

August 2023 - WELLNESS PROGRAM OPTIONS FOR HEALTH SMART CREDIT & HEALTHY BUCKS

REMINDER: YOU MUST ARRIVE NO LATER THAN 5 MIN AFTER THE START OF THE CLASS TO RECEIVE CREDIT

EACH PROGRAM IS WORTH \$50 HEALTHY BUCKS



Don't forget to attend a Wellness Weight/Blood Pressure Clinic and Schedule an A1c blood draw at the MedCenter to earn up to \$150 in Result- Based Healthy Bucks! See below for more details.

Employees - Note **NEW class titles** offered for 2023 highlighted in yellow. **DO NOT REPEAT CLASSES ATTENDED IN 2022 FOR HEALTHY BUCKS CREDIT--** LOOK UP 2022 CLASSES ATTENDED after you login into your GoSignMeUp account under "View Your Transcript."

	BP	TRIGS	LDL	Waist	A1c	Health Smart Risk Factor OR Healthy Bucks Program Options:	Dates	Day	Time	Location
Nutrition	✓	✓	✓	✓	✓	Can You Reverse High Blood Sugar?	2nd	Wednesday	5:15-6:15pm	Main Campus - Risk Management-Bldg. D- Train Rm
	✓	✓	✓	✓	✓	Can You Reverse High Blood Sugar?	3rd	Thursday	12-1pm	Growth Management -2800 N. Horseshoe Dr. Rm 609/10
	✓	✓	✓	✓	✓	Supermarket Tour	9th	Wednesday	5:15-6:15pm	Publix - Airport/Pine Ridge - 2310 Pine Ridge Rd, meet near Customer Service. Wellness phone #239-571-8619
	✓	✓	✓	✓	✓	Label Reading	10th	Thursday	5:15-6:15pm	Main Campus - Risk Management-Bldg. D- Train Rm
	✓		✓		✓	Tea Time	14th	Monday	5:15-6:15pm	Immokalee Community Park - 321 N First St, Immokalee. Conference room.
	✓	✓	✓	✓	✓	Plant Based	15th	Tuesday	12-1pm	N. Reclamation Water Plant - 10500 Goodlette Rd. Conference Room.
	✓		✓		✓	Tea Time	17th	Thursday	12-1pm	N. Collier Gov't Center - 2335 Orange Blossom Dr. Towne Hall Meeting Room
	✓		✓		✓	Tea Time	21st	Monday	5:15-6:15pm	Growth Management -2800 N. Horseshoe Dr. Rm 609/10
	✓	✓	✓	✓	✓	Label Reading	24th	Thursday	12-1pm	Main Campus - Risk Management-Bldg. D- Train Rm
	✓	✓	✓	✓	✓	Label Reading	28th	Monday	12-1pm	N. Collier Gov't Center - 2335 Orange Blossom Dr. Towne Hall Meeting Room
	✓	✓	✓	✓	✓	Supermarket Tour	29th	Tuesday	5:15-6:15pm	Publix - Collier Blvd/Pine Ridge - 12975 Collier Blvd, meet near Customer Service. Wellness phone #239-571-8619
Great Outdoors	✓	✓	✓	✓	✓	\$75 HB Lely Resort Golf & Pedometer Steps Play 18 holes of golf with cart wearing a pedometer. THIS IS AN 8:30AM SHOTGUN START EVENT. Meet in clubhouse for prizes for most steps walked after event.	12th	Saturday	7:15-7:45AM ARRIVAL TO MAKE \$55 PAYMENT Everyone must be at their starting hole by 8:15am for the 8:30am start time.	Lely Resort Golf & Country Club - Mustang Course - 8004 Lely Resort Blvd, Naples. Pay \$55 course fee w/cart (incl. tax) that morning (cash or CC). No rain checks. Proper golf attire (collared golf shirt, no jean/cargo shorts). AN 8:30AM SHOTGUN EVENT. Register on GoSignMeUp and Email Christiane.Rice@colliercountyfl.gov your foursome by Tues, Aug. 8th. Single players are welcome and will be paired as a foursome. LIMITED TO 50 PLAYERS; EMPLOYEES With GUEST ALLOWED.

MORE GREAT OUTDOORS, STRESS REDUCTION, MONEY MATTERS, EMOTIONAL WELLNESS AND FITNESS PROGRAMS ON THE NEXT PAGE.

Register for all programs on <http://colliergov.GoSignMeUp.com>



	BP	TRIGS	LDL	Waist	A1C	Health Smart Risk Factor OR Healthy Bucks Program Options:	Dates	Day	Time	Location
Great Outdoors	✓	✓	✓	✓	✓	Water Aerobics	19th	Saturday	9:30-10:30am	NCH Briggs Wellness Center Outdoor Heated Pool - 399 Tamiami Trail North #101. Wellness phone #239-571-8619
Stress Reduction	✓				✓	Stop Stressing and Count Your Blessings	24th	Thursday	6-7pm	N. Collier Gov't Center - 2335 Orange Blossom Dr. Towne Hall Meeting Room
	✓				✓	Learn to Let Go with Mindfulness	31st	Thursday	12-1pm	Supervisor of Elections - 3750 Enterprise Ave. Train Rm 1
Money Matters	HB Credit Only					Make Budgets Work	3rd	Thursday	5:15-6:15pm	Main Campus - Risk Management-Bldg. D- Train Rm
	HB Credit Only					Planning for Financial Emergencies	22nd	Tuesday	12-1pm	Growth Management -2800 N. Horseshoe Dr. Rm 609/10
Emotional Wellness	HB Credit Only					Mindfulness Sandi Hack, MSW	16th	Wednesday	5:15-6:15pm	Growth Management -2800 N. Horseshoe Dr. Rm 609/10
Fitness YOU WILL BE REQUIRED TO EXERCISE DURING ALL FITNESS SESSIONS	✓	✓	✓	✓	✓	Bands Everywhere	8th	Tuesday	12-1pm	Growth Management -2800 N. Horseshoe Dr. Rm 609/10
	✓	✓	✓	✓	✓	Sit & Be Fit	17th	Thursday	5:15-6:15pm	Main Campus - Risk Management-Bldg. D- Train Rm
	✓	✓	✓	✓	✓	Fitness Center Program - CCG Park & Recreation Membership Required REPEAT CLASS ALLOWED	Sign up anytime	work-out 30 mins. at least 6x/month for 3 <u>consecutive</u> months	payroll deduct for 1 year membership	Any of the 4 CCG Park & Recreation Fitness Facilities Employee Memberships \$4.65 per paycheck

RESULT-BASED HEALTHY BUCKS PROGRAMS BELOW - You MUST Register for the below programs by September 29, 2023

Earn \$150 Healthy Bucks by participating in these programs for your yearly maximum of \$300 Healthy Bucks:

- 1.) Off the Cuff - Blood Pressure Program - \$50HB**
 - Maintain or lower your **Blood Pressure < 130/90**
 - Attend a Wellness Weight/Blood Pressure Clinic in August-September 2023
- 2.) Sugar Busters - A1C Management Program - \$50HB**
 - Maintain or lower your **A1C < 5.7% OR** for those with **Type 1 or Type 2 Diabetes A1C ≤ 7%**
 - 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 17th - September 29, 2023.
- 3.) Re-shape Your Frame - Body Composition Program - \$50HB**
 - **Maintain a BMI < 25**
 - if BMI is 25-29.9, then **lose 5%** of initial weight from January Weigh-in Clinic
 - if BMI is > 30, then **lose 10%** of initial weight from January Weigh-in Clinic

OR YOU CAN SELECT:

 - Waist Circumference **Women < 35 inches** **Men < 40 inches**
 - Attend a Wellness Weight/Blood Pressure Clinic in August-September 2023

See August/September weight and blood pressure clinic calendar for event dates and locations