



April 2024 - WELLNESS PROGRAM OPTIONS FOR HEALTHY BUCKS & HEALTH SMART QUALIFYING

Wellness aims to design programs that will address the 5 Health Smart risk factors monitored during the insurance qualifying process: blood pressure, triglycerides, LDL cholesterol, waist circumference, and A1c (blood sugar).

Each of the below programs can earn you \$50HB or one hour of qualifying education unless otherwise indicated.

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



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

	Class Title	Date	Day	Time	Location
National Nutrition Month	Animal vs Plant-Based Protein	1st	Monday	12-1pm	Main Campus - Risk Management Building D, Training Room
	Any Way You Slice It	4th	Thursday	5:15-6:15pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610
	Supermarket Tour	8th	Monday	5:15-6:15pm	Publix - Pine Ridge/Collier Blvd - 12975 Collier Blvd, meet near Customer Service. Wellness Cell #239-571-8619
	The Truth About Fats	9th	Tuesday	12-1pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610
	The MIND Diet and More: Nutrition for a Healthy Brain!	10th	Wednesday	12-1pm	Everglade's City, City Hall Council Chamber - 102 SW Copeland St
	Secrets of the Golden Spice	11th	Thursday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
	You're the Chef: Garlic Lemon Chicken	15th	Monday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
	The Truth About Fats	16th	Tuesday	12-1pm	Veterans Community Park - 1895 Veterans Park Dr
	La Verdad Sobre las Grasas	16th	Tuesday	12-1pm	Veterans Community Park - 1895 Veterans Park Dr
	Any Way You Slice It	18th	Thursday	7-8am	Road & Bridge - 4800 Davis Blvd
	No Importa Como lo Cortes	18th	Thursday	7-8am	Road & Bridge - 4800 Davis Blvd
	The MIND Diet and More: Nutrition for a Healthy Brain!	23rd	Tuesday	7-8am	Water Distribution & Utility - 4420 Mercantile Ave
5 Foods to Eat and Why!	24th	Wednesday	4-5pm	Immokalee Road & Bridge - 415 Sgt Joe Jones Rd (behind Fleet building)	
Label Reading	29th	Monday	5:15-6:15pm	Immokalee Community Park - 321 N First St, Immokalee	
5 Foods to Eat and Why!	30th	Tuesday	12-1pm	So. Collier Regional Water Plant - 3851 City Gate Dr	
Fitness YOU WILL BE REQUIRED TO EXERCISE DURING ALL FITNESS SESSIONS	Simple Exercises for Joint Health	17th	Wednesday	12-1pm	Main Campus - Risk Management Building D, Training Room
	Bands Everywhere	25th	Thursday	12-1pm	No. Collier Regional Water Plant - 8005 Vanderbilt Beach Rd
	Fitness Center Program	Jan-Sep	3 consecutive months	Workout 30min, 6x/mo	Any of the 4 CCG Park & Recreation Fitness Facilities. CCG Park & Recreation Membership Required. Employee Memberships \$4.65 per paycheck.
Emotional Wellness	Anxiety: Tools to Help with Anxiety, Rumination and Worry <i>Sandi Hack, LCSW</i>	24th	Wednesday	12-1pm	Main Campus - Risk Management Building D, Training Room
Group Stress Reduction	Change Your Thinking and Start Living!	18th	Thursday	12-1pm	Supervisor of Elections - 3750 Enterprise Ave - Training Room 1
	Laughter to Deal with Toxic People	23rd	Tuesday	12-1pm	North Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
Money Matters	Boosting Credit	3rd	Wednesday	6-7pm	North Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	Boosting Credit	29th	Monday	12-1pm	Main Campus - Risk Management Building D, Training Room
Great Outdoors	Pound the Pavement	4th	Thursday	Gather your largest work group and WALK AS A TEAM before work**after work**or during breaktime. Walk 30min as a team. YOU MUST TAKE A PICTURE OF TEAM WALKERS, SUBMIT NAMES OF WALKERS AND THEIR SAP NUMBERS AND SEND TO WELLNESS: Christiane.Rice@colliercountyfl.gov for \$25 Healthy Bucks ONLY (NO QUALIFYING CREDIT)	
	3-mile Beach Walk	20th	SATURDAY	8:30-9:30am	Clam Pass Park, 465 Seagate Dr. Meet at the benches by the parking lot. A Beach Parking sticker is required or credit card parking meter fee. Wellness cell: 239-571-8619

2024 HEALTHY BUCKS PROGRAM OUTLINE ON NEXT PAGE

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

2024—Healthy Bucks Program

ALL PROGRAMS WILL BE VALUED AT \$50HB, UNLESS OTHERWISE INDICATED (MAX. \$300)

\$150 Maximum Healthy Bucks earned by participating in these programs:

- 1) Wellness Education Sessions—Topics on the latest Nutrition, Fitness, Stress Reduction, Emotional Wellness, Money Matters, Great Outdoors - **\$50HB**
- 2) Wellness Group Fitness Programs - Employee Wellness Fitness Center - **\$50HB**
 - Participate in the Wellness-sponsored Exercise Programs (Zumba, Pilates, Yoga, etc)
 - \$30 registration fee is required for all non-Park n'Rec fitness members)
 - must attend 12 of 16 exercise sessions (*Wellness group fitness free with Fitness membership*)
- 3) Fitness Center Program—Join the Employee Wellness Fitness Center or Park n' Rec Centers - **\$50HB**
 - must exercise for 30 mins. 6 times per month for 3 consecutive months at CCG Fitness Centers
 - fitness membership required by payroll deduct
- 4) Complete a timed CCG Park n'Rec or chip/timed Gulf Coast Runners' sponsored Event or a Virtual Race event—allowed due to COVID (specific tracking/authenticity requirements) - **\$50HB**

The Remainder \$150 Healthy Bucks earned by participating in these RESULT-BASED HB programs:

- 1) *Holiday Waist Challenge* - **\$50HB** - initial measurements taken at Wellness Waist Clinics in Aug/Sep 2023
 - Waist Circumference **Women \leq 35 inches and Men \leq 40 inches**
 - For women- if waist circumference is >35 inches must lose 1/2 inch
 - For men- if waist circumference is >40 inches must lose 1/2 inch
 - FINAL Waist measurement will be repeated Jan 2024 by attending a Wellness Waist Clinic
- 2) *Holiday Fitness Challenge* - **\$50HB**
 - You must have a Park n' Rec Fitness membership and **exercise 8 times for 30 mins or more during Nov/Dec 2023**
- 3) *Off the Cuff* - Blood Pressure Program - **\$50HB**
 - **Blood Pressure $<$ 130/90**
 - Maintain or lower your blood pressure to goal range by September 30, 2024
 - Attend a Wellness Waist - Blood Pressure Clinic during Aug/Sep 2024 to repeat your BP
- 4) *Sugar Busters* - A1C Management Program - **\$50HB**
 - **A1C $<$ 5.7% OR** for those with **Type 1 or Type 2 Diabetes A1C \leq 7%**
 - Have your non-fasting A1C blood glucose drawn between July 15 and Sep 30, 2024 *by appointment* only at the Main Campus MedCenter 252-4257 or North MedCenter 315-7111
- 5) *Re-shape Your Frame* - Body Composition Program - **\$50HB** - initial measurements taken with Midland Health lab draw
 - Waist Circumference **Women \leq 35 inches and Men \leq 40 inches**
 - For women- if waist circumference is 36-40 inches must lose 1 inch; if $>$ 40 inches must lose 2 inches
 - For men- if waist circumference is 41-45 inches must lose 1 inch; if $>$ 45 inches must lose 2 inches
 - ALL FINAL Waist measurements will be repeated Aug/Sep 2024 by attending a Wellness Waist - Blood Pressure Clinic.

**Alternative* Result-based HB programs are available for those who may not consider the above options feasible. Must register by January 31, 2024. See Wellness for details.

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