

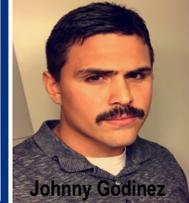


Tulare County Employee Wellness Program

“Men’s Health-Cancer Awareness”

November 2016



Mon	Tue	Wed	Thu	Fri
 <p>SIGN UP for your Biometric Screening today! See Page 2</p>	<p>1</p> <p>Movember Challenge Begins</p>  <p>Start with a Clean Shaven Face!</p>	<p>2</p>	<p>3</p> <p>Video Prostate Screening See page 4</p> 	<p>4</p>
<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p> <p>Biometric Screenings <i>Tulare County Fire</i> 907 W. Visalia Road Farmersville</p>	<p>11</p> <p>County Holiday</p> 
<p>14</p>	<p>15</p> <p>Biometric Screenings <i>Central Yard</i> 14001 Avenue 256, Visalia</p>	<p>16</p> <p>Biometric Screenings <i>Lindsay District Office</i> 900 N. Sequoia, Lindsay Conference Room</p>	<p>17</p> <p>Biometric Screenings <i>Child Support Services</i> 8040 Doe Ave., Visalia East Training Room</p>	<p>18</p>
<p>21</p> <p>Video Stop Colon Cancer See page 4</p> 	<p>22</p>	<p>23</p>	<p>24</p> <p>County Holiday</p> 	<p>25</p> <p>County Holiday</p> 
<p>28</p>	<p>29</p> <p>Biometric Screenings <i>Visalia Processing Center</i> 26644 S Mooney Blvd, Birch A & B Room</p>	<p>30</p> <p>Biometric Screenings <i>Tulare Ag Center</i> 4437 S. Laspina St., Tulare Auditorium</p>	<p>2015 Movember Challenge Winners!</p>  <p>See Page 3</p>	  <p>Johnny Godinez Tim Kochendarfer</p>



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

11/10 - Tulare County Fire	12/1 – Tulare Works (VDO)
11/15 - Central Road Yard	12/5 – HR&D
11/16 - Lindsay District Office	12/6 – Visalia Gov't Plaza
11/17 - Visalia Child Support	12/7 – Dinuba District Office
11/29 - Visalia Processing Center	12/8 – Porterville Gov't Plaza
11/30 - Tulare Ag Building	12/9 – Professional Development Center

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.



New Diabetes Prevention Program

Make a Change!

Take the online quiz by December 1st at the link below to be eligible for a \$10 gift card.

<https://www.solera4me.com/tulare>

Or Call 1-877-486-0141



SOLERA4ME

CHANGE YOUR LIFE IN 16 WEEKS

Introducing a new covered benefit for Anthem Blue Cross Members

Anthem Blue Cross of California is pleased to announce a new benefit for qualified members.

It's a 16-week, cutting-edge program that can help you lose weight, adopt healthy habits and significantly reduce your risk of developing diabetes. And it's available at no cost to members that qualify.

You'll be able to choose from an array of national and local programs, like Weight Watchers®, Jenny Craig®, Retrofit and HealthSlate.

While programs differ, most include the following elements:



Access to a personal health coach



Weekly lessons



A small group for support



Tools like a wireless scale or an activity tracker

Find out if you qualify by taking a 1-minute quiz at [solera4me.com/tulare](https://www.solera4me.com/tulare).

Is a Prostate Screening Right for You?

Are you thinking about having a Prostate Screening? If so this video helps you understand the different tests available and the benefits of the screening.



Click the link below to watch the video:

[Prostate Screening](#)

Stop Colon Cancer in its Tracks

This video explores the benefit of taking a FIT test to help prevent Colon Cancer. The FIT test is a home screening that could help you detect Colon Cancer sooner.



Click the link below to watch the video:

[Stop Colon Cancer](#)

Preventing Colorectal Cancer

This Article provides tips and suggestions for preventing Colorectal Cancer.

Click the link below to read the article:

[Preventing Colorectal Cancer](#)



Stay Healthy at Any Age

This Article provides tips for men's preventive care. It also provides a worksheet so you can stay up to date.

Click the link below to read the article:

[Stay Healthy at Any Age](#)



Movember Fun



MOVEMBER FOUNDATION

The Movember Foundation is a charity focused on educating and preventing Prostate, Testicular, and Men's Mental Health Issues. The vision of the organization is, "to have an everlasting impact on Men's Health."

Learn more about the organization and the resources they provide by visiting the links below:

[Prostate Cancer](#)

[Testicular Cancer](#)

[Mental Health and Suicide Prevention](#)

Learn about the history, care, and styles of Moustachery by visiting the link below:

[Moustachery](#)

CHOOSE YOUR WEAPON



Men's Health—Cancer Awareness Month



MOVEMBER CHALLENGE

1

SHAVE THE DATE
"NOVEMBER 1ST"
START WITH A CLEAN SHAVEN
FACE

2

FOR THE ENTIRE MONTH OF
MOVEMBER YOU MUST **GROW AND
GROOM A MOUSTACHE.**

3

DON'T FAKE IT. NO BEARDS,
NO GOATEES, NO FAKE
MOUSTACHES.

4

USE THE POWER OF THE MOUSTACHE TO
CREATE CONVERSATIONS ABOUT MEN'S
HEALTH AND TO RAISE AWARENESS TO
PROSTATE CANCER, TESTICULAR CANCER,
AND MENTAL HEALTH.

5

THE BOARD OF SUPERVISORS WILL
JUDGE THE BEST
MOVEMBER MOUSTACHE!



**SUBMIT A BEFORE AND AFTER SELFIE (PICTURE) TO
OEHEALTH@CO.TULARE.CA.US BY DECEMBER 1ST.**

Healthy Recipe of the Month

Classic Margherita Pizza



Ingredients	Directions
<p><u>Pizza Sauce</u></p> <ul style="list-style-type: none"> • 8 oz. canned, no salt added tomato sauce • 1/2 small fresh, chopped onion (1/4 cup) • 1 clove fresh garlic minced OR 1 tsp. jarred, minced garlic • 2 Tbsp. fresh basil, chopped, fresh or dried • 1 tsp. dried basil • 1/8—1/4 tsp. crushed red pepper <p><u>Pizza and Toppings</u></p> <ul style="list-style-type: none"> • 1-12inch whole wheat pizza crust • 1/4 cup low-fat, part-skim ricotta cheese • 3/4 cup low-moisture, part-skim mozzarella cheese • 1 1/2 cup diced, fresh tomatoes OR 8 oz. canned, no salt-added, diced tomatoes, drained • 2 Tbsp. fresh basil, coarsely chopped or torn into pieces • 1 tsp. dried basil • Nonstick cooking spray 	<p><u>Pizza Sauce</u></p> <ol style="list-style-type: none"> 1. In a small saucepan, over medium heat, cook garlic and onion in olive oil until soft, but not brown. 2. Add remaining sauce ingredients, reduce heat and simmer for about 15 minutes. <p><u>Pizza and Toppings</u></p> <ol style="list-style-type: none"> 1. Preheat oven to 450 degrees F 2. In a small saucepan, over medium heat, cook garlic and onion in olive oil until soft, but not brown. Add remaining sauce ingredients, reduce heat and simmer for about 15 minutes. 3. Carefully transfer to baking sheet lined with foil. Layer dough or crust with pizza sauce, cheese, tomatoes, and basil. 4. Bake 10-20 minutes. Pizza is ready when crust is golden brown and cheese is bubbly.
<h2>Video Tutorial</h2>	
<p>Watch a tutorial video that provides a quick and easy overview of how to prepare this delicious healthy recipe.</p> <p>Click the link below:</p> <p style="text-align: center;"><u>Video Tutorial</u></p> <div style="text-align: center;">  </div>	