



- **Weight Watchers at Work**

Meets on Wednesdays from 12 to 1 p.m. at the Department of Public Health on Fulton Street. Email wellness@co.fresno.ca.us for more information.

- [Live Wellness Webinar - Preventing Diabetes](#)

Wednesday, February 8, 2017, 12 to 1 p.m.

Are you or a family member diabetic or at risk? Learn the ins and outs of preventing type-2 diabetes – what causes it, and what you can do now to avoid being diagnosed with it.

To register: Ask your supervisor to email HRTraining@co.fresno.ca.us



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2220 Tulare Street
Fresno, CA 93721
559-600-1810 ph
wellness@co.fresno.ca.us
[Wellness Website](#)

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**FRESNO COUNTY
EMPLOYEE
WELLNESS
NEWSLETTER**

Better Health Together



LiveHealth Online

It's 3 a.m. and your child has a fever. Would you rather go to the emergency room and wait for hours, or see a doctor quickly from the convenience of your own home?

LiveHealth Online is a quick and convenient way to see a doctor using your smartphone, tablet, or computer. Almost 80 percent of people surveyed about their LiveHealth Online experience said a video doctor visit saved them two or more hours, and almost 90 percent said they were satisfied with their visit and would use LiveHealth Online again.

The current LiveHealth Online
doctor's visit copays for
County of Fresno health plans
are:

- Anthem HMO: \$15
- Anthem PPO 250: \$20
- Anthem PPO 1000: \$45 (deductible waived)
- Anthem HDPPO 1500: \$49 (deductible waived)
- Anthem HDPPO 3000: \$49 (deductible waived)

Are You at Risk for Diabetes?



the first thing I would screen and/or test you for would be [diabetes](#) (after ensuring that you don't smoke, or advising and helping you to quit smoking).

In 2013, an estimated 23 million people in this country had diagnosed or undiagnosed diabetes (more than 1 in every 11 of us).

Diabetes is the 7th leading cause of death in the country, and Fresno County ranks 53 out of 58 jurisdictions in the state in deaths attributed to diabetes.

Further, the Centers for Disease Control and Prevention (CDC) estimates that 86 million US adults (over one in three) have prediabetes. Prediabetes puts individuals at much higher

If you were a brand new patient to my medical practice seeing me for a routine preventive medical checkup (which you should be having at least annually),

As I have described in prior [County Wellness](#) articles, diabetes is a group of diseases characterized by high blood sugar resulting from the body either not making enough insulin or being unable to effectively use its own insulin.

risk of developing diabetes. Alarming, only about one in ten people with prediabetes know they have it.

Good news is there are steps we can take to help prevent diabetes”

The continued high levels of blood sugar lead to serious health complications such as heart disease, stroke, kidney disease, blindness, amputations of the legs and feet, and early death. Other complications include nerve disease, non-alcoholic fatty liver, gum disease, hearing loss, erectile dysfunction, depression, and complications of pregnancy.

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Weight Loss Myths

Six common myths that undermine a healthy approach to weight loss are:

MYTH #1
“I need to go on a diet.”

MYTH #2
“I’ll get back on track on Monday/after August/ when the sun comes out.”

MYTH #3
“All my problems will be solved when I lose weight.”

MYTH #4
“Heavy people don’t deserve to eat.”

MYTH #5
“I shouldn’t wear a swimsuit/ shorts/tank top until I’ve lost all the weight.”

MYTH #6
“The less I eat, the faster I’ll lose.”

What can you do to address these myths and stop sabotaging your weight loss efforts? Click the link below to learn how to reach your goals.

⇒ [Weight Watchers Article: Do You Believe These Weight-Loss Myths?](#)

2017 WEIGHT WATCHERS AT WORK MEETINGS

Held Wednesdays from 12 to 1 p.m. at the Department of Public Health.



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Some of us are more at risk for diabetes than others. Risk factors include increased age, lack of physical activity, family history of diabetes, certain socioeconomic factors, obesity, and certain races and ethnicities.

The good news is there are steps we can all take to help prevent diabetes, reverse prediabetes, and reduce the adverse effects of a diabetes diagnosis.

Take the [1-minute quiz](#) to determine if you are at risk for diabetes.

Remember, you are not going to have symptoms until your diabetes has significantly progressed. Discuss the results of this screening with your healthcare provider.

If you know you have diabetes or prediabetes, learn everything you can about it and discuss the management of your illness with

your health care provider **regularly**.

Be [physically active](#) daily.

Practice [healthy eating](#).

Avoid tobacco products or get help quitting smoking by calling 1 -800- NO BUTTS.

Moderate any [alcohol consumption](#).

Act now to protect yourself and your loved ones from this insidious illness.



Want to Learn More About Diabetes?

You can find more information about local diabetes resources at www.fresnodiabetes.org.

The [American Diabetes Association](#) has information regarding diabetes basics, living with diabetes, and food and fitness tips.

Let’s get healthy together in 2017!

We asked Dr. Bird, Health Officer, what we need to know about diabetes and prediabetes.

A Recipe in Time for the Big Game: Creamy Artichoke Parmesan Dip (By the American Diabetes Association)

- 14-ounce can artichoke hearts, drained
- and coarsely chopped
- 10-ounce package frozen chopped spinach, thawed but not drained
- ½ cup diced onion
- 2 medium garlic cloves, minced
- 1 teaspoon dried oregano leaves
- ½ cup light mayonnaise
- ½ cup grated Parmesan cheese



Coat a 4-quart slow cooker with cooking spray. Combine the artichokes, spinach and its liquid, onions, garlic, and oregano in the slow cooker. Cover and cook on high for 1½ hours or on low for 2½ - 3 hours. Stir in the remaining ingredients.

12 servings. Nutrition facts: cal - 70, carbs - 4g, protein - 3g, fat - 4.5g, sodium - 280mg



The Diabetes Prevention Program for Anthem Members

Did you know incentives are being offered for participating in this program?

Introducing the Diabetes Prevention Program (DPP)

The DPP is a 16-week program designed to help participants adopt healthier lifestyle habits and lose a modest amount of weight. The program focuses on healthier eating, increased physical activity, and managing the challenges that are associated with lifestyle change. After the initial 16 weeks, participants attend monthly sessions to reinforce the new lifestyle habits they’ve adopted.

There are many DPP formats. Participants have a variety of options to choose from for their

Diabetes Prevention Program. Some meet in person, others are conducted online, and still others are done entirely via smartphone.

What’s included in the DPP?

A personal health coach, weekly lessons, small group for support, and tools like wireless scales. You can even earn a Fitbit for meeting program milestones!

Who is eligible?

All County of Fresno Anthem members and dependents age 18 and up who are at-risk for diabetes are covered. The program is available as a free,

covered benefit.

How do employees sign up?

Employees can find out if they qualify for the DPP by taking a 1-minute quiz at solera4me.com/fresno.

If Anthem says I’m eligible to participate after taking the quiz, what DPP programs are available?

#Retrofit, HealthSlate, and Weight Watchers are available.

How can I learn more about the DPP?

Click [here](#) to view the complete DPP PowerPoint presentation.

Healthy Hint

Put Your Teeth Into It

Taking care of your teeth and gums may help your smile, but it’s also important for your general health. The bacteria in an unhealthy mouth can affect the rest of your body. And research shows that

gum disease is linked to serious conditions like heart disease and diabetes. To keep your mouth healthy:

Take care of your teeth and gums by thoroughly brushing and flossing.

Go to the dentist regularly for exams and teeth



cleanings. Checkups can help your dentist spot early signs of oral health problems.

Eat wisely. Avoid sugary snacks. And choose fresh, fiber-rich fruits and vegetables.

Say no to tobacco. Cigarettes, pipes and tobacco raise your risk for gum disease, oral and throat cancers, and fungal infections in your mouth.

Limit how much alcohol you drink. It increases your risk for oral and throat cancers.

Learn more at timewellspent.anthem.com.

Urgent Care or ER?

Choosing the appropriate place of care ensures prompt medical attention and lower costs. Some conditions that require urgent care are: ear infections, sprains, urinary tract infections, vomiting, high fever, cough and cold. You should go directly to the ER if you experience any of the following: chest pain, shortness of breath, severe abdominal pain following an injury, uncontrollable bleeding, confusion or loss of consciousness, especially after a head injury, poisoning or suspected poisoning, serious burns, cuts or infections, inability to swallow, or seizures. Click [here](#) for more information.

- ⇒ [HMO Urgent Care Locations](#)
- ⇒ [PPO Urgent Care Locations](#)

PHONE APP

Monthly Pick: Charity Miles



Charity Miles tracks your mileage as you walk, run, or cycle. For every mile you walk or run, 25 cents is donated to the charity you choose from a list of participating charities.