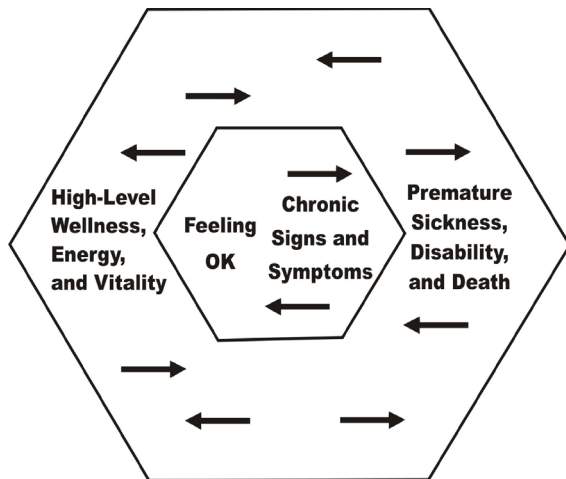


What's the Direction of Your Arrow?

Do you take your health for granted? Do you tend to ignore your physical, emotional or spiritual well-being until something happens that negatively influences your health? You are not alone. It may help to look at health as part of a continuum, and determine the direction in which you are headed.



The wellness continuum has two extremes: *High Level Wellness, Energy and Vitality* on one end, and *Premature Sickness, Disability and Death* on the other. The balance or middle ground between both extremes is *Health*. Determine where you want to be on this continuum, and in which way you want your arrow pointing.

Most people believe that good health is merely the absence of disease, as did Tim Moy from the Tenoroc Service Center. In August 2009, Tim completed his Wellness Screening and Personal Health Assessment (PHA) through Blue Cross/Blue Shield. His results indicated that although he was not experiencing “poor health,” he had the signs of premature sickness. His glucose was pointing towards pre-diabetes. His blood pressure was above normal, and his cholesterol value was truly extreme.

“I had no idea that I was at risk for both diabetes and coronary artery disease. I didn’t feel badly; but I admit I had poor eating habits.” Looking back, Tim said he relied heavily on quick foods and enjoyed an abundance of saturated fats and red meat. “I ate fast foods three to four times a week. When I ate steak, it would be at least a one-pounder!”

Tim did not decide quickly to alter his lifestyle. “I don’t like change; it was easier to maintain what I was already doing! But, I also did not want to rely on medications.” Tim realized that his “arrow” was pointing in the wrong direction—and he turned to the Wellness Program for help.

Finding motivation in activities such as *Walking Works*, *LOSE* (Lessons On Sensible Eating), and *Yule Be Fit*, Tim began a healthy lifestyle and learned about portion control. “I once ate 3-4 big meals a day; now I eat 6-8 small meals.” Tim attributes most of his success to limiting total carbohydrate intake while avoiding sugar and processed foods. “Until you change the way you eat, you will never lose weight or control your health.”

Tim also took advantage of the fitness opportunities offered through LOSE. “The Gold’s Gym membership was an added bonus. I go to Gold’s about five times a week. It is quick and easy; plus, I feel good.”

After losing almost 60 pounds, reducing his cholesterol by 232 points, and getting both blood pressure and glucose in the “normal” range, Tim feels he has better control over his health. “I still have my pizza about once a month; you can’t deprive yourself of everything! But I know what I have to do the next day—portion control.”

Do you know what direction your arrow is pointing? Is it time to make a U-turn and head towards high level wellness, energy and vitality? Join your fellow employees at the *ABCs of Health, Polk County Schools Employee and Retiree Health Fairs* to complete your Wellness screening and PHA. As with Tim, this free assessment can be the defining moment that changes the direction of your arrow. Please find complete details of this event and mandatory registration information in this Wellness Matters.

Annual Retiree
Health Fair
Edition
Volume #10

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



Spotlight of the month shines on Tim Moy

Retirees Only—“Mini” Health Fair

Free Screenings & Personal Health Assessment

Friday, February 11, 2011

7:00 am to 10:00 am

Jim Miles Center

5204 US Hwy 98 S

Lakeland, FL

♥ Blood screenings: Total Cholesterol, HDL, LDL, TC/HDL ratio, triglycerides, and glucose. Two-hour fasting is required; 8-hours is preferred. Visit www.polk-fl.net (keyword: wellness) to register, or call 863-648-3057 to make an appointment.

♥ Cancer screenings*: Breast, prostate, skin, fecal occult & osteoporosis through Lakeland Regional Cancer Center.

*Requires School Board BC/BS Insurance Plans: 3160, 3566, or 704. Appointments are necessary—**please call 863-603-6503.**

The ABCs of Health

Polk County Schools' Employee and Retiree Health Fairs

7 am to 12 noon (lab work only till 1:45 pm)

Saturday, February 26, 2011

Highland Park Church

Family Ministries Building
4777 Lakeland Highlands Road
Lakeland, 33813

Saturday, April 30, 2011

Lake Eva Banquet Hall

799 Johns Avenue
Haines City, 33844

Win great door prizes, enjoy our 70+ vendors, and learn great ways to improve your health and wellbeing. To register, visit www.polk-fl.net (keyword: wellness) or call 863-648-3057.

Upcoming Retiree Activities

Living Healthy Workshop
March 23 through April 27

Meets weekly on Wednesdays for 6 weeks starting March 23, 1:00 – 3:30 pm at the Mark Wilcox Center located at 611 Post Ave., SW, Winter Haven, FL 33880.

This program was developed by Stanford University to help people with chronic health conditions better manage their health. Caregivers of individuals with chronic conditions may also participate. Other PCSB retirees have found this program very rewarding and observed improved health. Participants who complete the program will receive a book and CD that coincide with the workshop, and a \$25 Wal-Mart gift card. Registration is required; please call Jamie at 863-648-3057.

Matter of Balance Workshop
April 7 through May 19

Meets weekly on Thursdays for 8 weeks starting April 7, 1:30 – 3:30 pm, at 1000 American Superior Blvd, Winter Haven, FL 33880.

A Matter of Balance: Managing Concerns About Falls emphasizes practical strategies to reduce the fear of falling and increase activity levels. To register, please call Jamie at 863-648-3057.

Alzheimer's Association Memory Screening
March 23

1000 American Superior Blvd., Winter Haven 33830
To register, call Stephanie at (863) 688-4834.



ABCs of Diabetes Program Details

Eligibility: Anyone with PCSB's Health Insurance Plans (BCBS plans 3160, 3566, or 704) diagnosed with 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 attend four 90-minute educational classes the first year of enrollment and one class annually thereafter. 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:

Bartow Airbase (in the Amelia Room) 4:30pm to 6pm

Medical Issues	2/03/11
Nutrition & Exercise	2/10/11
Advanced Diet Planning	2/17/11
Hypertension/Heart Disease	2/24/11

Register online at www.polk-fl.net (keyword:wellness) or call Allison at 648-3057.

Don't pay full price again...

Participants in the ABCs of Diabetes receive a free glucometer and enjoy reduced diabetes prescription co-payments with annual savings averaging \$600. Yes, all diabetes medications and supplies are 50% off regular co-payments. Following are co-payments 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

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 22, 2011	Winter Haven
May 21, 2011	Lakeland
August 20, 2011	Winter Haven
November 12, 2011	Lakeland

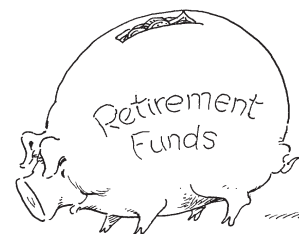
Free Screenings include: eye exam, lipid profile, fasting blood sugar, Hemoglobin A1C, kidney function tests, blood pressure and foot exam. Pre-registration is required for all screenings dates; contact Allison at 648-3057.

Goal-Setting Sessions:

High risk interventions 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.

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

\$600 Annual Savings



Do we have your email address? We send out weekly newsletters that contain up to date health information and details on Wellness classes and activities. Give us a call at 863-648-3057, and let us know that you want to be added to our email list.

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

**Annual Retiree
Health Fair
Newsletter**



ABCs of Health
Polk County Public School's
Employee & Retiree Health Fair
www.polk-fl.net (keyword: wellness)

Join Us!



**\$1,200
Value!**

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