

Wellness Matters Polk County Schools 2010 Health Fair

A Life-Changing Event

Energized, pumped-up and ready to make a change, Izora Bullock from Haines City High School, could not wait for the 2008 Annual Health Fair. She wanted to learn more about *L.O.S.E.* (Lessons On Sensible Eating) and other activities offered by the Polk County School Board Wellness Team for employees and retirees. Izora admits she knew several people who successfully lost weight through *L.O.S.E.* and she wanted to be one of the “lucky ones” who could tout her success. “I was actively participating in Curves, but was seeking additional support in the area of nutrition and food management.”

Izora was amazed at the breadth of health care professionals providing free services at the Annual Health Fair. She completed the comprehensive blood work, cancer screenings and bone scan. She flaunts, “I have the bones of a teenager!” She filled her tote with lots of freebies, samples and educational materials provided by vendors. She tasted and received recipes from vendors like Publix, which showcased professional chefs demonstrating quick and easy dishes that were sure to pass the healthy test.

Motivated by her screening results that indicated a need to make nutritional and lifestyle changes, Izora joined the *L.O.S.E Too* weight loss program. *L.O.S.E Too* incorporates nutritional counseling from a registered dietitian and requires

weekly participation in a support group like Weight Watchers, TOPS or Jenny Craig. Izora found TOPS to be the on-going stimulation she needed to stay on her weight-loss track.

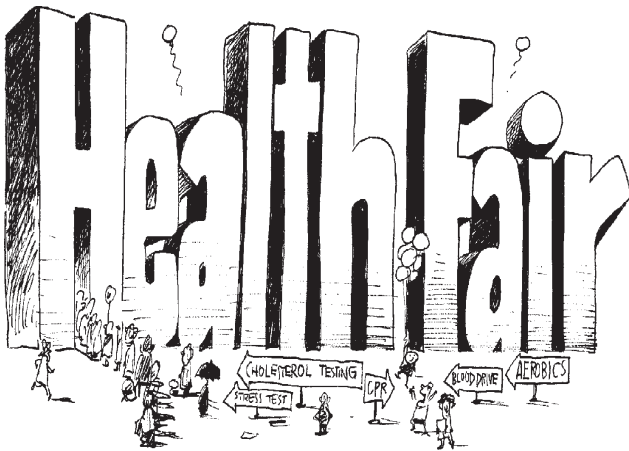
“Thanks to the Health Fair and *L.O.S.E.*, I am 43 pounds slimmer and counting! I have reduced three dress sizes,” Izora writes. “While I could have lost more weight, I am happy that I have not gained any of the weight back. It has been steady and consistent weight loss.”

Izora believes that the Health Fair helps her save on medical expenses. “I continue to complete blood work-ups, and I’m aware of my risk for diabetes, cholesterol and high blood pressure.” She admits that as her age increases, so does her concern in these health areas.

Beyond weight loss, Izora has seen many physical changes. “My breathing and stamina have improved through exercising. I’m no longer out of breath or energy.” Most importantly, her doctor has not prescribed medication for cholesterol or diabetes as she once suggested. She is now able to manage these through diet and exercise.

“My style of cooking has changed tremendously. I don’t fry food any more, and I have increased the amount of fruits, vegetables and grains in our diet,” she said. “My husband attends the Health Fair with me, and completes all of his vital screenings too. He is more conscious of his eating, and is losing weight!” However, Izora’s success does not stop there; she was elected president of TOPS (Take Off Pounds Sensibly), FL #476 Dundee Chapter. Not only is she enjoying life-changing success, but she is able to benefit the TOPS members through her experience and newly-found passion.

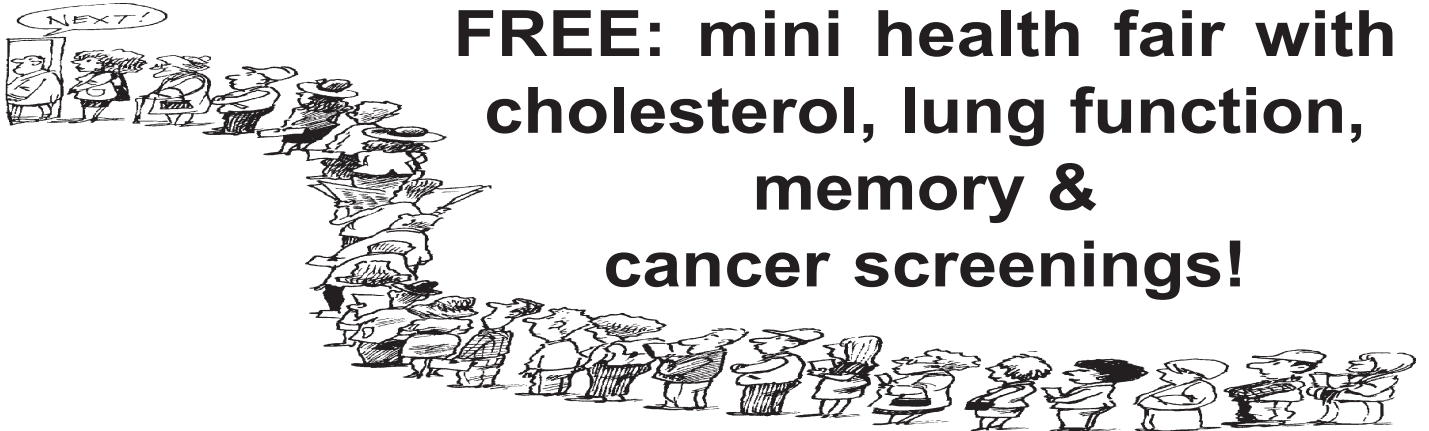
Does your health need a life-changing experience? Join fellow employees at the **2010 ABCs of Health**, Polk County Schools Employee and Retiree Health Fair. Complete screenings that are essential to your health; meet doctors and other professionals dedicated to improving your well-being; and, learn the latest medical advances that can promote good health for you. Don’t stop here...read more about the Health Fair in this issue of Wellness Matters.



**Special
Health Fair
Edition**

Wellness Matters is a free monthly publication of the Polk County Schools Wellness Program, 3524 New Jersey Road, Lakeland, FL 33803. For more information, visit www.polk-fl.net keyword: wellness.

School Board Retirees



**FREE: mini health fair with
cholesterol, lung function,
memory &
cancer screenings!**

The *ABCs of Health*, Polk County Schools' employee and retiree health fair, is scheduled for Saturday, March 6, 2010 at Highland Park Church of the Nazarene Family Ministries Center. Retirees and spouses: get your blood drawn, cancer screening, memory testing and lung function screening early to avoid waiting in line!



Friday, February 12, 2010

7:30 AM to 10:30 AM

Jim Miles Center

5204 US Hwy 98 S

Lakeland, FL



Appointments are limited so CALL now:

- ♥ **Blood screenings:** Cholesterol, HDL, and glucose
- ♥ **Cancer screenings:** Breast, prostate, skin, fecal occult & osteoporosis through Lakeland Regional Cancer Center. ***Requires School Board BCBS Plans: 3160, 3566, or 704**
- ♥ **Memory screening:** Through Alzheimer's Association
- ♥ **Lung function:** Through Lakeland Regional Medical Center

Retirees & spouses only: FREE blood work, blood pressure, lung function and memory screenings are available on February 12. ***Osteoporosis and cancer screenings require Polk County School Board Insurance—BCBS Plans: 3160, 3566, or 704.** Yes, you will still want to attend the health fair on March 6th; you'll just have more time to visit with our 70+ vendors and participate in other health fair screenings...without waiting in the blood-draw lines.

Don't forget: 2-hours fasting!

School Board Retiree Activities—February 12

**NOW
READ
THIS!**



Educations:

- 8:00am—Mayo Clinic Guide to Self Care
- 8:30 am—Chair Fitness
- 9:00 am—Medication Management
- 10:00 am—Mayo Clinic Guide to Self Care

Vendors:

- | | |
|------------------------|------------------------|
| Alzheimers Association | Lakeland Regional |
| Senior Helpers | Blue Cross/Blue Shield |
| USF Senior ConNextion | Medco |
| CRF Communities | Independent Living |



ABCs of Diabetes Program Details

Eligibility: Anyone on the School Board Health Insurance Plan (BCBS plans 3160, 3566, or 704) who has pre-diabetes or diabetes (Type 1 or Type 2) is eligible to participate in the *ABCs of Diabetes* Program.

Diabetes Education: Members of the *ABCs of Diabetes* Program are required to participate in four educational programs including:

- *Medical issues for diabetics
- *Managing diabetes with nutrition & exercise
- *Advanced diet planning
- *Managing heart disease & blood pressure

These classes are designed to provide patient self-management skills/education to prevent acute complications and reduce the risk of long-term complications.

Diabetes Educational Classes

Jim Miles Professional Building
5204 US Hwy 98 South, Lakeland

Diabetes—Medical Issues	2/04/10
Diabetes—Nutrition & Exercise	2/11/10
Advanced Diet Planning	2/18/10
Hypertension/Heart Disease	2/25/10

Register online at www.polk-fl.net/wellness.

Diabetes Screening—January 23

Phillips, Salomon & Parrish Eye Express
215 First Street North—Winter Haven (2 blocks south of Winter Haven hospital)

Screenings include: dilated eye exam, cholesterol & triglycerides, HgbA1c, kidney function test, blood pressure and foot exam.

Call Allison Sullins, RD/LDN at (863) 648-3057 for an appointment.

Screenings: All participants in the *ABCs of Diabetes* must complete preventive health screenings at least two times each year. Receive **FREE** screenings through the *ABCs of Diabetes*, or you may choose to visit your primary care physician at your expense. The screening dates for the *ABCs of Diabetes* are on Saturdays as follows:

- *January 23, 2010
- *May 15, 2010
- *August 14, 2010
- *November 13, 2010



Pre-registration is required for all screenings dates.

Intervention Sessions: High risk intervention and goal-setting sessions will be set up for all participants in the *ABCs of Diabetes* Program, and are a requirement to maintain active status in the program. These brief sessions review the risk factors each individual has based on their personal screening data.

Don't pay full price again...

Participants in the *ABCs of Diabetes* enjoy reduced diabetes prescription co-payments and annual savings averaging \$400. Yes, all diabetes medications and supplies are 50% off regular copayments. Following are copayments for members of the *ABCs of Diabetes*:

- Generic tier co-pay
\$4—90 day supply retail or mail
- Preferred tier co-pay
\$37.50—90 day supply*
- Non-preferred tier co-pay
\$62.50—90 day supply*
- *Mail order only



\$400 Annual Savings

**Polk County School Board
Wellness Program
P. O. Box 391
Bartow, FL 33831**

**Special
Health Fair
Information**



ABCs of Health
Polk County Public School's
Employee & Retiree Health Fair
<https://healthfair.polk-fl.net>

Join Us!



ABCs of Health

**\$1,200
Value!**

**Polk County Public Schools'
Employee & Retiree Health Fair**

**March 6, 2010
7:00 AM to 12 noon
Highland Park Church of the Nazarene
4777 Lakeland Highlands Road
Lakeland**