



FIT FOR LIFE!

*Brunswick County Government— Our Best Health For You
In Brunswick... from the Wellness Committee!*



SPECIAL KUDOS TO THE FOLLOWING EMPLOYEES!

From Camp Wellness – the Five winners of the library bags with cookbooks were Jackie Rogers – DSS, Vanessa Reaves-DSS, Sara Gore– DSS, Max Nunez-Coop. Ext. and Beverly Pellom-Health Dept. Many thanks to the Library for the excellent display!

- * Specials thanks to the Library staff who started the County Complex Library collection of books in the cafeteria. Books include healthy cookbooks and exercise books as well as novels for relaxing reading on a dark winter night. After you finish it, just bring it back so another person can enjoy!
- * Julie Wallace from Operation Svs. is retiring with 30 years of service. We will miss you!
- * Donna LeBlanc in Planning Dept. is an avid runner. She ran the Battleship 1/2 marathon on 11/11 (13.1 miles in 2:17). She also ran the Disney 1/2 marathon and the San Diego full Marathon in June and raised \$7,700 for the Leukemia & Lymphoma Society. Makes one tired thinking of it. Great Job!

THE WELLNESS COMMITTEE ANNOUNCES “CHOOSE TO LOSE” WEIGHT MANAGEMENT PROGRAM OFFERED ON CAMPUS!

“Choose to Lose” which is based on the successful weight loss research program, Weight Wise, conducted by UNC Chapel Hill’s Center for Health Promotion and Disease Prevention, 2002-2005 is coming to the Brunswick Campus. Sponsored by the Wellness Committee, this is a 12 week/1hour session programs that has proven successful. The cost is \$14 per week or a total of \$168, which is comparable to other similar weight management programs. For the \$14 you get:

- ⇒ Food to sample, with recipes, at each class
- ⇒ Food and activity diaries
- ⇒ Calorie booklet
- ⇒ Pedometer
- ⇒ Resistance band
- ⇒ Weekly program handouts
- ⇒ Colorful handmade tote bag to carry program materials.

This program provides you with the tools that you will need for a lifetime of healthy living and ideal weight.

Sign up has now started with the deadline for signup 1/3/08. All monies must be paid prior to starting. Please contact Ruthie McHugh, Fitness Coordinator at ext. 2583 to sign up today. We must have 15 paid participants to conduct the class.

COUNTY HEALTH PLAN RECOGNIZES TOP 5 COUNTIES IN 10K STEPS PROGRAM

Based on the number of active registrants in the 10,000 Steps-A-Day program, the following counties are the top ranking participating groups in the program for the present period:

1. Iredell County
2. **Brunswick County— yea!**
3. Randolph County
4. Edgecombe County
5. Currituck County



The re-launch of the new 24 week program began 10/1 and there is still time to join and become eligible for the prize drawings. In the 10,000 Steps- A-Day, each new participant receives a pedometer to count their steps. Participants log their number of daily steps via the web site and become eligible for prizes and other incentives once they reach specific milestones. Participants who have previously registered on the Web site are encouraged to go back and log their steps.

The County Lifestyles Program is a complement to the various disease management programs offered through the County Health Plan. The goal is to get employees active and to improve employee well-being, morale and productivity, ultimately reducing healthcare costs. So get active and visit the County Health Plan Web site at www.nccountyhealthplan.org.

UPCOMING EVENTS SPONSORED BY THE WELLNESS COMMITTEE!



The Wellness Committee will be sponsoring the following events!

Future Lunch and Learn Programs

Wednesday, December 5th - “Dealing with the Holiday Blues” - EAP- 12.15pm in the Parks and Recreation Meeting Room.

Contact ext. 2003 to register for Lunch and Learn programs

January 2008– “Choose to Lose” Weight Management Program– see details in this newsletter. Contact Ruthie McHugh, ext. 2583 for more information.

UPCOMING TRAINING PROGRAMS

Wednesday-December 12th– New Hire Orientation from 8:30am-12:30pm– Parks and Recreation Meeting Room.

Wednesday- December 12th - Defensive Driving for Government Employees– 12:30p-1:15p. Parks and Recreation Meeting Room.

January 15th-16th - Customer Service for Telecommunications Operators– Taught by Jeryl Brown– The Justice Academy of N.C. for EMS staff only– register with Tom Rogers, Telecommunications Manager.

SAFETY REVIEW BOARD HELPS MAINTAIN A HEALTHY ENVIRONMENT!

Brunswick County has an active Safety Review Board (see pictured below). The Review Board is charged with helping to maintain the overall health and safety of our workforce and our facilities. They meet at least monthly and discuss areas such as:

- Review and/or investigate all accidents and provide recommendations for corrective action.
- Create and maintain a high level of interest in and awareness of safety among all employees.
- Develop safety policies and procedures for the Brunswick County Safety Manual.
- Conduct inspections of all County facilities and recommend corrections for areas of non-compliance, if any.
- Encourage feedback from all employees in every area of the County with regard to problems, Ideas and solutions related to safety.
- Inform employees about safety policies, training programs and other safety-related matters.



Pictured L to r, Eileen Gardner, Ronald Moore, Ron Worthington, Fred Michael, Charlie Wilson, George Page, Felcecia Hardy, Jan Clemmons, Lee Curry. Not pictured Jeff Isenhour, Debbie Isenhour, Bryan Hollis

BENEFIT HIGHLIGHT

Each month we will feature one of our many excellent County benefits and provide you with information about the benefit that is new or maybe needs improved communication. This month we are featuring the totally free benefit of Long Term Disability (LTD), administered by the Hartford Insurance Company. All full-time employees are covered under this plan on the first day of the month following the 30th day of employment. The LTD benefits are available after a six (6) month elimination period upon approval of the underwriter.

Any employee on LTD is required to apply for Social Security Disability and all long term benefits are coordinated with Social Security Disability benefits if applicable.

Another feature of the LTD is a very valuable World-Wide Travel Service sponsored by Hartford.

Some of the many features include:

- ◆ Pre-trip information including Visa, Passport, Inoculation and Immunization Requirements, Temperature and Weather conditions, Embassy and Consular Referrals, Foreign exchange rates, International "Hot Spots"
- ◆ Emergency Medical Assistance including Medical Referrals to physicians, dentists and hospitals worldwide,
- ◆ Medical monitoring – using professional case managers to monitor level of care.
- ◆ Medical Evacuation – Transportation to the closest medical facility that can provide an appropriate level of care.
- ◆ Repatriation– Transportation home for further medical treatment.
- ◆ Traveling Companion Assistance – if your traveling companion's previously made travel arrangements are lost due to your hospitalization, new arrangements will be made and funded.
- ◆ Dependent Children Assistance -If due to your hospitalization, your dependent children are left unattended, travel arrangements will be made and funded for their return home with a qualified escort if necessary.
- ◆ Visit by a Family Member or Friend – If you are traveling alone and are hospitalized for at least 7 consecutive days or are in critical condition, travel arrangements will be made and funded for a family member or a friend to visit.
- ◆ Emergency Medical Payments– Advance funds to cover on site medical expenses, upon satisfactory guarantee of reimbursement.
- ◆ Return of mortal remains-the proper return of remains for burial will be arranged and paid for in the event of death while traveling.
- ◆ Replacement of Medication and Eyeglasses.
- ◆ Sending and Receiving of Emergency Medical Messages.
- ◆ Emergency Travel Arrangements and Cash.
- ◆ Locating Lost or Stolen Items.
- ◆ Legal Assistance.
- ◆ Bail Advancement.
- ◆ Interpretation and Translation Services.
- ◆ Employee Assistance Program-(1-800-964-3577)



Toll-free from the U.S or Canada 1-800-243-6108
Collect from other locations 1-202-828-5885
Fax 1-202-331-1528

Visit the Hartford Group Benefits on the Internet: <http://groupbenefits.thehartford.com>. To access this service the Brunswick County policy number is #354488.

WANT A GREAT, HEALTHY RECIPE FOR LEFTOVER TURKEY?

Try Turkey Provencal!

Ingredients

- 2-3 lbs. Turkey Meat
- 1Tbsp. Olive Oil
- 1 1/2 cups chopped onions
- 2 cans great northern beans drained
- 1 (29 oz. can) whole tomatoes
- 1 1/2 cups sliced carrots
- 1 Tbsp. chicken bouillon
- 1 tsp. thyme leaves
- 1/2 tsp. oregano leaves
- 1/2 to 1 teaspoon pepper, black

Used leftover turkey, cook with onions and carrots in olive oil until tender. Add rest of ingredients, mix well. Cook over low to medium heat for about 1 hour and 15 mins. Number of servings= 8

Nutritional Information: Fat: 4.9g, Carbohydrates: 23.8 g, Calories: 205.7, Protein: 17.6 g. Recipe from Sparkpeople



10 OVERUSED TESTS AND TREATMENTS 5 WILL BE DETAILED IN THIS ISSUE AND 5 IN THE NEXT ISSUE!

With the ever increasing cost of health care, we have to become very knowledgeable about our choices in utilizing healthcare today. Consumer Reports in it's November 2007 issue lists 10 overused tests and treatments used by the healthcare profession that increases profit both for the hospitals and doctors but have not been proven as necessary and in some cases harmful to the patient.

1. **Back Surgery.** Don't rush to have surgery for a simple slipped disk. In 90 percent of cases, the pain goes away on its own within 6 weeks. In stubborn cases, surgery, which can cost \$20,000 plus physician's fees, can relieve pain somewhat faster than physical therapy and medication, a recent study showed. But it also found that both groups wound up with similar improvements after two years.
2. **Heartburn surgery.** Doctors surgically tighten a sphincter muscle that blocks stomach acid from backing up into the esophagus. But research shows the operation, which costs \$14,600 or more, provides no better long-term relief than taking a proton-pump-inhibitor drug such as omeprazole (Prilosec OTC), which costs less than \$1.00 a day.
3. **Prostate Treatments.** Prostate cancer is often over treated by surgery that costs \$17,000, or by radiation therapy for \$20,700 or more, plus physician's fees, without adequate discussion of the alternatives or the high risk of distressing side effects such as incontinence or impotence. Because prostate cancer can grow slowly, sometimes the best approach is "watchful waiting."
4. **Implanted Defibrillators.** These devices, which automatically shock the heart back to normal rhythm, cost some \$90,000 over a lifetime. Yet one third of people that get them might not really need them according to research reported in 2007. This year Medicare will pay for an estimated 50,000 of the devices.
5. **Coronary Stents.** Billions are spent each year inserting tiny mesh tubes to prop open coronary arteries. This procedure plus heart drugs turns out not to work any better to prevent future heart attacks than heart drugs alone for patients with stable coronary artery heart disease, researchers reported in 2007.

Adapted from Consumer Reports, November 2007, "Treatment Traps to Avoid."



CIGNA HealthCare rated as North Carolina's top health plan

CHARLOTTE, N.C., October 30, 2007 - CIGNA HealthCare of North Carolina has been recognized as the top-ranked health plan in the state of North Carolina in this year's annual ranking of health plans conducted by U.S. News & World Report (U.S. News) and National Committee for Quality Assurance (NCQA).

The rankings are based on the voluntary submission of health care quality results as measured through HEDIS® (Healthcare Effectiveness Data and Information Set); customer service scores based on member surveys through CAHPS® (Consumer Assessment of Health Providers and Systems); and scores on NCQA accreditation surveys.

"Our goal is to provide members with the information and tools they need to be engaged, educated and informed consumers and to make health care decisions that improve their health and wellbeing," said Charles Pitts, general manager for CIGNA HealthCare of North Carolina. "Our recognition as the top-ranked health plan in North Carolina further demonstrates that our approach to health and wellness is working. We are pleased to Receive this recognition."

CIGNA HealthCare has a long history and record of success in seeking external validation of its quality improvement programs. All 23 of the CIGNA HealthCare HMO and POS plans that have undergone NCQA accreditation review, including CIGNA HealthCare of North Carolina hold Excellent Accreditation status. All have earned Distinction for NCQA's Quality Plus Member Connections and Physician and Hospital Quality standards.