



- **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](mailto:wellness@co.fresno.ca.us) for more information.

- [Live Wellness Webinar - Busted! Truth About Nutrition Myths](#)

**Wednesday, March 8, 2017, 12 to 1 p.m.**

With all of the conflicting information out there about nutrition, fad diets, and the latest "superfood," it's hard to differentiate between fact and fiction. Learn the truth about nutrition myths and what it really takes to maintain a healthy diet. [Click here to register](#) for this free webinar.

## Additional Wellness Resources

You can always find more health resources online at our Fresno County

Wellness website:  
[http://www.co.fresno.ca.us/  
wellness](http://www.co.fresno.ca.us/wellness)



**Publication of the Department of Human Resources**



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



this issue

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24/7 NurseLine

The 24/7 NurseLine has nurses available, 24 hours a day, seven days a week to speak with you about your health issues. Whether it's 3 a.m. and your child has a fever, or you're on vacation and stumble through some poison ivy, help is readily available.

**Anthem members can  
access the 24/7 NurseLine  
at 800-337-4770.**

⇒ 24/7 NurseLine Flyer

⇒ 24/7 NurseLine Video

AudioHealth  
Library

Are you a do-it-yourselfer?  
If so, the AudioHealth  
Library is for you. Listen to  
prerecorded information in  
English and Spanish  
covering hundreds of topics  
from appendicitis to X-rays.  
Like the 24/7 NurseLine, the  
AudioHealth Library is  
available around the clock.  
You can access the  
AudioHealth Library through  
the 24/7 NurseLine phone  
number above.

## Digestive Disorders



Virtually all of us have some degree of difficulty eating healthfully (according to such guidelines as those exemplified in [MyPlate](#)) on a consistent basis due to our

hectic daily schedules, the difficulty in accessing truly healthful foods, and the ready abundance of inexpensive unhealthful alternatives.

But imagine how much more difficult that task is for those experiencing any of a vast array of digestive disorders.

Digestion is the intricate miracle whereby the huge variety of substances that go into our mouths are broken down into the simple sugars, amino acids, fatty acids, glycerol, vitamins, and minerals that are delivered to each of our cells to maintain life's processes, as the unused waste material is excreted in solid form into the environment.

Because of its intricacy, many things can go wrong in this process.

The Centers for Disease Control and Prevention (CDC) estimates that digestive disease complaints account for as many as 51 million emergency department visits each year.

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stances that  
mouths are  
down”

Digestive disorders can  
include such things as  
gastroesophageal reflux  
disease ([GERD](#)), inflammatory  
bowel diseases ([IBD](#)) such as

Crohn's disease and ulcerative colitis, peptic ulcer disease ([PUD](#)), [cholecystitis](#) / cholelithiasis (gall bladder disease / gallstones), [diverticulitis](#), and [celiac disease](#).

These disorders can manifest as chronic heartburn, chronic abdominal pain or cramping, chronic constipation, chronic diarrhea, bloody stools, chronic nausea and vomiting, and unintentional weight loss.





Cheat-Proof Your Office Space

Courtesy of Weight Watchers

Can't stop snacking at work? Try these real-world strategies.

The workplace abounds with food challenges. On any given day you're expected to dodge mindless snacking, office celebrations and stress-induced vending machine runs.

Sometimes it can feel like the only way to stay on your plan is to hide under your desk and avoid your coworkers. (And that's no way to climb the corporate ladder.)

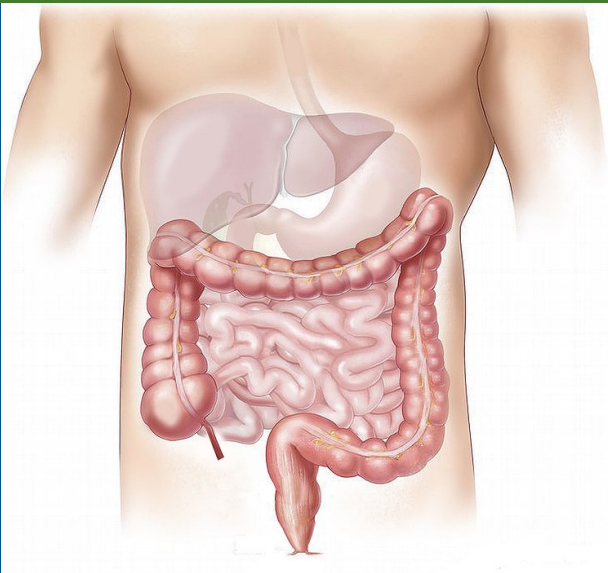
You can create a healthier office environment for yourself, says Milton Stokes, MPH, RD, a Connecticut-based registered dietitian and a spokesperson for the American Dietetic Association. If you know what you're up against, you can arm yourself with the tools (mental and otherwise) to stay on track.

Click the link below for a list of the worst food pitfalls, and how to avoid them,.

⇒ [Weight Watchers Article: Cheat Proof Your Office Space](#)

2017 WEIGHT WATCHERS AT WORK MEETINGS

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



Let's get healthy together in 2017!

We asked Dr. Bird, Health Officer, what we need to know about digestive health.

(Continued from page one.)

All can lead to serious chronic illness, but can be managed if brought to the attention of a healthcare provider.

Annoying symptoms such as constipation, diarrhea, and abdominal cramping can sometimes be controlled by such simple means as eating smaller, more frequent meals, eating more dietary fiber (25 to 30 grams daily from food rather than supplements), drinking more fluids (eight 8oz glasses daily of water, not sugary drinks), and exercising regularly. But if these, or worse symptoms, persist despite taking such actions, you need to consult your healthcare provider.

1 medium apple	4.4
1 c. blueberries	3.6
1 medium banana	3.1
1 medium orange	3.1
1 c. strawberries	3.0

Grains	Fiber (grams)
1 c. whole-wheat pasta	6.3
1 c. cooked barley	6.0
3/4 c. bran flakes	5.5
1 c. cooked oatmeal	4.0
3 c. air-popped popcorn	3.6
1 c. cooked brown rice	3.5
1 slice whole-grain bread	3.0

Legumes, nuts	Fiber (grams)
1 c. cooked split peas	16.3
1 c. cooked lentils	15.6
1 c. cooked black beans	15.0
1 c. cooked pinto beans	15.0
1 oz (23) almonds	3.5
1 oz (49) pistachios	2.9
1 oz (28) peanuts	2.4

Vegetables	Fiber (grams)
1 med. cooked artichoke	10.3
1 c. cooked green peas	8.8
1 c. cooked broccoli	5.1
1 c. cooked spinach	4.0
1 c. cooked sweet potato	4.0
1 c. cooked sweet corn	3.6
1 c. raw carrots	3.4

Eat More Dietary Fiber with these High-Fiber Foods

Fruits	Fiber (grams)
1 c. avocado	10.0
1 c. raspberries	8.0
1 medium pear	5.5

Cilantro Lime Quinoa Recipe



(By the American Diabetes Association)

- 1 tablespoon canola oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 cup quinoa
- 2 cups low-sodium chicken broth
- Juice of 2 limes
- 1/2 cup fresh cilantro, chopped

- 1) Heat the oil in a large skillet over medium heat. Add the onions and cook for 3 to 4 minutes. Add the garlic and cook for 30 seconds. Reduce the heat to low and add quinoa. Cook over a low heat for 1-2 minutes, stirring constantly to make sure the quinoa doesn't burn.
  - 2) Add the chicken broth and the juice of 1 lime and bring to a boil. Reduce the heat to low. Cover and simmer for 15 minutes or until done. Remove from heat.
  - 3) Stir in the juice of 1 lime and chopped cilantro.
- 6 servings. Nutrition facts: cals - 145, carbs - 22g, protein - 5g, fiber - 2g, sodium - 35mg



Employee Assistance Program (EAP)

The EAP is free, confidential, easy to use, and available to all family members.

Know Your Benefits

The EAP and work/life benefits have been prepaid by the County of Fresno and are free to employees and family members. These benefits are offered through ACI Specialty Benefits.

- From the stress of everyday life to relationship issues or even work-related concerns, the EAP can help with any issue affecting overall health, well-being and life management. Benefits include:
- 6 sessions per year of professional counseling for employees and family members

- Unlimited child care and elder care referrals
- Legal assistance for unlimited number of issues per year
- Financial consultation for unlimited number of issues per year
- Unlimited pet care consultation
- Unlimited education referrals and resources
- Unlimited identity theft recovery referrals
- Unlimited referrals and resources for any personal service

- Unlimited community-based resources
- Online legal resource center
- Affinity Online work/life website

EAP benefits are 100 percent confidential and easily accessible through ACI's 24/7 live-answer toll free number: **(800) 932-0034.**

To access the Affinity Online website, visit [www.affinity-online.com](http://www.affinity-online.com). The login is "cof", and the company password is "aci".  
⇒ [EAP Flyer](#)

Healthy Hint

One Checkup a Year Can Mean a Lifetime

Your yearly health exam is your doctor's way of tracking your health. It's also how your doctor can rule out or take care of serious health problems. If an issue is caught early, it's easier to treat, and your chances for a full recovery are better. If you already have a medical condition or are in a high-risk group for getting one, make a checkup schedule with your doctor that makes sense for your health and lifestyle.

Take charge! Use the preventive care benefits, like your yearly exam, screenings and vaccines, covered by your health plan. Your checkup is an hour of your day that can add years to your life. Just remember to bring in any questions or concerns you have and be open about your health and family history.



Learn more at [timewellspent.anthem.com](http://timewellspent.anthem.com).

LiveHealth Online

It's 2 a.m., and you have a sore throat and 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.

What is a LiveHealth Online visit like? Find out by viewing the video demonstration below:

- ⇒ [LiveHealth Online Demonstration Video](#)  
⇒ [LiveHealth Online Copay Information](#)

Urgent Care

Save time and money with urgent care. Click the links below to find urgent care locations covered by your health plan.

- ⇒ [HMO Urgent Care Locations](#)  
⇒ [PPO Urgent Care Locations](#)  
⇒ [Know Your Options Flyer](#)