 PM—6:30 PM	4	5
6	7 SJVIA WELLNESS “Weigh 2 Win” Challenge Sign-ups Begin CLICK HERE TO REGISTER	8 <u>Weight Watchers</u> Week 3 Meeting Visalia District Office 12:00 PM—1:00 PM	9	10 <u>Weight Watchers</u> Week 3 Meeting Human Resources & Development 12:00 PM—1:00 PM & 5:30 PM—6:30 PM	11	12
13	14	15 <u>Live Webinar</u> <i>“Coping with Change”</i> 12:00 PM See page 2 for more information	16 <u>Weight Watchers</u> Week 4 Meeting—VDO September 15, 2015 12:00 PM—1:00 PM	17 <u>Weight Watchers</u> Week 4 Meeting Human Resources & Development 12:00 PM—1:00 PM & 5:30 PM—6:30 PM	18	19
20	21 SJVIA WELLNESS “Weigh 2 Win” Challenge Begins See page 4 for more information	22 <u>Weight Watchers</u> Week 5 Meeting Visalia District Office 12:00 PM—1:00 PM	23 2015 HEALTH FAIR Visalia Convention Center 8 :00 AM—4:00 PM FLU SHOTS WILL BE PROVIDED BY HHSa AT THE FAIR See page 3 for more information	24 <u>Weight Watchers</u> Week 5 Meeting Human Resources & Development 12:00 PM—1:00 PM & 5:30 PM—6:30 PM	25	26
27	28	29 <u>Weight Watchers</u> Week 6 Meeting Visalia District Office 12:00 PM—1:00 PM	30	OPEN ENROLLMENT BEGINS AT THE HEALTH FAIR, 9/23/15 THRU 10/23/15 <i>Locations and dates will be posted in the September Grapevine Newsletter.</i> Open Enrollment is your annual opportunity to change plans, add or drop eligible dependents from coverage, elect and re-elect a Flexible Spending Account or Health Savings Account. Information will be mailed to your home address.		

WEBINAR

"Coping with Change"

Learn personal strategies on how to deal with the losses and gains that change brings to your life. Learn to negotiate change.

Date: September 15, 2015

Time: 12:00 PM

To register, go to www.anthemead.com and log in as a member, using the code, **County of Tulare**. Sign up by going to Online Seminars on the right side of the landing page.

Anthem® EAP

ONLINE VIDEO

"Protect Yourself and Your Family With a Flu Vaccine"

Getting your annual flu shot protects you as well as your family members. Watch this video to learn more.

Date: Available all month

Time: Anytime of day

Select the link below to view the online video:

https://mydoctor.kaiserpermanente.org/ncal/mdo/presentation/common/healthToolPage.jsp?path=healthtool_721462.xml



HHSA's Public Health Department will be offering Flu Shot Clinics for the public. Click on the link for more detailed information: [Flu Shot Clinics September](#)

Is it a cold? Or the flu?

It's hard to tell the difference. So use the chart below to figure out what's making you sick.

Talk to your doctor if you're worried

A cold and the flu can have similar symptoms. Your doctor can help you fight the right kind of infection. Especially if it's severe.

And stay home when you're sick

This helps stop viruses from spreading.

Symptoms	Cold	Flu
Fever	Rare	Usual; high (100°F to 102°F, occasionally higher, especially in young children); lasts 3 to 4 days.
Headache	Rare	Common
Aches and pains	Slight	Usual; often severe
Fatigue, weakness	Sometimes	Usual; can last up to 2 to 3 weeks
Exhaustion	Never	Usual; at the beginning of the illness
Stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Chest pain, cough	Mild to moderate; hacking cough	Common; can become severe
Treatment	The only things that help are symptomatic treatments with rest, plenty of fluids, and acetaminophen or non-steroidal anti-inflammatory medications like ibuprofen. Children should not receive aspirin for any condition before they are 12 years old. Antihistamines and decongestants, common ingredients in over-the-counter cold medicines have not been shown to help most people.	Antiviral drugs may help but must be started early. These are especially recommended for persons at risk for flu complications including pregnant women. Everyone may benefit from symptomatic treatments such as rest, plenty of fluids and acetaminophen or non-steroidal anti-inflammatory medications like ibuprofen for pain and fever. Children must not take aspirin for flu because it could cause a serious complication. Antihistamines and decongestants, common ingredients in over-the-counter cold medicines have not been shown to help most people.
Prevention	Wash your hands often with soap and water; avoid close contact with anyone with a cold.	Yearly vaccination; antiviral drugs – see your doctor.
Complications	Sinus congestion, middle ear infection, asthma	Bronchitis, pneumonia; can worsen chronic conditions; can be life-threatening. Complications more likely in the elderly, those with chronic conditions, young children and pregnant women.

2015 ANNUAL HEALTH FAIR: “Don’t Let Your Health Get in a Drought”

DATE: SEPTEMBER 23, 2015

TIME: 8:00 AM — 4:00 PM

PLACE: 303 E. ACEQUIA AVE

THE FAIR IS OPEN TO ALL TULARE COUNTY EMPLOYEES DURING WORK HOURS, BASED ON YOUR DEPT’S STAFFING NEEDS.

BREAKOUT SESSIONS:

MINDFUL MEDITATION:

In our busy, “automatic pilot” lives, we may find that we crave opportunities to be mindful. In this seminar, participants will examine the focus of mindful meditation, define it, explore what it is and isn’t, identify its benefits, discuss data that supports mindful meditation, and have an opportunity to experience it.

LOCATION: San Joaquin C

FACILITATOR: Michael Levine, Anthem EAP

FINANCIAL WELLNESS:

Financial Wellness doesn’t necessarily mean being wealthy, but it is more about having the feeling of control over your current finances and financial future. If this is a topic that interests you, come and hear this 30 minute workshop, hosted by Empower Retirement.

LOCATION: San Joaquin B

FACILITATOR: Stephanie Henry, Empower Retirement

OPEN ENROLLMENT MEETINGS:

You will hear from HR&D Benefits Staff on renewal and rate information, Chimienti & Associates on the Voluntary Products, Anthem Blue Cross on the Health Plans and Live Health Online and Sterling Bank regarding the HDHP Plan and Health Savings Account. All employees that attend one of the 2 meetings offered, will be entered into a raffle to win a fitbit.

LOCATION: San Joaquin C

FACILITATORS: HR&D Benefits, Anthem Blue Cross, Chimienti & Associates, and Sterling Bank

YOGA CLASS:

This class is ideal for anyone new to yoga and interested in its benefits. Yoga is a challenging and dynamic form of exercise with many health benefits. This beginner-focused class will help you build strength, increase flexibility, and relieve stress. You will learn the fundamental yoga postures and principles that create a successful and effective yoga practice

LOCATION: San Joaquin B

INSTRUCTOR: Hannah Brady

REGISTER FOR THE FOLLOWING:

BLOOD MOBILE—Registration Recommended

DONATIONS MADE TO: California Blood Mobile

Appointments Available from 10:00AM—2:45PM

Click the link to register: [Blood Donation Registration](#)

GLUCOSE TESTING—Registration Required

PROVIDED BY: Visalia Health Care Clinic

Appointments Available from 8:00AM—10:00AM

Click the link to register: [Glucose Testing Registration](#)

WATER DONATIONS:

DONATE WATER AND BE ENTERED INTO A RAFFLE DRAWING!

Provide a necessary resource to members of our community. Bottles and cases of water are both acceptable.



ACTIVITIES:

FREE DENTAL SCREENINGS—NEW!!!!

FREE SMOOTHIE SAMPLES—NEW!!!!

SHERIFFS CRIME LAB UNIT—NEW!!!!

SHERIFFS K-9 UNIT ONSTAGE DEMONSTRATION

FREE FLU SHOTS

BLOOD PRESSURE CHECK

BMI & BODY FAT %

FREE CHAIR MASSAGES

XBOX BOWLING

TOBACCO EDUCATION

HATS FOR HOPE

AND MORE!

“15 FOR ME CHALLENGE”

Sign-up: 9/7/15—10/5/15 Challenge Starts: 9/21/15 Challenge Ends: 12/13/15

15 Wellness Points Earned If Completed

(SJVIA Primary Subscribers Only)



The “Weigh 2 Win Challenge” is a twelve-week individual challenge that encourages safe, long-term weight management.

Your goal is weekly, gradual weight loss through healthy eating, exercise, and getting plenty of sleep.

How the challenge works:

Award yourself one point for reporting a weekly weigh-in. Award an additional point for maintained or lost weight during the week.

If possible, use the same scale for weigh-ins throughout the challenge.

You can track your weight in the notes section. This information is not visible, nor will it be shared with your employer.

Your goal: log a minimum of 15 minutes per day by the end of the challenge to earn 15 wellness points towards your 200 point goal.

Program Goal:

Reach 200 points by 12/31/2015 to earn a \$50 incentive.

Challenge Sign-up:

- Log on to your www.SJVIAWellnessWorks.com homepage
- Scroll down to the **Challenges** section
- Click **Go to Challenges** to display details around dates, challenge goals, disclaimers, and tracking current, future, and past challenges
- Click **Sign Me Up** to progress to the sign-up screen
- Create a screen name and select an avatar

Challenge Tracking:

- Log on to www.SJVIAWellnessWorks.com
- Track your progress from the **Challenges** section of the homepage

Questions about this challenge or your wellness program?

Call 888-VIVERAE (848-3723).

Note: A physician should be consulted prior to beginning a new program of physical activity, especially for men over age 40, women over age 50, and those individuals with chronic health problems, such as heart disease, diabetes, or obesity.

