



# WELLNESS NEWS

SECOND QUARTER  
2012

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## STAYING ACTIVE IN HOT WEATHER

Summer is a great time for being active. Even if you live where it gets hot or humid, there are ways you can stay in shape year-round. But make sure to take precautions when you are active outside.



### Be safe in the heat

- ◆ Drink plenty of water. This is very important when it's hot out and when you do intense exercise.
- ◆ Don't exercise as hard when it's hot. Take rest breaks. Exercise more slowly than usual or for a shorter time.
- ◆ Stay in the shade when you can.
- ◆ Avoid exercising during the hottest times of the day.
- ◆ Wear light-colored, breathable clothes.
- ◆ Watch for signs of heat exhaustion, such as nausea, dizziness, cramps and headache. If you notice any signs, stop your activity right away, cool off and drink fluids.

### Outdoors

- ◆ Take morning or evening walks. Walking the dog or walking with a partner helps you make it part of your routine.
- ◆ Go for a bike ride. Find shaded areas, and ride during cooler times of day.
- ◆ Go swimming on hot days. This is a healthy family activity for summer.
- ◆ Do light yard work or gardening. You'll burn calories while you keep the yard looking good.
- ◆ Wash your car. This gets you outside and helps you burn calories. Give yourself a splash to stay cool.

### Indoors

- ◆ Go for walks at the mall.
- ◆ Use light weights or stretch bands at home. Lift food cans if you don't want to buy weights.
- ◆ Buy or rent an exercise DVD, or borrow one from the library. You can stay in shape while you stay cool indoors.

Source: [www.webmd.com](http://www.webmd.com)

## WHAT'S IN THE POOL?

Chlorine can kill germs in the pool, but it can't work miracles. At the Centers for Disease Control and Prevention, Michele Hlavsa says the idea that swimming pool disinfectants kill germs instantly is a myth. She says that's why it's unhealthy to treat the pool like a toilet, and healthy to shower off any germs before getting in.

Mostly people just have fun. But Hlavsa notes they can get a variety of diseases. "They can get gastrointestinal infections, viral meningitis, ear infections - also known as swimmer's ear - but the most common infection is diarrhea." So, she advises, don't swallow the water, or swim with open sores.

Source: [www.hhs.gov](http://www.hhs.gov)

### Prevent Skin Cancer!

- Apply sunscreen with a SPF of 15 or greater 30 minutes before sun exposure and then every few hours thereafter.
- Select cosmetic options and contact lenses that offer UV protection.
- Wear sunglasses with total UV protection.
- Avoid direct sun exposure as much as possible during peak UV radiation hours between 10am and 3pm.
- Perform regular skin self-exams regularly to become familiar with existing growths and to notice any changes or new growths.
- 80% of a person's lifetime sun exposure is acquired before age 18. As a parent, be a good role model and foster skin cancer prevention habits in your child.

Source: [www.webmd.com](http://www.webmd.com)

# EMPLOYEE ASSISTANCE PROGRAM

The County of Monroe Employee Assistance Program (EAP) is an employee benefit provided to all Monroe County employees and eligible family members at no cost. Receive *confidential* and *professional* assistance with life's challenges.

## EAP Counseling & Coaching through Harbor

- ◆ Relationships & Communication
- ◆ Handling Change & Goal Setting
- ◆ Coping with Grief & Loss
- ◆ Substance Abuse Cessation Support
- ◆ Parenting/Child Behavior/Care Giving
- ◆ Personal Balance, Motivation & Organization
- ◆ Moodiness/Stress/Anxiety/Depression
- ◆ Anger/Domestic Abuse

Harbor's Toledo office and affiliate locations in Monroe and Lambertville MI, and throughout NW Ohio & SE Michigan (Harbor EAP scheduling team will identify the most convenient and appropriate location for you.)

## Your Symmetry Wellness EAP Benefit includes:

- ◆ Up to 3 no cost EAP counseling/coaching sessions per issue/contract year (March-Feb)
- ◆ Individual face-to-face or telephonic sessions
- ◆ Household coverage: Spouse, Child(ren)-under age 25 and unmarried, Employee's parent-if residing with you
- ◆ 24/7 Crisis Line - Help when you need it most from a Harbor clinician
- ◆ Professional, Licensed EAP Consultants
- ◆ Wellness Services by appointment: Massage, Reiki & Meditation (Toledo office only); Telephonic Wellness Coaching & Smoking Cessation Coaching. (Up to 3 Wellness Service sessions per contract year. Age 18+)

**FOR ADDITIONAL INFORMATION ON EAP BENEFITS OR TO SCHEDULE AN EAP OR WELLNESS APPT., CONTACT: (419) 475-5338 OR (800) 422-5338**

# BCBSM Membership Deals & Discounts



Exclusively for BCBSM members, **Healthy Blue Xtras** is a program that offers big savings and special discounts to Blue Cross Blue Shield of Michigan members. Enjoy exclusive savings on healthy products and services from groceries to fitness gear and travel from companies across Michigan. If you're looking for national membership deals and discounts, then **Blue365** is also a program available to BCBSM members. Log in to your Member Secured Services on [www.bcbsm.com](http://www.bcbsm.com) and click on either **Healthy Blue Xtras** or **Blue365**.

Here are some of the discounts now available:

**Snap Fitness:** Join for 50% off the best current enrollment offer, with no processing fees. Plus you'll get a 5% discount off monthly dues. In addition, you may enjoy up to 5 personal training sessions for 10% off, and complimentary access to Snap Fitness workout tools, one month of on-line nutrition and meal-planning services as well as biannual fitness assessments. This offer is available only on the Snap Fitness page of the **Blue365** website.

**Nutrisystem:** Enjoy a 12% discount on Nutrisystem 28-day program orders. On top of that, take an additional 20% discount with Auto-Delivery. You'll also get free shipping within the continental United States on auto-ship orders for 28-day program orders. This offer is available only on the Nutrisystem page of the **Blue365** website.

**Great Wolf Lodge:** Save 10% off room rates and spa services. This offer is valid through October 17, 2012 through **Healthy Blue Xtras**.

**Weight Watchers:** Get a one-time \$10 discount off the prices of your first Monthly Pass, which includes FREE access to Weight Watchers online tools, FREE registration, unlimited meetings and automatic renewal. This offer can be accessed through **Healthy Blue Xtras**, by calling (800) 651-6000 or show your BCBSM card at participating Weight Watchers locations.

**Dunham's Sports:** Receive 10% off all regularly merchandise and 20% off all regularly priced protective gear. These discounts are available through **Healthy Blue Xtras** and are valid at all Michigan Dunham's Sports locations.

**Anytime Fitness:** Get 50% off the standard enrollment fee at Anytime Fitness. Or, get a 7-day free pass to try Anytime Fitness out. This offer is available only on the Anytime Fitness page of the **Blue365** website.

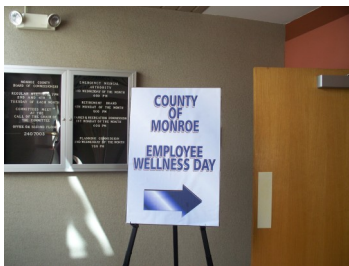
**Detroit Zoo:** Save on admission and attractions with the Zoo + Two package and more. BCBS members must purchase tickets provided through the ticket link with **Healthy Blue Xtras** to redeem offer.

**If you have not already registered with Member Secured Services at [www.bcbsm.com](http://www.bcbsm.com), then register today to claim your discounts offered to Blue Cross Blue Shield of Michigan members!**

MONROE COUNTY

# WELLNESS DAY

A big thank you to all of our vendors and the employees who participated in the County of Monroe Wellness Day on May 17, 2012 and made it a huge success!!



Also, congratulations to all of the raffle prize winners. They were:

Walleye Tickets - Diane Goodridge (Treasurer's)

Mud Hens Tickets - Donna Osborne (Health Dept.)

1 Year Powerhouse Membership - Coni Colpaert (Friend of the Court)

6 Month Bedford YMCA Membership - Crystal Comer (Finance)

4 Month Super Fitness Membership - Jeff Perkins (South County Water)

Cookbooks - Dolores Mandujano (Register of Deeds) & Sharon Lemasters (County Clerk)

Planner - Gail Sunderland (Employment & Training)

Subway Gift Cards - Teresa Schotte (County Clerk), Tracy Blackwell (DC Probation),

Debi Toro (Treasurer's) & Donna Osborne (Health Dept.)



**Monroe County  
Human Resources**

- Frank Spreeman  
HR Director  
Phone: 734-240-7301
- Audrea Armstrong  
HR Deputy Director  
Phone: 734-240-7298
- Julie Hegyi  
Benefits Specialist  
Phone: 734-240-7253



**SEND US YOUR  
SUGGESTIONS!!**

**WELLNESS  
SUGGESTION  
BOX LOCATED ON THE  
MONROE COUNTY  
INTRANET PAGE**

**BCBSM CONTACTS**

BCBSM Customer Service:  
(800) 752-1455

BCBSM Fraud Hotline:  
(800) 482-3787

Medco Home Delivery:  
(800) 778-0735  
www.medco.com

BCBSM Health Decision Support Tool/Health Care Advisor:  
www.bcbsm.com

BCBSM Network Provider Locator (24/7):  
(800) 810-2583  
www.bcbsm.com



## 8 Super-Healthy Summer Foods You Should Be Eating

- ◆ Corn - Contains antioxidants that protects eyes from UV rays
- ◆ Iced Coffee - Drinking a single cup of coffee a day may lower risk of skin cancer
- ◆ Tart Cherries - Promote a better night's sleep & quell post workout pain
- ◆ Tomatoes - The lycopene found in tomatoes may protect your skin from the sun
- ◆ Watermelon - Made up of 92% water, keeps you hydrated.
- ◆ Raspberries - Great source of fiber (1 cup = 8 grams of fiber)
- ◆ Iced Tea - Rich in a class of antioxidants called flavonoids
- ◆ Blueberries - Contain antioxidants that may help ward off muscle fatigue



Source: [www.eatingwell.com](http://www.eatingwell.com)

# HEALTHY VENDING

**DON'T LIKE YOUR VENDING MACHINE CHOICES?**

**WOULD YOU LIKE TO SEE A HEALTHIER VARIETY OF SNACKS AND DRINKS MADE AVAILABLE TO YOU?**

**WOULD YOU LIKE TO HAVE A SAY IN WHAT GOES INTO THE COUNTY'S VENDING MACHINES?**

**BE ON THE LOOKOUT FOR COMMUNICATION FROM YOUR HUMAN RESOURCES DEPARTMENT.**



**HEALTHY VENDING SURVEY COMING SOON!!!**

# Did You Know?

If you have a chronic condition, a Blue Cross registered nurse case manager may call and invite you to participate in a program called Blue Cross Blue Shield of Michigan's Chronic Condition Management Program. A condition is chronic when it is long lasting.

If you have a chronic condition, you don't have to wait for a nurse to call. You can call to enroll. When you know

how to manage your chronic condition, you'll be healthier and feel better. Today, conditions such as heart disease and diabetes are a leading cause of death in the U.S. But you can take a big step towards health when you participate in this program.

After you enroll, your personal case manager will call you 4 to 8 times at your convenience over 8 months. The

nurse will discuss your health goals, give tips on working with your doctor, offer support, help coordinate your care, and help you understand your illness and how to make healthy choices. **And there's no cost to you.**

**To enroll in Blue Cross Blue Shield of Michigan's Chronic Condition management program, call 1-800-775-2583.**

