



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

Attend HB Programs on NON-WORK Time. EACH HB PROGRAM WORTH \$50.



**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
<b>Nutrition</b>	✓	✓	✓	✓	✓	Label Reading	1st	Wednesday	12-1pm	Growth Management -2800 N. Horseshoe Dr. Rm 609/10
	✓	✓	✓	✓	✓	Start Smart with Breakfast	2nd	Thursday	5:15-6:15pm	No. Collier Gov't Center - 2335 Orange Blossom Dr. Towne Hall Meeting Room
	✓	✓	✓	✓	✓	Start Smart with Breakfast	7th	Tuesday	7-8am	No. Collier Reg. Water Plant- 8500 Vanderbilt Beach Rd
	✓	✓	✓	✓	✓	Plant Based	7th	Tuesday	12-1pm	Growth Management -2800 N. Horseshoe Dr. Rm 609/10
	✓	✓	✓	✓	✓	Label Reading <b>Lectura de Etiquetas</b>	8th	Wednesday	5:15-6:15pm	Road & Bridge - 4800 Davis Blvd-Training Room
	✓				✓	Tea Time	9th	Thursday	5:15-6:15pm	Main Campus - Risk Management-Bldg. D- Train Rm
	✓	✓	✓	✓	✓	Plant Based	13th	Monday	12-1pm	Golden Gate Comm. Ctr. - 4701 Golden Gate Pkwy- Auditorium
	✓	✓	✓	✓	✓	Supermarket Tour	13th	Monday	5:15-6:15pm	Publix near Courthouse - 3815 Tamiami Trl E, meet near Customer Service
	✓	✓	✓	✓	✓	Benefits of Rainbow Vegetables	14th	Tuesday	12-1pm	Everglades City Hall, 102 SW Copeland St, Council Chambers
	✓	✓	✓	✓	✓	Benefits of Rainbow Vegetables	15th	Wednesday	7-8am	Water Distribution, 4420 Mercantile Ave, Train. Rm. E-37
	✓				✓	Tea Time	21st	Tuesday	5:15-6:15pm	Immokalee Rd & Bridge, 425 Sgt Joe Jones Rd
	✓				✓	Tea Time	22nd	Wednesday	12-1pm	No. Reclam. Water Plant, 10500 Goodlette Rd, Conf. Rm
	✓	✓	✓	✓	✓	Can You Reverse High Blood Sugar?	23rd	Thursday	5:15-6:15pm	Main Campus - Risk Management-Bldg. D- Train Rm
	✓	✓	✓	✓	✓	Supermarket Tour	27th	Monday	5:15-6:15pm	Publix Pine Ridge, 2310 Pine Ridge Rd, meet near Customer Service
	✓	✓	✓	✓	✓	Plant Based <b>Dieta Basada en Plantas</b>	28th	Tuesday	12-1pm	Veterans Community Park, 1895 Veterans Park Dr, Rms A & B
<b>Stress Reduction</b>	✓				✓	Learn to Let Go with Mindfulness	14th	Tuesday	5:15-6:15pm	Growth Management -2800 N. Horseshoe Dr. Rm 609/10
	✓				✓	How to Laugh in Challenging Situations	23rd	Thursday	12-1pm	Supervisor of Elections, 3750 Enterprise Ave, Train Rm #1
<b>Money Matters</b>	<b>HB Credit Only</b>					Make Budgets Work for You	6th	Monday	5:15-6:15pm	Main Campus - Risk Management-Bldg. D- Train Rm
						Planning for Financial Emergencies	21st	Tuesday	12-1pm	No. Collier Gov't Center - 2335 Orange Blossom Dr. Towne Hall Meeting Room

**GREAT OUTDOORS, 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
<b>Great Outdoors</b>	✓	✓	✓	✓	✓	<b>Crew Hike</b> - You will weave beneath a canopy knit by old-growth cypress trees in a majestic swamp forest as we take in some of Florida's best wildlife and scenery. This hike is approximately 2.25 miles and is moderate intensity. Please wear comfortable clothing, walk/hiking shoes, a hat, and plenty of water.	25th	<b>SATURDAY</b>	9:30-10:30am	CREW - Bird Rookery Swamp Trails 1295 Shady Hollow Blvd W, Naples. Meet in the parking lot. Phone #239-571-8619
<b>Emotional Wellness</b>	<b>HB Credit Only</b>					<b>Put Your Oxygen Mask on First: The Importance of Self-Care</b> - Marianne Lambertson, M.SC, CSWI	22nd	Wednesday	5:15-6:15pm	Growth Management -2800 N. Horseshoe Dr. Rm 609/10
<b>Fitness</b> YOU WILL BE REQUIRED TO EXERCISE DURING ALL FITNESS SESSIONS	✓	✓	✓	✓	✓	Weighted Resistance Exercises	8th	Wednesday	12-1pm	No. Collier Gov't Center - 2335 Orange Blossom Dr. Towne Hall Meeting Room
	✓	✓	✓	✓	✓	Circuit Charge	16th	Thursday	12-1pm	Main Campus - Risk Management-Bldg. D- Risk Training Room
	✓	✓	✓	✓	✓	Fitness Center Program - CCG Park & Recreation Membership Required <b>REPEAT CLASS ALLOWED</b>	Sign up anytime	work-out 30 mins. at least 6x/month for 3 <b>consecutive</b> months	payroll deduct for 1 year membership	Any of the 4 CCG Park & Recreation Fitness Facilities <b>Employee Memberships \$4.65 per paycheck</b>
	<b>HB Credit Only</b>					Kick Start Your Heart 3k Sponsored by Collier Parks & Recreation Must sign <i>in</i> AND <i>out</i> before/after race <b>REPEAT CLASS ALLOWED</b>	4th	<b>SATURDAY</b>	<b>Race Starts 8:00AM</b>	Vineyards Community Park, 6231 Arbor Blvd W - Must register at collierparks.com (\$10 registration fee) AND on GoSignMeUp
	<b>HB Credit Only</b>					Picayune 10 miler Sponsored by Gulf Coast Runners <b>Chipped Time Race ONLY</b> <b>REPEAT CLASS ALLOWED</b>	11th	<b>SATURDAY</b>	<b>Race Starts 8:00AM</b>	Register on Gulf Coast Runners Club-Naples website AND on GoSignMeUp. \$50 registration fee, increases to \$60 on 1/26 and \$65 on 2/3. Must have a timed finish.

**HAS YOUR SPOUSE SCHEDULED THEIR MIDLAND HEALTH QUALIFYING LABS?  
IF NOT...Go to [www.chpha.com](http://www.chpha.com) to schedule TODAY. DEADLINE FOR LAB DRAWS IS 3/31/2023**

**Result-based Healthy Bucks Programs - \$150 HB earned by participating in these programs:**

- 1.) *Re-shape Your Frame* - Body Composition Program - \$50HB. (Initial Weights recorded at January 2023 Wellness Weigh-in Clinics.)
  - **Maintain a BMI less than 25 OR if BMI is 25-29.9** then lose 5% of initial January weight by the Aug/Sept 2023 Wellness Weigh-out Clinic.
  - **if BMI is greater than or equal to 30**, then lose 10% of initial Jan. weight by the Aug/Sept 2023 Wellness Weigh-out Clinic.
 OR YOU CAN SELECT:
  - **Waist Circumference: Women less than 35 inches/Men less than 40 inches** by the Aug/Sept 2023 Wellness Weigh-out Clinic.
- 2.) *Off the Cuff* - Blood Pressure Program - \$50HB
  - **Blood Pressure less than 130/90** (BP taken at Aug/Sept 2023 Wellness Clinic only)
- 3.) *Sugar Busters* - A1C Management Program - \$50HB
  - **A1C less than 5.7% OR** for those with **Type 1 or Type 2 Diabetes A1C less than or equal to 7%** (Blood draws can be done July 17 - Sep 29 thru the MedCenters by appointment only)

Weigh-outs and Blood Pressure taken in August or September 2023 at the Wellness Clinics conducted at different locations. No appointment necessary. **Repeat A1C starts July 17-September 30th thru the MedCenters by appointment only.**