

**Lucas County Board of
Commissioners
Employee Wellness
Program
Annual Report**

“Be Better Than Yesterday”

August 1, 2017—July 31, 2018

This document is brought to you by:

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Chapter 1

Introduction

Mission

The mission of the Lucas County Wellness Program is to educate, encourage and empower all Lucas County employees and dependents covered by Lucas County health benefits to maintain optimal health and wellness. The Lucas County Wellness Program provides opportunities for employees and eligible family members to participate in regular physical activity via free onsite fitness classes, healthy eating through cooking demonstrations, managing stress with the help of Lunch and Learns and staying up to date on their personal health status through various screenings.

Vision

The Lucas County Wellness Program strives to promote and improve the health and wellness of all Lucas County employees.

Strategic Priorities

- Host on-site department health screenings that consist of: blood pressure, blood glucose, body fat percentage, body mass index, cholesterol, waist circumference and pulse rate.
- Coordinate an annual health fair and fitness expo.
- Provide confidential one-on-one health assessments with employees to assist in developing health-related goals and to offer encouragement towards reaching those goals.
- Create and distribute information about the wellness program such as available programs, free on-site fitness classes and information to answer any health-related questions.
- Facilitate wellness contracts for fitness centers, smoking cessation, Weight Watchers, cardiac rehabilitation programs and diabetes/nutrition education classes.
- Provide an annual walking program to encourage employees to increase their daily physical activity.
- Create and distribute information about upcoming wellness program events, healthy eating and physical activity via quarterly newsletters, biweekly e-mails and follow-up phone support.
- Coordinate and schedule on-site fitness classes including, but not limited to; body-sculpting, Country Heat, POUND, yoga and Zumba.
- Coordinate and schedule healthy cooking demonstrations at all county departments.

2017 Goals & Objectives Outcomes

Goal 1: Increase Lucas County employee participation in the Lucas County Wellness Program.

- Objective 1: Increase the number of Lucas County employee reimbursement program enrollments by 50 individuals by July 31, 2018.

We achieved this goal. There were 285 new contracts signed.

- Objective 2: Increase the number of total new contracts signed from 174 to 200 by July 31, 2018.

We achieved this goal. There were 285 new contracts signed.

- Objective 3: Increase the distribution of Health Coach Bucks to incentivize employees to participate in more activities within the program by July 31, 2018.

We achieved this goal. We distributed 260 health coach bucks, which is 3x the amount handed out last year.

- Objective 4: Create personalized flyers for each department to assist 100 employees participating in March Madness by July 31, 2018.

We did not achieve this goal. However, we were happy to assist 97 employees participate in March Madness.

- Objective 5: Implement 1 new health education program by February 1, 2018.

We achieved this goal. We implemented 12 days of wellness that was well received by employees.

Goal 2: Increase employee evaluations within health education programs offered.

- Objective 1: During cooking demonstrations, require 80% of participants to complete an evaluation form.

We achieved this goal. During our summer healthy cooking demonstrations we had 95% or more of attendees in every department complete an evaluation.

- Objective 2: Provide an evaluation form to be voluntarily completed by employees twice a year on the Wise & Well monthly newsletter by July 31, 2018.

We did not achieve this goal. We provided 1 program evaluation in the April 2018 Wise and Well.

- Objective 3: Twice a year, provide an evaluation form to be filled out by onsite fitness class attendees by July 31, 2018.

This goal was achieved. Health coaches attended the RIPPED class on 3/26/18 and collected 5 evaluations from participants. We also attended yoga on 4/4/18 and collected 5 evaluations from participants.

Goal 3: Increase visibility and availability of health coaches to employees.

- Objective 1: Attend 20 fitness classes by July 31, 2018.

This goal was achieved. We were able to attend 24 different fitness classes throughout the year.

- Objective 2: Schedule and attend 30 cooking demonstrations by July 31, 2018.

This goal was not achieved. We completed 16 onsite cooking demonstrations. We only held a summer cooking demonstration as opposed to several in years past. Employees favored this approach.

2017 Goals & Objectives Outcomes Continued

- Objective 3: Visit 8 county departments to disseminate health information and free prizes to increase visibility by July 31, 2018.

This goal was achieved. In February 2018, the health coaches attended 5 departments to hand out information on the importance of using sanitizer and distributed hand sanitizers to employees as well. In May and June 2018, the health coaches scheduled 5 stress relieving Lunch and Learns. Employees engaged in stretches to help them relax and we handed out adult coloring book pages for employees to take after the presentation.

Goal 4: Increase participation in the annual health fair.

- Objective 1: Provide three new interactive vendors.

This goal was achieved. OSU Extension provided their stationary bike for employees to make smoothies, St. Lukes provided the Dexa bone scan for women, and Transcende by Heidi provided head and neck massages.

- Objective 2: Provide 140 raffle prizes county employees will be eligible to win by attending this year's health fair.

This goal was achieved. 180 raffle prizes were given away to employees.

Goal 5: Increase participation in the Fitness Expo.

- Objective 1: Provide five new and interactive fitness facilities to participate in the Fitness Expo by January 11, 2018.

This goal was achieved. We invited 13 new, interactive vendors to the fitness expo. Including: Orange Theory Fitness, Super Fitness, Glass City Crossfit, Fitness for All, Promedica Wildwood Athletic Facility, Essence Pilates and Yoga, Maxx Fitness, Mercy Weightloss, IloveKickboxing, Snap Fitness, Marci's Downtown Yoga, Definition Fitness and Tonic Maumee.

- Objective 2: Of those five, provide three that will facilitate live demonstrations of the physical activities that are performed at their facility.

This goal was not achieved. Due to the increased number of vendors, the health coaches decided not to have live demonstrations.

- Objective 3: Disseminate three promotional emails to all county employees by January 11, 2018.

This goal was achieved. The health coaches sent emails on December 11th, December 28th and January 9th.

- Objective 4: Post Fitness Expo promotional flyers in all county departments by January 11, 2018.

This goal was achieved. The health coaches posted flyers in all county departments.

Goal 6: Increase amount of posts on the Lucas County Wellness Program Facebook page.

- Objective 1: Provide a total of 1 post every week from August 1, 2017 to July 31, 2018.

This goal was achieved. The health coaches have posted at least once every week.

Objective 2: Increase amount of Caught Being Healthy, interactive quizzes and health event posts on the Facebook page.

This goal was achieved. We have featured 1 breast cancer quiz, local food Tuesday, an eye safety event at Imagination Station, a farmers market, nominated a healthy co-worker and a weight loss challenge.

- Objective 3: Pick three employees to highlight that loyally participate and have benefited from the services provided by the wellness program on the Facebook page by July 31, 2018.

This goal was achieved. Employee spotlights were posted about Paul Miles, Lauren Carpenter and Hannah McAbee.

2018 Goals & Objectives

Goal 1: Increase the number of Lucas County employees in the Lucas County Wellness Program.

- Objective 1: Sign up at least 150 new Lucas County Employees for health and wellness related reimbursement contracts.
- Objective 2: Incentivize attendance at onsite fitness classes once a month with a prize raffle for those who attend.
- Objective 3: Implement 1 new health education program.
- Objective 4: Implement wellness program awareness days at each department.

Goal 2: Increase visibility and availability of health coaches to employees.

- Objective 1: Attend 25 onsite fitness classes.
- Objective 2: Design and distribute 2 different health information/ wellness give-a-ways to at least 8 county departments.
- Objective 3: Increase participation in health coach days from 158 to 175 employees by incentivizing with a prize for those who attend.
- Objective 4: Develop 2 new Lunch and Learn topics and schedule with at least 5 departments.

Goal 3: Increase participation in the Walking Program.

- Objective 1: Create 2 new materials to include in each participants folder on different ideas on how to achieve walking goals.
- Objective 2: Increase number of participants who complete the program by sending out a mid-month motivational newsletter.
- Objective 3: Schedule walking program sign ups at every county department.
- Objective 4: Implement Walk with a Health Coach Days on Mondays and Thursdays during lunch.

Goal 4: Increase participation in Annual Health Fair.

- Objective 1: Provide 2 new interactive services for employees at the Health Fair.
- Objective 2: Disseminate informational fliers to advertise the event at every county department.

Goal 5: Communications from Wellness Program.

- Objective 1: Rebrand Staying Healthy on a Budget and Wise and Well.
- Objective 2: Create 2 new trifold board displays.
- Objective 3: Rotate trifold board displays at different departments.
- Objective 4: Implement a Facebook post at the beginning of the week of where we will be or events, challenges, etc. going on that week.

Goal 6: Create a new winter indoor walking activity.

- Objective 1: Create indoor walking areas (maps/ distances) at different departments.
- Objective 2: Provide incentives to encourage participation.

Goal 7: Provide healthier food options to county employees.

- Objective 1: Deliver a healthy bowl to all county departments.
- Objective 2: Assist 2 departments in creating and implementing their own healthy bowl.

Goal 8: Implement indoor office gardens.

- Objective 1: Set up and monitor garden at 4 departments.

Chapter 2

Reimbursement

Programs

Purpose

The reimbursement program was created to motivate employees to participate in activities that will help them engage in healthier lifestyles. The program provides various levels of reimbursement, depending on the activity. In order to receive reimbursement, participants must meet with a health coach, sign a wellness contract, complete a health assessment prior to starting the program and fulfill attendance requirements. Facility sites and fitness classes must be pre-approved by the Employee Benefits Manager before a contract is signed.

The following activities may be approved for reimbursement:

- Up to 50% (not to exceed \$400 per year for individuals or \$600 per year for a family):
 - Fitness club memberships
 - Fitness classes
 - Weight loss program (Weight Watchers or Hospital Based Weight Loss Programs)

- Up to 100%:
 - Smoking cessation
 - Cardiac rehabilitation
 - Weight loss medications
 - Diabetes case management

Eligibility

All employees who are eligible and/or enrolled in Lucas County benefits, as well as their spouses and dependents ages 13 years or older, are eligible and encouraged to participate in the wellness program.

Specific Exclusions

Any expenditure incurred that is not included in a Lucas County Employee Wellness contract is specifically excluded from reimbursement under this program. Reimbursement is not provided unless the specific terms of the contract are fulfilled. Reimbursement for any personal property, supplements, vitamins and food items are excluded under this plan. All employees eligible for Lucas County health benefits, but are not actively at work because they have exercised their right under the Family Medical Leave Act, are eligible to participate in this program. All former employees are ineligible for this program, unless the spouse is a current Lucas County employee and former employees are covered on the spouses benefits.

Limitations

Contracts can be renewed every three or six months. Health assessments must be repeated every six months. Fitness and Weight Watchers contracts have no renewal limit; smoking cessation contracts are limited to two attempts. Reimbursement for weight loss medications is limited to six months in a lifetime. Employees are allowed to participate in more than one reimbursement program at the same time.

Forms and required information:

The following must be completed for a fitness club contract reimbursement:

- Fitness contract
- Physical Activity Readiness Questionnaire (PAR-Q)
- Health Questionnaire
- Physical Assessment
- Proof of attendance (at least 52 days per 6 months)
- Receipt of payment

The following must be completed for a weight-loss program contract reimbursement:

- Weight-loss contract
- Physical Activity Readiness Questionnaire (PAR-Q)
- Health Questionnaire
- Physical assessment
- Proof of attendance (at least 10 of 12 sessions for three months or 20 of 24 sessions for six months)
- Receipt of payment

The following must be completed for a smoking cessation contract reimbursement:

- Smoking cessation contract
- Blood pressure reading
- Pulse reading
- Smoking questionnaire
- Receipt of payment
- W-9 form

The following must be completed for a prescription weight-loss medication contract reimbursement:

- Weight-loss medication contract
- Copy of prescription
- Receipt of payment
- Written physician recommendation including validation that the candidate is 60% over ideal body weight
- W-9 form

The following must be completed for a cardiac rehabilitation contract reimbursement:

- Cardiac rehabilitation contract
- Written physician recommendation
- Receipt of payment
- W-9 form

Each contract is similar in layout and contains the same questions, but different requirements.

Fitness Reimbursement Contract



Lucas County Wellness Program Fitness Contract

This contract, entered into this _____ day of _____ 2017, between Lucas County (hereinafter referred to as the Employer) and _____, Employee Identification number _____, (hereinafter referred to as the Employee), represents a commitment on the part of each party to invest in the good health and wellness of the Employee and their eligible spouse and dependent children.

Whereas, the Employee is likewise committed to the Employee's good health and wellness and whereas, the Employee has conferred with an approved health coach and is committed to the wellness strategy articulated below:

In order to obtain the goals listed below:

The Employer agrees to reimburse the Employee **50%** (up to a maximum of \$400.00 per year for individual and \$600.00 per year for family) of the Employee's expenses incurred for the successful completion of the above described strategy. For each period of reimbursement, an employee must complete a health assessment before they are paid reimbursement money. The reimbursement will be limited to membership in one health facility. **Employees must attend the requisite number of sessions outlined above within the time frame of the contract.** By signing below, the Employee hereby releases the Board of Lucas County Commissioners and its employees, including health coaches, support staff, and Wellness Department Employees, from any and all liability associated with this endeavor. Employees are encouraged to consult with his/her personal physician before entering into any wellness or exercise program. Participants acknowledge that they have been advised by the health coaches to consult with their personal primary care physician and/or have their annual physical completed before entering into any wellness or exercise program. Employer may require the employee to provide proof of physician approval in writing. Employee also agrees to release the health information gathered by the health coaches to Lucas County. This would include wellness strategies and goals and will be released for reimbursement purposes. All reimbursement is subject to Wellness Program guidelines and compliance.

_____ Date: _____

Employee

_____ Date: _____

Health Coach

_____ Date: _____

Lucas County

Goal Fulfillment & Contract Compliance

Date: _____

Employee **HAS / HAS NOT** fulfilled the terms of the contract.

Portion of Contract Compliance: _____

Total Amount Expended by Employee: \$ _____

Total Amount Reimbursed by Lucas County: \$ _____

_____ Date: _____

Lucas County

Physical Activity Readiness Questionnaire (PAR-Q) & You

Please read the questions carefully and answer each one honestly: circle Yes or No.

- Yes** **No** 1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
- Yes** **No** 2. Do you feel pain in your chest when you do physical activity?
- Yes** **No** 3. In the past month, have you had chest pain when you were not doing physical activity?
- Yes** **No** 4. Do you lose balance because of dizziness or do you ever lose consciousness?
- Yes** **No** 5. Do you have a bone or joint problem (for example, back, knee, or hip) that could be made worse by a change in your physical activity?
- Yes** **No** 6. Is your doctor currently prescribing drugs for your blood pressure or heart condition?
- Yes** **No** 7. Do you know of any other reason you should not do physical activity?

If you answer YES to one or more questions:

Talk with your doctor by phone or in person BEFORE you start becoming more physically active. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want – as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.

If you answer NO to all questions:

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- Start becoming much more physically active – begin slowly and build up gradually. This is the safest and easiest way to begin.
- Take part in a fitness appraisal – this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively.

Delay becoming much more active:

- If you are not feeling well because of temporary illness such as a cold or a fever – wait until you feel better, or
- If you are or may be pregnant – talk to your doctor before you start becoming more active.

Please Note: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

_____ Date: _____

Employee Signature

Questionnaire

Physical Activity

In the past 7 days, how many days did you exercise?

_____ Days

On days when you exercised, for how long did you exercise? (in minutes)

_____ Minutes per day

does not apply

3. How intense is your typical exercise?

- Light (ex: stretching or slow walking)
- Moderate (ex: brisk walking)
- Heavy (ex: jogging or swimming)
- Very Heavy (ex: fast running or stair climbing)
- I am currently not exercising

4. Do you usually participate in any of the following activities?

- a. Climbing stairs instead of taking the elevator? Yes No
- b. Walking instead of driving short distances? Yes No
- c. Parking away from buildings to walk more? Yes No
- d. Walking at lunch, after dinner, or before work? Yes No

General Health

In general, would you say your health is

- Excellent
- Very good
- Good
- Fair
- Poor

2. Do you often feel that you have trouble handling stress, anxiety or depression?

- Yes
- No
- I don't know

3. If diabetic, have you had your hemoglobin A1c level checked in the past year?

- Yes
- No
- N/A

4. Are you currently taking more than two medications (over-the-counter drugs, supplements, and/or prescription drugs)?

- Yes
- No

Nutrition

In the past 7 days, how many servings of fried or high-fat foods did you typically eat each day?
(Examples include fried chicken, fried fish, bacon, french fries, potato chips, doughnuts, mayonnaise).

_____ Servings per day

In the past 7 days, how many sugar-sweetened beverages did you typically consume each day?
(Examples include adding sugar to coffee, pop, kool-aid, crystal light)

_____ sugar sweetened beverages consumed per day

In the past 7 days, how many servings of fruits and vegetables did you typically eat each day? (1 serving= 1 cup of fresh vegetables, ½ cup of cooked vegetables, or 1 medium piece of fruit. (1 cup= size of a baseball).

_____ Servings per day

In the past 7 days, how many servings of high fiber or whole grain foods did you typically eat each day? (1 serving=1 slice of 100% whole wheat bread, 1 cup of whole-grain or high-fiber ready to eat cereal, ½ cup of cooked brown rice or whole wheat pasta)

_____ Servings per day

Alcohol use

In the past 7 days, how many days did you drink alcohol?

_____ Days

On days when you drank alcohol, how often did you have (5 or more for men, 4 or more for women, or 4 or more for those men and women over 65) alcoholic drinks on one occasion?

- Never
- Once during the week
- 2-3 times during the week
- More than 3 times during the week

Tobacco use

In the last 30 days, have you used tobacco?

Smoked:

- Yes
- No

2. In the last 30 days, have you used a smokeless tobacco product?

- Yes
- No

Physical Assessment

How did you hear about the Lucas County Employee Wellness Program?

- a. Work
- b. Wellness Flyer / Postcard
- c. Employee Wellness Website
- d. Health Screening
- e. Co-Worker / Family / Friend: _____
- f. Other: _____

Would you like to be on our mailing list? Yes No Already on the list

Email: _____

Measurements

- 1. Height:
- 2. Age:
- 3. Weight:
- 4. Body Mass Index:
- 5. Body Fat Percentage
- 6. Blood Pressure:
- 7. Resting Pulse:
- 8. Waist Circumference:
- 9. 6 Minute Walk:

Pulse Before Walk:

Pulse After Walk:

Number of Steps:

Which area of your health are you most concerned about?

Eating
Healthy

Weight

Stress

Physical
Activity

Or is there
another area

Smoking

List the reasons for your concern.

On a scale of 0-10, how ready are you to consider making a change in this area?



0

Not at all

5

Thinking about it

10

Ready to start now

Ask yourself these questions:

Why did you pick this number?

What would you need to be different for you to move to a higher number?

What is one small step you could take to move you closer to making a change?

Fitness Contract Guidelines

- Reimbursement is up to 50% of the membership cost and is limited to **\$400.00** per year for individual or **\$600.00** per year for family at an approved facility.
- In order to receive reimbursement, participant must provide a copy of paid receipt and proof of attendance.
- Employees must sign a new contract every 6 months.
- Payments will be made through the employee's paycheck and are subject to tax.
- Attendance requirement: 52 days per 6 month period.
- Measurements and questionnaires are required for all new contracts.

Your contract will expire: _____

Your Assessment Results

BMI (Body Mass Index) Categories

Less than 18.5	Underweight
18.5-24.9	Normal
25-29.9	Overweight
30+	Obese

Male Body Fat Percentage

Age	Low	Normal	High	Very High
20-39	<8	8-19.9	20-24.9	>25
40-59	<11	11-21.9	22-27.9	>28
60-79	<13	13-24.9	25-29.9	>30

Blood Pressure Guidelines

Top Number (systolic)		Bottom Number (diastolic)	Category
Below 120	and	Below 80	Normal
120-129	OR	Below 80	Pre-hypertension
130—139	OR	80-89	Stage I Hypertension
140 or more	OR	90 or more	Stage 2 Hypertension

Female Body Fat Percentage

Age	Low	Normal	High	Very High
20-39	<21	21-32.9	33-38.9	>39
40-59	<23	23-33.9	34-39.9	>40
60-79	<24	24-35.9	36-41.9	>42

If you have any questions please feel free to contact us.

Lucas County Employee Benefits Wellness Program

Health Coaches

One Government Center Suite 440

Toledo, OH 43604

Phone: 419-213-2088

Fax: 419-213-4830

Email: hcoach@co.lucas.oh.us

Like us on Facebook: Lucas County Wellness Program

Chapter 3

On-site Fitness Classes

Free On-Site Exercise Classes

A variety of free exercise classes are offered to eligible Lucas County employees and eligible dependents as part of the wellness program. Classes are typically offered during lunch time and after work. The classes offered include, but are not limited to: Zumba, body sculpting, pound, RIPPED, Country Heat and yoga. These classes may change periodically. To facilitate participation, the wellness program offers these classes at various locations, dates and times throughout Lucas County.

Exercise Classes

Zumba

Zumba is a Latin-inspired dance fitness program that involves both dancing and aerobic elements. Zumba fitness classes incorporate hip-hop, salsa, mamba, samba and belly dancing moves. Squats and lunges are also included.

Body Sculpting

Body sculpting is a light resistance workout. Using your own body weight, exercises such as lunges, squats, sit-ups and arm curls are performed. Attendees are welcome to bring light weights to body-sculpting classes, but is not required.

Yoga

Yoga is a combination of gentle stretches, meditative breathing and relaxation techniques that focus on strengthening the mind-body connection. The benefits of yoga include: Increased flexibility, strength, balance, focus, relaxation and improved sense of well-being.

Pound

Pound is a full body cardio jam session that is inspired by the infectious and energizing fun of drumming. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out.

Country Heat

Country Heat is an exercise class designed to get people moving by using line dancing inspired moves. The class is set to both old and new country songs. This is a simple and fun workout class for every fitness level.

RIPPED

Two people created a fitness program that encompasses all aspects of physical fitness which R.I.P.P.E.D. is an acronym for: Resistance, Interval, Power, Plyometrics, Endurance and Diet. The first five components are taught in a 50 minute class. R.I.P.P.E.D. is designed for all fitness levels, allowing a gym novice and trained athlete to both feel an intense full body workout.

Wellness Activity Calendar

The wellness activity calendar is created monthly and outlines all on-site fitness classes. The wellness activity calendar is posted each month on the Lucas County website, as well as our Facebook page.

Samples of the wellness activity calendar, various promotional flyers and an on-site fitness class evaluation follow.



Wellness Activity Calendar October 2017



Check out our NEW Classes This month!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CARDIO- CLC 12:00-1:00 *NEW*POUND EMS-5:15-6:15	3 *NEW CLASSES* YOGA- One Gov't Ctr 12:00-1:00 COUNTRY HEAT- LARC LANE- 4:45-5:45	4 YOGA- JJC 12:00-1:00 ZUMBA- EMS 5:15-6:15	5 *NO CLASS TODAY* Health Fair CLC 10:00 - 3:00	6 What is POUND? Pound is a simple, full body cardio jam session inspired by the energizing fun of drumming.	7
8	9 * NO CLASSES* 	10 *NEW CLASSES* YOGA- One Gov't Ctr 12:00-1:00 COUNTRY HEAT- LARC LANE- 4:45-5:45	11 YOGA- JJC 12:00-1:00 ZUMBA- EMS 5:15-6:15	12 *NEW* YOGA- JFS 12:00-1:00 BODY SCULPTING CLC -12:00-1:00 *NEW*COUNTRY HEAT-CLC- 4:45-5:45		
15	16 CARDIO- CLC 12:00-1:00 *NEW*POUND EMS-5:15-6:15	17 *NEW CLASSES* YOGA- One Gov't Ctr 12:00-1:00 COUNTRY HEAT- LARC LANE- 4:45-5:45	18 YOGA- JJC 12:00-1:00 ZUMBA- EMS 5:15-6:15	19 *NEW* YOGA- JFS 12:00-1:00 BODY SCULPTING CLC -12:00-1:00 *NEW*COUNTRY HEAT-CLC- 4:45-5:45	20 What is Country Heat? Country heat is a simple, fun, cardio workout to country music!	21
22	23 CARDIO- CLC 12:00-1:00 *NEW*POUND EMS-5:15-6:15	24 *NEW CLASSES* YOGA- One Gov't Ctr 12:00-1:00 COUNTRY HEAT- LARC LANE- 4:45-5:45	25 YOGA- JJC 12:00-1:00 ZUMBA- EMS 5:15-6:15	26 *NEW* YOGA- JFS 12:00-1:00 BODY SCULPTING CLC -12:00-1:00 *NEW*COUNTRY HEAT-CLC- 4:45-5:45		
29	30 CARDIO- CLC 12:00-1:00 *NEW*POUND EMS-5:15-6:15	31 *NEW CLASSES* YOGA- One Gov't Ctr 12:00-1:00 COUNTRY HEAT- LARC LANE- 4:45-5:45	One Gov't Center - 12th Floor Conf. Rm. B JFS - 3210 Monroe St. Oregon Room BDD Larc Lane - 1154 Larc Lane CLC - 711 Adams St. EMS Training Facility - 2127 Jefferson JJC-Juvenile Justice Center -Training Room		Sponsored by the Board of Lucas County Commissioners Employee Wellness Program Health Coaches 419-213-2088	



NEW FREE Exercise Class



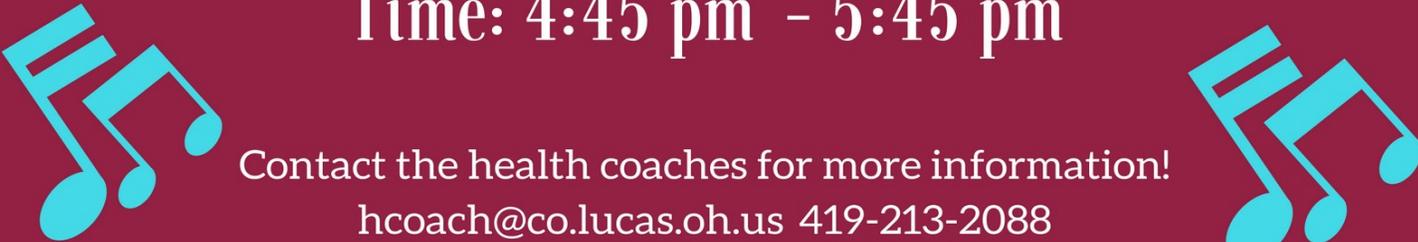
Crank up your calorie burn by attending this fun country swing workout class with your coworkers!



Location: Conference and Learning Center (CLC)
711 Adams Street

Thursdays beginning October 12th

Time: 4:45 pm - 5:45 pm



Contact the health coaches for more information!
hcoach@co.lucas.oh.us 419-213-2088



NEW FREE EXERCISE CLASS

TRY POUND!

Starts Monday,
October 2, 2017!

Sticks are
provided!

Sweat, Sculpt & Rock with POUND. POUND is a full body cardio jam session inspired by the infectious and energizing fun of drumming!



Place: Emergency Medical Services (EMS)

Time: Mondays from 5:15 pm - 6:15 pm

Contact the health coaches for
more information!

hcoach@co.lucas.oh.us

419-213-2088



◆ ◆ *New* ◆ ◆
Free Exercise
Class!

→ *Yoga* ←

at

One Government Center
12:00 pm-1:00 pm
Every Tuesday

Starting 10/3/17

Located on the 12th floor in Conference Room B

Bring your co-workers
for a stress free break
that will leave you
feeling rejuvenated!



Lucas County Wellness Program
419-213-2088 hcoach@co.lucas.oh.us

Evaluations

Date 3/26/18

Class name/location RIPPED Fitness / CLC at 12:00 pm

Has this class helped you to improve your overall level of fitness?

1-not at all	2	3	4	5-very much
			1	4

How would you rate the instructor?

1-poor	2	3	4	5-outstanding
		1	1	3

What did you like about the class?

- The time the class is held is perfect!
- Good cardio, and the added use of free weights.

What did you dislike about the class?

- Classes are sometimes held in small rooms at the CLC and space can be an issue.

What changes (if any) would you like to see with the on-site fitness classes?

- For the class to be held in a larger room.
- An additional class to be held on Fridays at noon.

Additional comments/concerns

- Sometimes the rooms are not available and we have to have the class in the hallway.

Thank you! Don't forget to like us on Facebook: [Lucas County Wellness Program](#)

Evaluations

Date 4/4/2018

Class name/location Yoga / JJC at 12:00

Has this class helped you to improve your overall level of fitness?

1-not at all	2	3	4	5-very much
			2	3

How would you rate the instructor?

1-poor	2	3	4	5-outstanding
			1	4

What did you like about the class?

- A great stretch and relaxing
- Super Convenient
- Content varies each time, can be challenging

What did you dislike about the class?

N/A

What changes (if any) would you like to see with the on-site fitness classes?

- An additional class to be held on Fridays at noon.
- More yoga classes at the JJC.

Additional comments/concerns

- Thank you for having yoga and bringing this instructor to the department.

Thank you! Don't forget to like us on Facebook: [Lucas County Wellness Program](#)

Chapter 4

Annual Employee

Health Fair

10th Annual Lucas County Employee Health Fair

The 10th Annual Lucas County Employee Health Fair was held on Thursday, October 5, 2017 from 10:00 AM to 3:00 PM in the Lucas County Conference and Learning Center. This year's health fair attendance was the largest yet with 588 Lucas County employees and their family members participating in the event. Another notable highlight was having a local news channel cover the event for the first time. Eighteen area vendors attended and provided free services including: Cholesterol and blood pressure screenings, foot pressure mapping, hearing and vision screenings, DEXA-scans, flu shots, ear, nose and throat checks, healthy cooking demonstrations and hand, neck and back massages. This year, there were six new vendors; Foot Solutions, OSU Extension Blender Bike, BGSU Nutrition/Dietetics Program, Harbor Behavioral Health, Transcende by Heidi and Mercy Health. The Toledo-Lucas County Health Department, with assistance from University of Toledo pharmacy students, administered 272 free flu vaccines to county employees and their family members. The health coaches and three Mercy Health nurse volunteers conducted 161 cholesterol screenings.

180 raffle prizes were donated by various organizations throughout Lucas County for the health fair. All employees who entered the raffle were eligible to receive one of the prizes offered. A list of all prizes and winners is included.

An evaluation form was given to all employees and vendors who attended, requesting feedback and recommendations for improvements next year. The majority of the feedback was very positive and the Lucas County Health Coaches are using the critiques constructively to implement changes for the next health fair.

Health Fair Vendors and Services

BGSU Nutrition

Services offered: Healthy cooking demonstration

Dental Center of Northwest Ohio

Services offered: Dental education

Foot Solutions

Services offered: Foot pressure mapping

Harbor Behavioral Health

Services offered: Information on Employee Assistance Program (EAP)

Kenwood Hearing

Services offered: Hearing examinations and educational materials

Lucas County Health Department

Services offered: Administered flu shots

Lucas County Drug Use Review Program

Services offered: Pharmacist provided information regarding the Lucas County Drug Use Review Program

Lucas County Wellness Program

Services offered: Wellness Program information, healthy recipes and cholesterol screenings

Massage Bliss

Services offered: Complimentary massages

Maumee Eye Clinic

Services offered: Vision screenings

Health Fair Vendors and Services (Continued)

Mercy Health Community Health Services

Services offered: Cholesterol screenings

Metroparks of Toledo

Services offered: Information on local Metroparks and walking trails

Ohio State University Extension

Services offered: Derascan and blender bike smoothie sampling

ProMedica Tobacco Treatment Center

Services offered: Pulmonary lung screening and tobacco treatment information

St. Luke's Hospital

Services offered: Dexascan to measure bone density

The University of Toledo Family Medicine

Services offered: Measured blood pressure and offered ear, nose and throat checks

The University of Toledo Trauma

Services offered: Information on traffic safety and alcohol use

Transcende by Heide

Services offered: Complimentary hand and neck massages

10th Annual Employee Health Fair Raffle Prize Winners

Company	Prize	Employee
Libby Glass Outlet	Champagne Flutes	Hope Modlin
Libby Glass Outlet	Glass Pitcher Set	Bob Gutierrez
Libby Glass Outlet	Red Wine Glasses	Marcie Cousino
Libby Glass Outlet	White Wine Glasses	Rebecca Battles
Second Sole	\$25 Gift Certificate	Mark Dansack
Bar Louie & Fuzzy Tacos	Free Appetizer Card + Free Chips & Queso	Teresa Allen
Bar Louie & Fuzzy Tacos	Free Appetizer Card + Free Chips & Queso	Megan Hite
Bar Louie & Fuzzy Tacos	Free Appetizer Card + Free Chips & Queso	Laura Calvin
Bar Louie & Fuzzy Tacos	Free Appetizer Card + Free Chips & Queso	Angela Russell
Bar Louie & Fuzzy Tacos	Free Appetizer Card + Free Chips & Queso	Janae Miller
Mongolian Grill + Pizza Fire	\$10 Mongo Money Card + Free Pizza Card	Nicole Knaggs
Mongolian Grill + Pizza Fire	\$10 Mongo Money Card + Free Pizza Card	Amy Kunkel
Mongolian Grill + Pizza Fire	\$10 Mongo Money Card + Free Pizza Card	Wendy Singlar
Mongolian Grill + Pizza Fire	\$10 Mongo Money Card + Free Pizza Card	Kassi Billick
PJ's Deli	\$10 Gift Card	Michelle Founier
PJ's Deli	\$10 Gift Card	Linda Baker
PJ's Deli	\$10 Gift Card	Cami Roth Szirotnyak
Dave N' Busters	\$25 Rechargeable Power Card	Heidi Srfeientes
Imagination Station	4 Complimentary Visit Tickets	Jennifer Turk
5 th Street Pub	\$15 Gift Card	Dan Marchal
Fusion Restaurant	\$20 Gift Card	Torey Evans
Blarney Irish Pub	\$25 Gift Card	Michelle Rudess-Dodd
Art Supply Depot	Art Supply Gift Bag	Jeremy Byrnat
Books A Million + Teavana	The Good Daughter +1 bag of pumpkin spice tea	Kim Hibbett
Books A Million	Orphan Train Girl + 1 bag of pumpkin spice tea	Aletha Reshan
Books A Million	If There's No Tomorrow + tote bag	Michele Flanagan
Books A Million	The Marriage Pack + 1 bag of pumpkin spice tea	Karen Villarreal
Books A Million	Bravelands + 1 bag of Teavana tea	Sandy Lewandowski

Shared Lives Studios	Coffee mug with hot cocoa	Sheila Gibbs
Shared Lives Studios	Coffee mug with tea bag	Sandra Brown
Pot Belly Sandwich Shop	1 Free Sandwich Coupon	Taylor Perkins
Pot Belly Sandwich Shop	1 Free Sandwich Coupon	Robert Kasprzak
Pot Belly Sandwich Shop	1 Free Sandwich Coupon	Faynett Brown
Pot Belly Sandwich Shop	1 Free Sandwich Coupon	Laura Fitzenrider
Pot Belly Sandwich Shop	1 Free Sandwich Coupon	Sabrina Craig
Pot Belly Sandwich Shop	1 Free Sandwich Coupon	Blaire Albring
Pot Belly Sandwich Shop	1 Free Sandwich Coupon	Corina Vasquez
Pot Belly Sandwich Shop	1 Free Sandwich Coupon	Brooke Rivera
Pot Belly Sandwich Shop	1 Free Sandwich Coupon	Sonya Gray
Pot Belly Sandwich Shop + Transcende	1 Free Sandwich Coupon + Transcende Oil	Betty Roesler
Toledo Walleye	2 Event Level 2 Ticket Pass	Mike Harrigan
Toledo Walleye	2 Event Level 2 Ticket Pass	Becky Johnson
Toledo Walleye	2 Event Level 2 Ticket Pass	Brenda Majdalani
Toledo Mudhens	2 Game Passes	Barb Lau
Toledo Mudhens	2 Game Passes	Gloria Shortridge
Toledo Mudhens	2 Game Passes	Nancy Stelmaszak
Table 44	\$50 Gift Card	Shawn Bates
ICE	\$25 Gift Card	Jeanne Lewis
Pandora	Bracelet and Charm	Jana Mowery
Williams & Sonoma	1 free cooking class	Becky Terry
Piada Italian Street Food	1 Free Piada, Pasta, or Chopped Salad	Robert Heckman
Piada Italian Street Food	1 Free Piada, Pasta, or Chopped Salad	Adria Allen
Piada Italian Street Food	1 Free Piada, Pasta, or Chopped Salad	Yvette Green
Piada Italian Street Food	1 Free Piada, Pasta, or Chopped Salad	Amy Abodeely
Piada Italian Street Food	1 Free Piada, Pasta, or Chopped Salad	Charlene Dedeaux
Starbucks	1 Thermal Travel Mug	Alicia Searle
Starbucks	1 Thermal Travel Mug	Kris Miller
Starbucks	1 Thermal Travel Mug	Chris Zartman
Starbucks	1 Thermal Travel Mug	Siti Dotson - Chambers
Starbucks	1 Thermal Travel Mug	Lori Poulin
Starbucks	1 Dark Roast Coffee Bag	Charlotte Boyd
Starbucks	1 Pour Over Ceramic Brewer + Pour Over	Sharonda Diggins
Starbucks	1 Espresso Cup	Mary Zielinski
Starbucks	1 Medium Roast Coffee Bag	Karen Bridge
Starbucks	1 Writeable Travel Mug w/ Mini Bear	John Carter
Ye Olde Durty Bird	1 \$25 Gift Card	Victoria Moere
UT Athletic Department	4 Football Game Tickets	Marcus Kelly

Manos Greek Restaurant	1 \$10 gift card	Marsha Mooris
Manos Greek Restaurant	1 \$10 gift card	William Weis
Manos Greek Restaurant	1 \$10 gift card	Paul Jomantas
Manos Greek Restaurant	1 \$10 gift card	Cathy Jaffe
Rave theatres (fallen timbers)	2 free movie pass	Debra Armstrong
Shirley's Gourmet popcorn	1 \$5 gift card	Melissa Coburn
Shirley's Gourmet popcorn	1 \$5 gift card	Debbie Young
Barnes and Noble	Bluetooth Wireless keyboard	Floyd Boatman Sr.
Barnes and Noble	Adult coloring book	Kaity Bertsch
Barnes and Noble	1000 Piece Puzzle + DB \$25 GC	Janina
Barnes and Noble	Recipe Card	Shelia McGowan
Caper's Pizza Bar	Gift Certificate 1 Pizza	Stacy Kipotich
Executive Diner	\$15 Gift Card	Linda Janicki
Social Gastropub	\$25 Gift Card	Adam Hansen
Social Gastropub	\$25 Gift Card	Sherry Samson
Meyers Car Wash	Gift Basket Bucket	Todd Switala
Meyers Car Wash	Free Car Wash	Margo Dinkens
Meyers Car Wash	Free Car Wash	Mary Kunckel
El Camino	\$20 Gift Card	Linda DeLaPena
Splash Universe	2 All day passes	Joy Dauterman
Bikram Yoga	1 Free class pass	Roberta Whitacker
Bikram Yoga	1 Free class pass	Patricia North
Bikram Yoga	1 Free class pass	Tunisia Thompson
Bikram Yoga	1 Free class pass	Robin Kramer
Aspire Fitness	2 Free Personal Training Sessions	Dawn Lowell
Aspire Fitness	2 Free Personal Training Sessions	Rose Diggins
Aspire Fitness	1 Free Month Membership	Laurie Plymale
Aspire Fitness	1 Free Month Membership	Janice Woodson
Kroger	\$10 Gift Card	Carlyon Perkins
Kroger	\$10 Gift Card	Brandon Witt
Kroger	\$10 Gift Card	Jessica Chapa
Kroger	\$10 Gift Card	Olga Melendrez
UT Bookstore	1 T-shirt	Rome
UT Bookstore	\$10 Gift Card	Honey Rizo
Fuzzy Tacos	\$15 Gift Card + Free Chips & Queso	Jodi Stofer
Renaissance Hotel	1 Free night stay/ breakfast included next day valued at \$189	Kory Koepfer
Corelife Eatery	2 Free Entree	Lena Betts
Corelife Eatery	2 Free Entree	Monica Benoit
Fuzzy Tacos + Tanscende by Heidi	Free Chips & Queso + Free Baja Taco + Transcende oil	Margaret Zotkiewicz

Fuzzy Tacos	Free Chips & Queso + Free Baja Taco + Transcende oil	Jan Jones
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco + Transcende oil	Johannah Wjan
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco + Transcende oil	Amy Priest
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco + Transcende oil	Nadine Musser
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco + Transcende oil	Carm Roth
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco + Transcende oil	Darlene Rose
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco + Transcende oil	Carrie Broshious
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco + Transcende oil	Tamara Bolfa
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco + Transcende oil	Chris Hart
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco + Transcende oil	Michelle Carson
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco + Transcende oil	Tracie Graham
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco + Transcende oil	Suzanne Brown
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco + Transcende oil	Barbara Jones-Robinson
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco + Transcende oil	Rhonda Nicholson
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco + Transcende oil	Dora Anderson
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco + Transcende oil	Michelle Bollinger
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco + Transcende oil	Kathleen Haddeed
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco + Transcende oil	Debbie Orlando
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco + Transcende oil	Lori Welling
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco	Celine Woods
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco	Nancy Reineke
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco	Sharon Gillard Hightower
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco	Dawn Reed
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco	Stephanie Beebe
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco	Justin Pearson
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco	Eva Sanchez
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco	Melissa Hallenbeck
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco	Kellan Baker

Fuzzy Tacos	Free Chips & Queso + Free Baja Taco	Charia Newsom
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco	Betty Harrison
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco	Sharon Hubbard
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco	Tracey Martinez
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco	Leah Pallenik
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco	Rich Lopez
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco	Jessica Atkins
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco	Miriam Reeves
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco	Melanie Blake
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco	Linda Rosenbloom
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco	Amy Walker
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco	Stefanie Reed
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco	Angela Bodnar
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco	Alan Mutchler
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco	Becky Lloyd
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco	Gary Arbuckle
Fuzzy Tacos	Free Chips & Queso + Free Baja Taco	Tre'Ve Carter
Balance Grill	1 \$10 Gift Card	Jenni Hoffman
Balance Grill	1 \$10 Gift Card	Natalie Edwards
Balance Grill	1 \$10 Gift Card	Holly Baldwin
Balance Grill	1 \$10 Gift Card	Ruby Nolan
Balance Grill	1 \$10 Gift Card	Ellie Roselle
Tireman	1 free oil change	Rhonda Ballout
Tireman	1 free oil change	Cheryl Gorny
Tireman	1 free oil change	Judy Jacobs
Blue Pacific Grill	2 free entrée + Drinking Glass	Shelia Metternick
Blue Pacific Grill	1 Free Appetizer + Honey Garlic Soy Sauce	Lynette Shindorf
Michael's Café & Bakery	\$25 Gift Card	Laura Bowerman
Zoup	\$5 Gift Certificate	Amanda Thatcher
Zoup	\$5 Gift Certificate	Teena Baker
Zoup	\$5 Gift Certificate	Denise Greenblatt
Zoup	\$5 Gift Certificate	Toyneka Jones
Zoup	\$5 Gift Certificate	Dawn Stuck

Appliance Center	\$50 Gift Card	Caitlyn Fuller
Appliance Center	\$50 Gift Card	Anna Buschman
Hall of Framers	Framed and Signed Walleye Photo	Mike Donofrio
Big Apple Deli	\$10 GC and goodie bag	Sheryl Browne
Teavana + Transcende by Heidi	1 bag of pumpkin spice tea + Transcende Oil	Serina Rayford
Teavana + Transcende by Heidi	1 bag of pumpkin spice tea bag + Trascende Oil	Susan Peth
Teavana + Transcende by Heidi	1 bag of pumpkin spice tea bag + Transcende Oil	Jim Volschow
Teavana + Transcende by Heidi	1 bag of pumpkin spice tea bag + Transcende Oil	LeReine Howie
Teavana + Transcende by Heidi	1 bag of pumpkin spice tea bag + Transcende Oil	Stephanie Baltes
Teavana + Transcende by Heidi	1 bag of pumpkin spice tea bag + Transcende Oil	Mandy Mellott
Teavana + Transcende by Heidi	1 bag of pumpkin spice tea bag + Transcende Oil	Lynne Paren
Teavana	1 bag of pumpkin spice tea	Candy McGarth
Teavana	1 bag of pumpkin spice tea	Kristine Worthy

Health Fair 2017 – Vendor Evaluation Results

An evaluation form was given to each of the 18 vendors who participated at the health fair. The evaluation rated the health fair on attendance, pre-planning, management, time/location, booth space and publicity. The results are based on 18 completed evaluations:

All vendors who returned the evaluation indicated that they would attend next year’s health fair if asked to participate.

	Excellent	Fair	Poor
Attendance	17	0	0
Pre Planning	14	2	0
Management	16	1	0
Time/Location	15	2	0
Location of Booth	16	2	0
Booth Space	11	5	1
Publicity	12	3	0

Comments:

Food was great.

Great lunch. Nice selection. Staff was very helpful.

Larger room needed.

The room was very congested, people forming lines that would block entrance to the table. Temperature got very warm in the room. Lack of trash cans/access.

Tell vendors where they can park (map?) Did you mention the garage is cash only? Otherwise great attendance and thank you for the food. You are the best health fair I’ve ever done.

Appreciate program fitting us in this year! Very beneficial as majority of attendees are covered under the Harbor EAP benefit.

Appreciate access to an electrical outlet.

A little on the warm side, but we are having a warm October. Heard a few people walking by saying they get a bit anxious with the screenings because there is a large crowd. Overall, great job! Well attended! Look forward to next year.

Thanks for the wonderful hospitality! Another great health fair!

Didn’t know where parking was. Parking should be validated.

Lost count of how many employees I talked with, but it was amazing.

Excellent participation. Great to see so many taking advantage of this opportunity. When scheduling with Mercy Health again for cholesterol screening, be sure to tell us the correct cholesterol screening tests needed so we can also provide the TC, HDL, Ratio, and Blood Glucose.

Employee Evaluation Results

An evaluation form was given to all Lucas County employees who attended the health fair. The evaluation rated the health fair on attendance, management, time/location, vendors/services and advertising. The results are based on 15 completed evaluations:

	Excellent	Fair	Poor
Attendance	15	0	0
Management	13	2	0
Time/Location	11	2	2
Vendors/Services	13	2	0
Advertising	15	0	0

Everyone who returned the evaluation indicated that they would attend the health fair again next year.

Comments:

Enjoyed the vendors and freebies! It was a bit crowded, but overall a good health fair.

Glad I attended, can't wait until next year. Pleased we were given a "paid" hour to attend.

Larger area needed and more vendors.

So many great booths this year! The extended hours are appreciated.

A bigger venue is needed there was too little space for the providers and their lines.

There should be more providers for Dexa scan, cholesterol checks, as well as pulmonary.

I wonder if moving the flu shots to another room might improve the traffic flow for the rest of the fair.

Awesome job on everything but I could only get flu shot, cholesterol check and hearing test in the 55 minutes I was there. Record crowds there indicate people are interested!

Improvements added to the 2017 10th Annual Health Fair

Based upon the evaluation responses from 2016, the following changes were made to this year's health fair:

New vendors and services were provided, including: Foot Solutions foot pressure mapping, Transcend by Heidi hand and neck massages, BGSU Dietetic Program cooking demonstration, OSU Extension blender bike smoothie sampling, Mercy Health nurse volunteers providing cholesterol screenings and Harbor EAP providing adult coloring books and educational information.

We ordered additional cholesterol cartridges to ensure adequate supply.

We increased the number of donations for raffle prizes from 136 to 180.

We required all vendors to complete a vendor confirmation form. This confirmed their attendance and allowed us to meet their needs and/or special requests.

We partnered with Mercy Health nurses to provide additional cholesterol screenings. We were able to increase our screenings from 109 in 2016 to 161 in 2017.

Improvements planned for 2018 11th Annual Health Fair

Discuss the idea of a bigger venue to service the growing attendance amongst vendors and employees.

Need to ensure Mercy has the same cholesterol equipment as health coaches.

Make a parking direction map so vendors know parking areas ahead of time and notify vendor parking can not be validated

Redesign vendor evaluation.

»»»»»»»»» **TOMORROW** <<<<<<<<<<<

10th Annual Health Fair

THURSDAY, OCTOBER 5TH
10:00 AM-3:00 PM
CONFERENCE & LEARNING CENTER
711 ADAMS ST.

Health Services offered for FREE!

*Foot Pressure Mapping *NEW**

*Bone Density Scans for Women *NEW**

*Smoothie Blender Bike *NEW**

*Stroke Assessment *NEW**

Live Cooking Demonstration

Chair and Neck Massages

Cholesterol and Blood Pressure Screenings

Hearing and Vision Screenings

Lung Pulmonary Screenings

Flu Shots (must have copy of insurance card)

ATTEND THE HEALTH FAIR AND ENTER THE RAFFLE FOR SOME

AMAZING PRIZES!

NEW RAFFLE PRIZES FROM:

Renaissance Hotel

Social Gastropub

Pandora Jewelry

Claro Coffee

Dave N Busters

Appliance Center

Balance Grille

5th Street Pub

Blarney Irish Pub

Table 44

ICE Restaurant

Michael's Cafe

**Come join your
co-workers for a
day full of
interactive health
activities!**



Chapter 5

Annual Employee

Fitness Expo

2018 Lucas County Fitness Expo

The Lucas County Health Coaches hosted the 2018 Fitness Expo on January 25, 2018. The event was held at the Conference and Learning Center (711 Adams St.) in downtown Toledo from 11:00 am to 2:00 pm. All Lucas County employees were invited to attend the expo free of charge. Our goal was to promote local gym facilities and fitness studios throughout Lucas County to encourage employees to make informed decisions before signing a membership. In addition, we encourage employees to sign a fitness contract with the health coaches to help them stay accountable to participating in physical activity. Attendance for this year's fitness expo significantly increased to 100 employees compared to the 27 employees who attended last year. Nineteen workout facilities were invited and 11 attended this year's event. Employees were able to meet with representatives from each facility and a health coach. The health coaches signed 17 employees up for fitness contracts and also offered blood pressure checks, pulse, BMI, body fat percentage and waist circumference for employees.

Fitness Expo Vendors

- Mercy Health Weight Management
- Glass City CrossFit
- YMCA/JCC of Greater Toledo
- Metroparks
- I Love Kickboxing
- Tonic Maumee
- Aspire Fitness
- Orange Theory Fitness
- LB's Circuit Training
- Essence Yoga & Pilates
- Marci's Downtown Yoga

Vendor Evaluation

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The expo was well organized.	8	3			
The facility layout space met my expectations.	8	2			
I was satisfied with my booth location.	8	1	3		
I received adequate exposure to the attendees.	8	3			
I was satisfied with the number of attendees.	7	2	2		
Staff was helpful and available when needed.	8	2	1		
The expo was a beneficial experience.	9	2			
I would participate in next year's expo.	9	2			

Comments:

"It was nice to be part of this great event! Looking forward to next years."

"I enjoyed meeting and talking with everyone. Thank you for including me. I am excited to join next year!"

"This was a great event! It was clearly very well advertised and very organized. Thank you for inviting me!"

Improvements Planned for 2019 Fitness Expo

Be sure to send out email and Facebook post on the day of the event to ensure employee attendance.

Redesign employee evaluation.

Invite and confirm at least 15 gyms or fitness facilities.

Employee Evaluation

“How would you rate the overall fitness expo?”

	Excellent	Fair	Poor	No Response
Overall Rating	56	17	1	1

“Do you plan to make changes based on what you learned or participated in at the Fitness Expo?”

	Plan to Make Change	Maybe Will Change	No Intention to Change
Employee Responses	43	27	5

“I will return to the Fitness Expo.”

	Will Return	Maybe Will Return	No Response
Employee Responses	70	4	1

Employee Feedback

Favorite booths:

YMCA

Lbs and I Love Kickboxing

Metroparks

Essence

Orange Theory

Aspire and Health Coaches

Mercy Health Weight Management and Glass City CrossFit

Marci's Downtown Yoga

Employee Evaluations Cont.

More than 25% of employee feedback for vendor requests pertained to healthy food options or nutrition advice. Many of the remaining comments centered on requesting certain vendors to return next year or asking for larger franchises to attend.

Most comments and suggestions we received were very positive, ranging from “Thank you” or “Great expo” to more detailed comments such as:

"Well run again. Health coaches should be commended for their efforts!"

"Really appreciate the health coaches - the whole approach to staying well proactively."

"This was so helpful and convenient! Thank you!"

"I'm glad you do this and like the fitness/weight loss contracts."

"I plan on joining a gym soon. The vendors giving out free passes will help me make a decision. Thank you."



It's never too early or too late to start enjoying the benefits of healthy living!

2018

Fitness Expo

JANUARY 25, 2018

Time: 11:00 am to 2:00 pm

Location: Conference & Learning Center
711 Adams St.
Toledo, OH 43604



- 18 local gyms & fitness facilities onsite
- Weight loss education
- Raffle prizes

Find out how you can be reimbursed up to 50% for your gym membership!

Brought to you by the Lucas County Health Coaches
419-213-2088 or hcoach@co.lucas.oh.us



Chapter 6

Walking Program

Purpose

The Lucas County Walking Program runs from May through September every year. The program is designed to encourage employees to include walking or any type of physical activity as part of their daily lifestyle. The walking program has proven to be our most popular activity due to its ease and accessibility. The walking program is open to all eligible employees, their spouse and dependents free of charge. There were 28 different sign up locations during March and April. Employees are encouraged to attend the sign ups in order to join the program and learn about the requirements. If employees are unable to attend their department sign up, they can contact the health coaches to reschedule a sign-up time. A total of 322 participants were enrolled in the 2018 Walking Program.

Sign-ups

Participants receive a folder which includes: Information about the program, maps of walking routes around their specific department, information on different walking tours around Toledo as well as the Metroparks and educational information about walking. Participants are also given a walking journal to record the number of minutes they walk or preformed a physical activity that day. Additionally, the journal includes: Health related information, spaces where participants can record their weight, time spent on other activities and monthly goals and accomplishments.

Requirements for Walking Program

Each participant must meet with a health coach, complete a modified physical assessment and questionnaire to participate in the walking program. The physical assessment includes: The participant's height, age, weight, BMI, body fat percentage, blood pressure and waist circumference. The questionnaire asks if the participant takes blood pressure or cholesterol medication, the number of medication(s) taken and whether the participant uses tobacco. Each participant that completes five months of the walking program is required to complete a final assessment similar to the initial assessment to receive their final prize.

Journals

At the end of each month, participants are asked to submit their journals to the health coaches. Employees who submit a copy of their journal and meet the requirements are eligible for a monthly prize.

Requirements for Monthly Prize

In order for the participants to receive the monthly prize, they are required to submit each month's recorded walking times. Each month, the participant must complete 30 minutes or more of physical activity for at least 15 days during the month. If they meet the requirement, the participant receives a prize. In order to receive the final prize, a \$10 gift certificate, participants must complete all four previous months as well as complete the final assessment.

Monthly Prizes

May - Sunscreen

June - Phone Kick Stand

July - Bag

August - Wellness T-Shirt

September - \$10 Gift Card (only eligible to participants who completed all five months of the programs well as the final assessment)

Reminders

At the end of each month, the health coaches send a reminder to all participants to submit their monthly walking journals.

Find a Health Coach

In conjunction with the Lucas County Walking Program, the health coaches hold Find a Health Coach bi-weekly during the summer months. Find a Health Coach allows employees the chance to get outside, take a walk and receive a free prize. The health coaches select different locations in the downtown area and employees are given clues to find them. This year's locations included: [Koi Pond Painting](#), [Promedica Echo Statue](#), [Hensville Park](#), [Imagination Station](#), [Toledo Rooftop Library](#), [Pythian Castle](#), [Piano Twist at Huntington Center](#), [Glass Frog by Durty Bird](#) and [Statue by 5/3 Field](#). Prizes are distributed to all employees who walk and find the health coaches. This year's prizes included: Travel size dressing containers, phone arm bands, lemon squeezers, microwave egg cookers, mini first aid kits, mosquito repellent bracelets, thermal hot/cold bags, flexible cutting boards and apple corers.

Example of Find a Health Coach flyer to follow.

FIND A HEALTH COACH



Thursday May 17, 2018
11:30 am - 1:00 pm



CLUES:

1. This non-profit health care system sits next door.
2. This piece of art is located inside Promenade Park.
3. Find us standing here, at what's said to look like an "echo."

Lucas County employees who walk the downtown area during their lunch breaks and find the health coaches will receive a free PRIZE!

Walking Program Participation Data

	2016	2017	2018
Month	# of Participants	# of Participants	# of Participants
May	106	193	173
June	105	157	150
July	102	141	130
August	96	121	N/A
September	74	124	N/A

Find a Health Coach Participation Data

- ◇ May 3: Koi Pond Building Painting (19 people)
 - ◆ Prize: Travel Dressing Container
- ◇ May 17: Promedica Echo Statue (42 people)
 - ◆ Prize: Media Arm Bands
- ◇ May 31: Hensville Park (26 people)
 - ◆ Prize: Lemon Squeezers
- ◇ June 14: Imagination Station (44 people)
 - ◆ Prize: Mini First Aid Kit
- ◇ June 28: Toledo Library Rooftop (30 people)
 - ◆ Prize: Thermal Hot Cold Bags
- ◇ July 12: Pythian Castle (40 people)
 - ◆ Prize: Apple Corer
- ◇ July 26: Piano Twist at Huntington (50 people)
 - ◆ Prize: Mosquito Repellant Bracelet
- ◇ August 9: Glass Frog by Durty Bird
 - ◆ Prize: Soup Mug
- ◇ August 23: Rock Statue by 5/3
 - ◆ Prize: Flexible Cutting Board

Chapter 7

Health Education

The Great American Smokeout

The Great American Smokeout is an annual event that aims to inspire smokers to quit smoking. Originally, this event's goal was to inspire smokers to quit for one day. It was believed that quitting smoking for one day would show smokers how easy it is to quit permanently. However, quitting is not that simple. The health coaches strive to implement a program that is available to all employees and provide them with tools to help them to quit smoking. This year's Great American Smokeout event took place at One Government Center, Juvenile Justice Center, BDD Larc Lane Admin and Non Admin, Children Services, Main Court and Jobs and Family Services. A total of 33 employees participated in this year's event.

Employees were able to participate in a Twister like interactive game. Participants spun the Twister wheel, landed on a color, and were given 3 questions. Yellow questions focused on smoking triggers, green questions related to the benefits of quitting smoking, blue questions dealt with cessation methods and red questions were about the diseases and health problems associated with smoking. Employees who answered 3 questions correctly earned a stress ball.

Flyers and pamphlets with smoking related educational information were distributed to employees. These materials were eye catching and great conversation starters. Employees were also given resources on how to quit smoking. The following is a list of topics provided at each display table:

- **“Apps to Help You Quit”**
- **“American Cancer Society Freshstart Medication Handout”**
- **“Smoking Timeline”**
- **“4 D’s to Fighting the Urge”**
- **“Why You Should Quit”**

All attendees were given cards with information about The Lucas County Employee Smoking Cessation Program. There were no new smoking cessation contracts signed during the event. Employees were able to tape their pledge to quit smoking to a large cardboard cigarette. One employee pledged to quit during the event at Juvenile Justice Center. A trifold board was set up at all six locations with information about smoking cessation, coping habits, components in a cigarette and the true cost of cigarettes. An example flyer is included at the end of this chapter.

Weekly Weigh-Ins

Being aware of your weight is important in maintaining a healthy lifestyle. To assist employees in becoming more aware of their weight trends and fluctuation, the Lucas County Health Coaches helped weigh in employees on a weekly or biweekly basis at the request of the department.

- **Lucas County Recorder** - Continuous weigh-ins every week from 9/11/17-7/26/18
 - 3 participants lost a total of 0.8 lbs (as of 6/28 weigh in)
- **Lucas County Clerk of Courts** - Continuous weigh-ins every other week from 8/3/17-7/26/18
 - 12 participants lost 2.6 pounds (as of 6/28 weigh in)
- **Adult Probation** - Fridays from 4/2/18-6/22/18
 - 16 participants lost a total of 90.2 pounds
- **BDD Larc Lane Admin**– Every Tuesday from 7/25/17-10/3/17
 - 10 participants lost a total of 18.4 pounds

Staying Healthy on a Budget

Staying Healthy on a Budget is a flyer that is sent to employees every other week. The goal of this newsletter is to provide information that will lead employees to live a healthier life. Some of the topics included: Spring allergies, how to start an indoor garden, mental health and drink alternatives. Currently, 1,080 Lucas County employees signed up to receive these emails.

An example is included at the end of this chapter.

Health Risk Assessments

As part of the employee benefits program, all employees covered under health insurance offered by Lucas County are required to complete a health risk assessment once per plan year, March 1st - February 28th (29). The health coaches are able to provide assistance with the assessments for the two different health plans offered. The health risk assessment includes questions regarding health history, eating habits, exercise routines, stress and much more. Once completed, the program then analyzes the data from the assessment and gives the employee a score regarding their current health status and access to a nurse that can assist them in obtaining a healthier lifestyle. Flyers are distributed to remind employees to complete their health risk assessment.

An example of a flyer is included at the end of this chapter.

Healthy Cooking Demonstrations

The Lucas County Wellness Program offers healthy cooking demonstrations onsite at interested departments.

Each healthy cooking demonstration focuses on cooking once and creating multiple healthy meals with the leftovers. Our summer 2017 cooking demonstration featured a green mango smoothie and a vegetable pizza with a Greek yogurt based dressing. We discussed how quick and easy both meals were to make and the benefits of using Greek yogurt versus cream cheese. The total cost for food and supplies was under \$30 for each of the featured recipes and easily fed 5-15 employees who attended.

Our summer 2018 demonstration taught employees how to make homemade hummus with a side chopped kale salad. We discussed how quick, easy and affordable both meals were to make and the health benefits of eating both dishes. We made enough for both recipes feeding 10-20 employees who attended.

Recipe cards and evaluations were distributed at each demonstration. An example of our 2018 cooking evaluation can be found on the next page.

A flyer for the cooking demonstration is included at the end of the chapter.

Cooking Demonstration Summary

The Lucas County Wellness Program healthy cooking demonstration was held on May 8, 2018 at Family Council. Our goal is to provide budget friendly healthy meals for all employees. There were 10 employees in attendance. The health coaches demonstrated how to make homemade hummus and chopped kale salad. We also discussed how quickly and easy both meals are and the health benefits of eating both kale and hummus.

Please give this cooking demonstration an overall rating.

Excellent	Good	Fair	Poor
8	2	0	0

What did you like best about the cooking demonstration?

- Presentation was fun and very interactive.
- Presentation was fun and enjoyable.
- Being introduced to new foods like kale and learning about the health benefits of them.
- Learning step-by-step how to make hummus.

What did you like least about the cooking demonstration?

- Presenters forgot to bring pens for sign-in sheet.
- There weren't enough pita chips for everyone.

Would you consider attending another cooking demonstration?

Yes	No
10	0

Comments or suggestions for improvements or ideas for another cooking demonstration

- *Would like to have a liquid option, a drink or smoothie.*
- *Would like to taste each ingredient being used during the demonstration.*
- *Would like to see healthy desert ideas at a cooking demonstration.*
- *Greg and Jessie were awesome.*

March Madness

The March Madness challenge works the same way as the March Madness basketball bracket. The competition ran from March 1st to March 30th. Employees were able to earn points by completing various healthy activities to move on to the next round. An activity log was provided to all participants to document their successes in a written format. They were required to email their activity log to the health coaches every two weeks to determine which participants would advance to the next round. The final four received an 8 in 1 kitchen utensil bottle. A total of 97 employees signed up for this year's March Madness.

Final Four Winners: Nathaniel Pettaway, Barb Marchal, Dan Marchal and Tracie Graham

An example flyer is included at the end.

Health Coach Day

Health Coach Day is an opportunity for employees to receive a variety of on-site wellness services in one setting at no cost. Services included: cholesterol and blood pressure screenings, one-on-one meetings, developing a personal health plan and signing a wellness contract.

The health coaches visited 20 departments. Departments included:

- CSB, CSEA, Mental Health & Recovery Services Board
- Facilities
- Veterans Services/Coroners
- EMS
- BDD Larc Lane Non Admin/Larc Lane Admin
- JJC
- Main Courthouse
- Health Department
- JFS
- Auto Title
- Educare

A total of 168 employees participated in Health Coach Day. The employees received Health Coach Day very well and even requested that the health coaches return to their department again.

Trifold Display

The wellness program display board is located in the front window of the Lucas County Employee Benefits office. This board features ways to practice good oral hygiene, benefits to good oral health, the amount of sugar in drinks and candy and health problems that can arise from poor oral health. This board is informative and provides helpful tips for a person's every day life.



Caught Being Healthy

Caught Being Healthy is an interactive activity where the health coaches “catch” Lucas County employees performing positive and healthy behaviors. With the employees consent, a picture is taken and uploaded to the Wellness Programs Facebook page to showcase the employee performing the healthy behavior. This activity was introduced to encourage employees to continue healthy behaviors or begin a new one. Caught Being Healthy included: Walking on a lunch break, drinking water instead of soda, eating a healthy lunch, signing a wellness contract and growing an indoor salad garden.

Example of a Caught Being Healthy featured in the Wise and Well is shown below.

Caught Being Healthy!

Hannah McAbee

Works at Family Court

Hannah likes to eat a salad for lunch, so she began to grow her own lettuce using a salad garden pot. The pot sits on her desk at work. A salad garden pot is a great way to eat healthy at work, in addition to adding some color to your office.



Interested in starting your own salad garden pot?

Contact the health coaches and we can assist you on what you need to start your own.

YOU CAN DO THIS!



GREAT AMERICAN SMOKEOUT

TODAY IS THE DAY!

If you or anyone you care about, are thinking about quitting we want to help! Get started by stopping by the Health Coach table on November 15th for helpful tips, 100% reimbursement on smoking cessation methods, free prizes and more!

November 15, 2017
9:30 am - 10:30 am
Larc Lane Admin
Main Lobby



CONTACT THE HEALTH COACHES
FOR MORE INFORMATION AT
419-213-2088.

Enjoy Fresh Vegetables all Summer Long With Your Own Garden

Helpful Gardening Tips to get you Started:

Location is key when planting vegetables whether they are inside or outside. Most vegetable plants need about 6 hours of direct sunlight per day.

Using slow release fertilizer will help maintain the nutrient levels in soil. This type of fertilizer slowly releases beneficial nutrients in to the soil over a period of time.

Start out small! Buy seeds and plant them in small pots or containers. These can be less intimidating for a new gardener.



Make sure to water potted vegetables often, you want the soil to be moist to the touch but not saturated. It is possible to over water your planted vegetables.

Vegetables to plant in June:

- Beets
- Corn
- Basil
- Sugar peas
- Summer squash



Vegetables to plant in July:

- Broccoli
- Brussels Sprouts
- Leaf Lettuce
- Cauliflower
- Carrots

For more information on gardening contact the
the Lucas County Health Coaches at 419-213-2088





It's Time to Complete Your **Health** Risk Assessment!



**COMPLETE YOUR HEALTH RISK
ASSESSMENT BY FEBRUARY 28, 2018
TO AVOID A \$100 DEDUCTIBLE**



**Instructions on how and where to complete
the HRA is provided in the link below:**



<http://co.lucas.oh.us/3092/Health-Risk-Assessment-HRA>

FrontPath Enrollees

For questions, contact
Tiempl Thornton at
tthornton@hdplus.com
or 234-284-4268

Paramount HMO and PCMH Enrollees

For questions, contact the Paramount
Member Service Department at
800-462-3589, press Option 1, then
Option 6; or
Email: member.service@promedica.org

**For additional questions please contact the
health coaches at 419-213-2088**

Healthy Spring Cooking Demonstration



Date: Tuesday, May 22nd

Time: 12:00 pm

Location: Kuhlman Auditorium

RSVP: Bethany Hayes

hayesb@co.lucas.oh.us



Join the health coaches and learn how to make 3 delicious Mediterranean recipes! This is a great opportunity to learn to prepare healthy and cost effective recipes for you and your family.



**Brought to you by the Lucas County Health
Coaches: Greg, Jessie, Josh, & Kim**

*Lucas County Wellness Presents:
March Madness Wellness Challenge*



When? March 1st - March 30th



How Does it Work?

The March Madness Wellness Challenge works the same way as a March Madness basketball bracket. Participants will be given a log to track fitness exercises and nutrition activities. Those with the most points will be able to knock out their competitors by submitting their logs to the health coaches every 2 weeks. The final four of March Madness will be awarded prizes.



How to Sign Up?

Contact the health coaches by
February 26, 2018 to secure your FREE spot.

Phone: 419-213-2088

Email: hcoach@co.lucas.oh.us

*All participants will receive an email on March 1st with the rules and their first activity log.

New Developments

Weight Watchers At Work

The health coaches partnered with Weight Watchers to bring their program onsite to county employees. We implemented this program at CSB, BDD Larc Lane and JFS. A minimum of 15 employees from each location was required. Each session ran for 13 weeks. All participants enjoyed the onsite classes and have seen great results from the program such as a reduction in cholesterol medication and some have reduced their weight.

Dog Walking Volunteers

Following a partnership with Lucas County Canine Care and Control, the health coaches were able to implement a new opportunity for county employees to continue staying active during their lunch breaks or after work. County employees were able to complete an application and then attend an orientation to become a certified volunteer dog walker. Laura Simmons, the Community Outreach Coordinator, was responsible for handling the application and orientation process.

Applications were sent upon employee request and an orientation was held on May 5th, 2018. 5 employees requested the application and 2 attended the orientation.

The health coaches plan to offer this opportunity again next year. We will advertise to all employees during walking program sign-ups.

Healthy Bowl

As an incentive to help Lucas County employees become healthier, the health coaches started a Healthy Bowl. Often, lunch and break rooms are filled with unhealthy snack options. The Healthy Bowl educates employees and offers healthier snacks options such as bananas, apples, raisin granola bites, snap pea crisps, almonds, rice cakes and granola bars. The healthy bowl also offered a replacement for sugary juice beverages with water as an alternative. Each week, items in the bowl changed, as well as the location. Ideas for healthy alternative snacks for those interested in starting their own healthy bowl were left at the department. Healthy Bowls have been placed at County Personnel Department/Employee Benefits, Auditor/LCIS, Prosecutor's Criminal Division and Commissioners Office.

12 Days of Wellness

The health coaches created a fun way to help employees stay mentally, physically and emotionally healthy during the holiday season. The 12 Days of Wellness is a challenge for all eligible Lucas County employees to participate in different activities that encourage health and wellness during the busy holiday season such as drinking more water, complementing co-workers, completing a safety test around your house and including 3 servings of fruits and vegetables into your day. The challenge was open to all Lucas County employees and ran from December 4th to December 15th.

The winners of this challenge were: Tom Quinn, Stephanie Marable, Allison Metzger, Mark Hipsher and Cynthia Ricks.

Indoor Garden

After highlighting an indoor garden at Family Court in the June Wise and Well, the health coaches had a large number of employees show interest in starting an indoor garden at their department. The health coaches placed plants including peppers, tomatoes, kale, cilantro, lettuce and basil at the Government Center. We received a strong response from departments such as JFS, CLC, Central Drug Testing, Family Council and JJC, wanting more information on indoor gardens for their own departments. Employees expressed their excitement to have the opportunity to take care of a plant and relieve stress with the help of us donating plants to them. We delivered 18 plants this summer and hope to expand to more departments in the following year.

Examples of flyers can be found at the end of this chapter.

Hand Sanitizer Distribution

The health coaches visited various county departments during the winter months to distribute hand sanitizer to employees. Attached were fun facts about the importance of hand washing and the use of hand sanitizer as a way to prevent the spreading of bacteria and germs. The health coaches visited 5 departments distributing 194 free hand sanitizers.

Department	Date	# Handed Out
CSB	2/5/18	47
Family Court	2/6/18	28
JJC	2/7/18	40
One Government Center	2/8/18	50
JFS	2/9/18	29

A fresh start, a convenient setting.

At Work Meetings.

LOCATION:

LARC LANE
NON ADMIN

DAY & TIME:

FRIDAYS AT 12:00 -12:45 PM
APRIL 13 - JULY 13

12 Week Session + 1 Free Week = \$156

Required Registration Date:

Friday, April 6, 2018 at 12:00 - 12:45 pm

Health Coaches will be available to sign employees up for weight watcher contracts. Upon fulfillment of a contract you are eligible for up to 50% reimbursement of the cost.

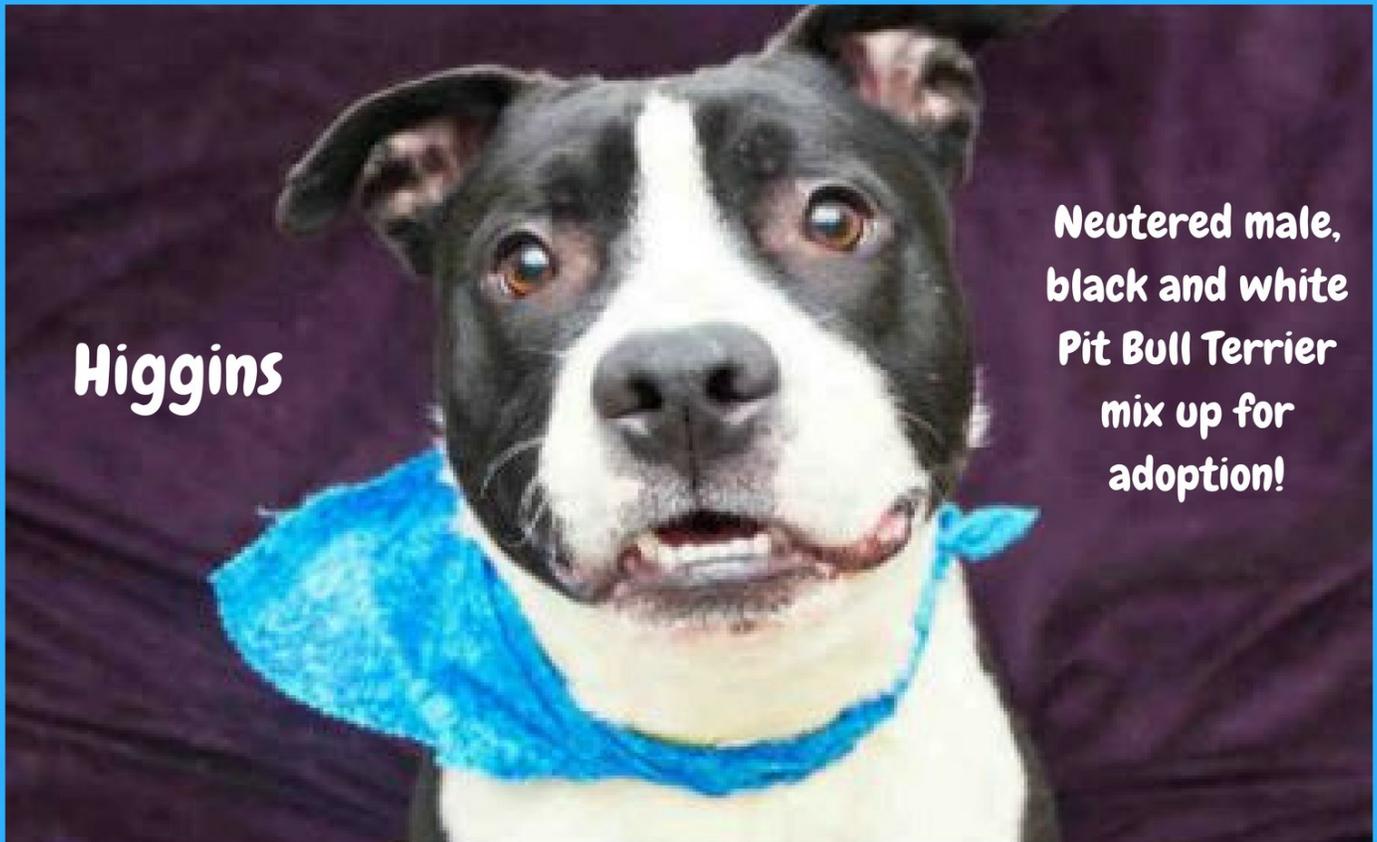
RSVP to the Health Coaches by email or phone with your name & phone number by Tuesday, April 3rd to be included.

Email: hcoach@co.lucas.oh.us

Phone: 419-213-2088



VOLUNTEER DOG WALKERS NEEDED



Higgins

**Neutered male,
black and white
Pit Bull Terrier
mix up for
adoption!**

- **Fill out an application which can be found at www.lucascountydogs.com or email the health coaches for a copy.**
- **There will then be an orientation ----->**
- **After that, you are ready to volunteer!**

Lucas County Employee Orientation

Date: May 8, 2018

Time: 5-7 pm

**Place: Lucas County
Canine Care and Control**



**Lucas County Canine Care and Control
410 S. Erie, Toledo, Ohio**





Healthy Office Snacks: Making a Change

The Lucas County Wellness Program encourages you to choose healthy snack options. Below are some healthy snacks to try:

- Almonds
- Peanut Butter
- Almond Butter
- String Cheese
- Dried Fruit
- Protein Bars
- Hard Boiled Eggs
- Apples
- Bananas
- Greek Yogurt
- Granola
- Celery Sticks
- Carrots Sticks
- Bell Pepper Slices
- Hummus
- Whole Grain Pita
- Whole Grain Crackers
- Fresh Avocado
- Watermelon Chunks
- Baked Kale Chips
- Banana Chips
- Fresh Berries
- Mandarin Oranges
- Cherry Tomatoes

Brought to you by the Health Coaches: Greg, Jessie, Josh, and Kim



DAYS OF WELLNESS

Name _____

Activity Sheet

Department _____



On the 1st Day of Wellness the gift I gave to me

1 New Year's Resolution! Think about an achievable goal that you would like to accomplish in 2018 and make plans to begin achieving that goal in the New Year.

What is your goal? _____

How will you achieve your goal? _____



On the 2nd Day of Wellness the gift I gave to others.....

2 random acts of kindness! Take today to step out of your normal routine or comfort zone and attempt two new random acts of kindness.

What two random acts of kindness did you do today?

1. _____
2. _____

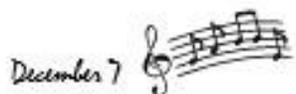


On the 3rd Day of Wellness the gift I gave to me

3 servings of fruits and/or vegetables! Eat at least 3 servings of fruits and/or vegetables today. Try to choose different types so you can get in all your daily vitamins.

What fruits or veggies did you eat today?

1. _____
2. _____
3. _____

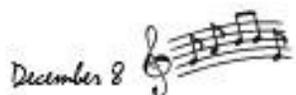


On the 4th Day of Wellness the gift I gave to me

4 stress busters! Combat daily stressors by doing 4 of the following throughout the day today:

(Check off those that you complete.)

- | | |
|---|---|
| <input type="checkbox"/> Take a walk during break or lunch | <input type="checkbox"/> Take a few minutes to meditate |
| <input type="checkbox"/> Call a friend you haven't spoken to in a while | <input type="checkbox"/> Smile at least once every hour |
| <input type="checkbox"/> Have someone give you a massage today | <input type="checkbox"/> Listen to relaxing music |
| <input type="checkbox"/> Stop to take a deep breath every hour | <input type="checkbox"/> Read a book or interesting article |



On the 5th Day of Wellness the gift I gave to me

5 minutes of stretching! Stretch for 5 minutes today. Stretching can improve your flexibility and increase blood flow to the muscles. Stretching can be done anytime and anywhere. Hold each stretch 15-20 seconds and don't bounce in the stretch.

What stretches did you do today? _____



Chapter 8

Communications

Follow Up Calls

Follow up calls are crucial for one-on-one communication with each contract participant. The follow up calls provide time for questions, personal assistance and motivation. Each employee that signs a contract is called three months after their contract start date and also at their six month completion. The six month follow up call is to confirm expiration of the contract, request proof of payment along with proof of attendance to be submitted and schedule a renewal date. An additional call may be made at nine months after their contract begins if a renewal was not completed at the six month follow up call. From August 1, 2017 to July 31, 2018, (1606) follow up calls were made.

Wise & Well Monthly Newsletter

A monthly newsletter is a useful tool for communicating the latest health trends, as well as keeping the employees updated with the most current news within the Lucas County Wellness Program. Lucas County employees receive the “Wise & Well” newsletter as a global email monthly. The newsletter highlights national health observances, nutrition questions, upcoming local events in the community, healthy recipes, an employee spotlight and health related articles.

Lucas County Wellness Program Facebook Page

In order to reach employees that are interested in receiving more information regarding a healthy lifestyle, the Lucas County Wellness Program has a Facebook page. Facebook is beneficial because it provides a more interactive forum with employees and their families. Health coaches post new information multiple times a week. Posts include recipes, monthly onsite exercise calendar, updates pertaining to current wellness program events and helpful tips to living a healthier lifestyle. As of July 31st, there are (391) likes on our Facebook page.

“What Can A Health Coach Do For You?”

In an attempt to increase awareness of the Lucas County Wellness Program to new employees, an informational flyer was created and sent to all new Lucas County employees eligible for Lucas County benefits. The flyer is used to inform new hires of services provided and help encourage them to participate in our programs.

Staying Healthy on a Budget

To provide Lucas County employees with useful health and wellness information, the health coaches send a bi-weekly flyer highlighting different health topics. A few examples include: Portion control, mental tips, benefits of blood pressure screening, diabetes education, etc.

Examples of the Wise and Well Newsletter, New Hire Outreach and Staying Healthy on a Budget follow.



Wise & Well



January 2018

In This Issue

- 2018 Annual Employee Fitness Expo
- Eat This Not That
- Ways to Manage Depression
- National Blood Donation Month
- Seagate Indoor Walking Facility
- Healthy Recipe
- Mental Health Quiz

2018 Annual Employee Fitness Expo

Are you thinking about joining a gym or starting a new fitness class? Knowing which facility best fits your needs can be difficult with the wide variety of gyms and fitness facilities available in the community. To help make your decision easier, the health coaches are hosting the annual employee fitness expo, a free event dedicated to showcasing various gyms and fitness facilities. Employees are encouraged to attend this event to find a gym that suits their individual fitness needs. At the expo, you will also have the opportunity to sign a fitness contract with the health coaches to receive reimbursement for fitness classes. County employees who attend will also have the chance to win free raffle prizes! This event will be held on Thursday, January 25th, from 11:00 AM - 2:00 PM at the Conference and Learning Center, 711 Adams Street, Toledo OH, 43604. We hope to see you there!



Eat this



Whole Grain Cereal

Not that



Loaded Granola

“Be the best version of you”

Explanation provided on the bottom of the second page.

Ways to Manage Depression

Tip 1: Reach out and stay connected. You may feel too exhausted to talk, ashamed of your situation or guilty for neglecting certain relationships. Staying connected to other people and taking part in social activities will make a world of difference in your mood and outlook.

Tip 2: Do things that make you feel good. Follow a healthy lifestyle, learn how to better manage stress, set limits on what you're able to do and schedule fun activities into your day.

Tip 3: Get moving. When you're depressed, just getting out of bed can seem like a daunting task, let alone working out! Exercise is a powerful depression fighter—and one of the most important tools in your recovery arsenal.

Tip 4: Get a daily dose of sunshine. Get outside for 15 minutes of sunlight to help boost serotonin levels and improve your mood.

National Blood Donation Month and Event

National Blood Donor Month has been observed during the month of January since 1970. The goal is to increase blood and platelet donations during winter – one of the most difficult times of year to collect enough blood products to meet patient needs. 4.5 million Americans would die each year without blood donations. By donating just one pint, you can help save up to three lives. Below is information for an American Red Cross blood drive event in Toledo for this month.

Date: January 11, 2018

Time: 10:30 AM to 6:30 PM

Location: Toledo Blood Donation Center 3510 Executive Parkway Toledo, OH 43606

Register online at http://www.redcrossblood.org/give/schedule/scheduleSignInRegistration.jsp?_requestid=232158



Like us on Facebook:



Lucas County Wellness Program

SeaGate Indoor Walking Facility

Location: SeaGate Centre 1st & 2nd Floors

Date & Time: Mon-Fri 7:00 am-10:00 pm



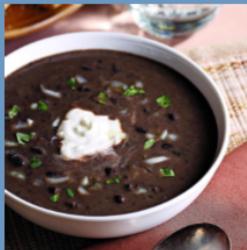
Looking for somewhere to get your exercise and stay warm at the same time? Head on over to the SeaGate Centre for a place to get your steps in and avoid the cold and snowy weather outside. We have even created walking routes with the distances for you to follow to see just how far you walked!

Come walk with the health coaches on Mondays and Thursdays from 12:00 pm to 1:00 pm beginning January 18!

Black Bean Soup

Ingredients:

- 1 tablespoon canola oil
- 1 small onion, chopped
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 2 15-ounce cans low sodium black beans, rinsed
- 3 cups water
- ½ cup prepared salsa
- ¼ teaspoon salt
- 1 tablespoon lime juice



Directions:

1. Heat oil in a large saucepan over medium heat. Add onion and cook, stirring, until beginning to soften, 2 to 3 minutes. Add chili powder and cumin and cook 1 minute more. Add beans, water, salsa and salt.

2. Bring to a boil; reduce heat and simmer for 10 minutes.

3. Remove from the heat and stir in lime juice. Transfer half the soup to a blender and puree (use caution when pureeing hot liquids). Stir the puree back into the saucepan. Serve.

Servings: 4 Calories: 204 Fat: 4g Fiber: 11g Protein: 10g

Eat This Not That Explanation: Whole wheat cereal with low-fat milk is the best choice of conventional breakfast cereals, because it doesn't contain any added sugar or salt, and is high in fiber. Granola can be very high in calories, oils you don't need, and contain scoops of sugar with healthy-sounding names.

Mental Health Quiz

Answer 3 out of the 4 questions correctly to have your name entered to win a prize! Email your answers to the health coaches at hcoach@co.lucas.oh.us

1) How many American adults live with a mental illness?

- A: One in Five
- B: Two in Five
- C: One in Ten

2) Mental illness can affect people of any:

- A. Gender
- B. Age
- C. Race
- D. All of the above

3) True or False: Half of all mental health illnesses show first signs before the age of 14.

4) True or False: Stigma and discrimination cause those with a mental health illness to not seek help or treatment.



Brought to you by the Lucas County Health Coaches : Taylor, Jessie, Krysta, Tasha and Haley 419-213-2088



Lucas County
Wellness Program
@LCWellness

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Your next hire could be on Facebook. Post job opportunities and let potential applicants know you're hiring.

Create Job Post



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Write a post...



Photo/Video



Feeling/Activ...



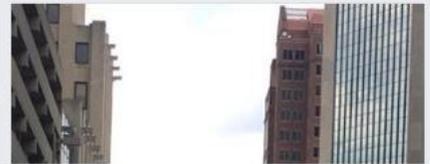
Write Note



Organization in Toledo, Ohio

5.0

Open Now



This Week

What Can Health Coaches Do For You?



The Lucas County Wellness Program provides health coaches to assist employees in identifying health goals and developing a plan to achieve those goals. A health coach is not a personal trainer, but will meet with you to conduct a personal, confidential health assessment and provide you with on-going motivation and support. Health coaches are provided to you at no cost. Call your Lucas County health coaches today to schedule an appointment!



Health Services

- Bi-weekly emails with healthy lifestyle changes
- Reimbursement program for approved gym memberships, fitness classes, Weight Watchers, medical weight loss, smoking cessation, and cardiac rehab.
- Free on-site exercise classes
- Free cholesterol, blood glucose and blood pressure screenings
- Monthly wellness newsletter (Wise & Well)
- Free on-going phone support
- Annual walking program, fitness expo, health fair, and The Great American Smoke Out
- Health Risk Assessment guidance for employees
- Lucas County Drug Use Review Program
- And many more!

Who is Eligible To Participate?

All employees, spouses and dependent children ages 13 and older who are eligible or enrolled in Lucas County health benefits can participate in this program.

Contact Information

Phone: 419-213-2088
Email: hcoach@co.lucas.oh.us
Like our Facebook page: Lucas County Wellness Program



Lucas County Wellness Program

Goal: Encourage, empower, and educate individuals covered by Lucas County Health benefits to maintain optimal health and wellness.

Meet with a health coach one on one to:

- Obtain numbers (BP, BMI, etc.)
- Develop an individual wellness plan
- Ongoing support to reach personal goals

Services Offerend (cont.):

- Walking Program
- Promote and assist with annual Health Risk Assessment (HRA)
- Every 6 months face to face reassessment for contract renewals
- Confidentiality of individuals' information

Who is eligible to participate?

-All employees, spouses and dependent children age 13 and older, who are eligible or enrolled in health benefits through Lucas County

New Services Offered:

- Healthy cooking demonstrations
- Department presentations by request
- Indoor Walking Facility
- Art Walk at One Government Center

Services Offered:

- Health screening-cholesterol, glucose, and blood pressure
- Referrals to the Drug Use Review Program
- Annual Health Fair

On-going phone support from health coaches

Contact Information:

- Phone: (419)-213-2088
- Email: hcoach@co.lucas.oh.us
- Like our Facebook page: Lucas County Wellness Program



WAYS TO MAINTAIN GOOD MENTAL HEALTH

Take care of yourself physically by eating healthy meals, exercising and getting enough sleep.

Exercise is very important because it helps decrease depression, anxiety and improve moods.

*For healthy meal recipes check out our website:
<http://co.lucas.oh.us/2779/Healthy-Recipes>*



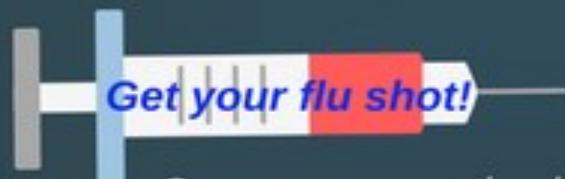
- *Break up the monotony in your schedule by walking or trying a new exercise routine or class.*
- *Volunteer your time and energy at the local homeless shelter.*
- *Surround yourself with supportive family and friends, or seek out activities where you can meet new people.*
- *Set realistic goals. You'll enjoy a sense of self-worth as you progress towards them.*
- *Take time for yourself.*



Brought to you by the Lucas County Health Coaches: Greg, Jessie, Josh, Krysta, and Laurel

It's Flu Season Again!

Prevention is key when it comes to the flu!



Get your flu shot!

Wash your hands
frequently

Cover your mouth when you cough or sneeze.

Stay home
when you're
sick.

What to do if you get the flu

- Stay home and **rest**.
- Drink plenty of fluids to **prevent dehydration**.
- See your **primary care provider** if you have asthma or heart problems, or are pregnant, as you are at a higher risk of **complications** and **hospitalization**.

How do I know it's
the flu?

The flu comes on rapidly and is characterized by high fever, chills, fatigue and body aches. It usually lasts several days, sometimes longer.

The flu usually resolves on its own, but if you experience shortness of breath, chest pain, difficulty breathing, dizziness or severe vomiting seek emergency care immediately.



Brought to you by the Lucas County Health Coaches: Greg, Jessie, Josh, Krysta, and Laurel

Chapter 9

Health Screenings

Overview

The health coaches provided cholesterol, blood pressure, blood glucose, body mass index and body fat percentage screenings at many county departments throughout the year. Educational material on the importance of preventative screenings was provided to all employees who attended.

Between October 2017 and April 2018, 20 Lucas County departments and their employees participated. These departments included:

- CSB/CSEA/Mental Health
- Facilities
- EMS/EMA
- BDD Larc Lane Non-Admin and Admin
- Veteran Services/Coroners
- Juvenile Justice Center
- JFS
- Auto Title Heatherdowns
- Educare
- Main Courthouse
- Sanitary Engineers
- Adult Probation/CTF
- CJCC
- BOE
- BDD Lott Holland
- Sheriffs
- Family Court
- Health Department
- Engineer Admin
- Road Maintenance

All Lucas County employees are invited to attend these free screenings. For each participant, health coaches record various measurements such as height, weight, body mass index, body fat percentage, blood pressure, blood glucose and cholesterol levels. A pamphlet with all of the recorded measurements is provided to each participant to keep for their own records.

The health coaches also provided cholesterol screenings at the Lucas County Annual Employee Health Fair.

An example of a health screening flyer used to promote the screenings and the employee's personalized health screening results pamphlet are included at the end of the chapter.

Department	Date	Number of Participants
Health Fair	October 5, 2017	161
Facilities	February 6, 2018	3
CSB/CSEA/Mental Health	February 15, 2018	12
Adult Probation	February 16, 2018	1
Educare	February 21, 2018	11
Larc Lane Admin	February 22, 2018	5
Larc Lane Non-Admin	February 22, 2018	17
CJCC	February 23, 2018	7
BOE	February 23, 2018	8
Auto Title	February 27, 2018	4
Veterans/Coroners	February 27, 2018	5
Lott Holland	February 28, 2018	7
Sheriffs	February 28, 2018	7
Main Courthouse	March 1, 2018	13
Family Court	March 2, 2018	10
Health Department	March 6, 2018	10
EMS	March 7, 2018	9
JFS	March 8, 2018	23
Sani Engineers	March 19, 2018	9
Engineers	March 22, 2018	2
Road Maintenance	March 22, 2018	5
Educare	April 9, 2018	0
Total		329



TAKE CONTROL OF
YOUR HEALTH AT:

Health Coach Day

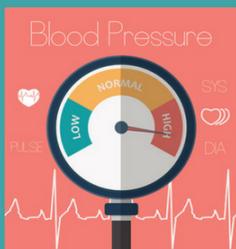
HAVE A ONE-ON-ONE MEETING WITH A HEALTH COACH

CHOLESTEROL & BLOOD PRESSURE SCREENINGS

DEVELOP A PERSONAL HEALTH PLAN

SIGN A FITNESS OR WEIGHT WATCHERS CONTRACT

THE HEALTH COACHES ARE
COMING TO VISIT YOU!



HEALTH DEPARTMENT
MARCH 6, 2018
11:00 AM - 1:00 PM
2ND FLOOR - TRAINING ROOM



Brought to you by the Lucas County Health Coaches: Greg, Jessie, Josh, Krysta & Laurel

Take control of your Health!

If you would like to improve your health screening results, make some simple and easy lifestyle changes such as:

- More fruits and vegetables
- More exercise
- Less television time
- Less salt in your diet
- Quit smoking
- More fun and less stress!

If you think your results require medical attention, contact your physician right away.

****Health screenings are NOT a diagnostic tool. If you have further questions, talk with your physician.**



Comments:

The Health Coaches are University of Toledo Public Health graduate students. If you have any further health and/or wellness related questions or if you have questions regarding any other Lucas County Employee Wellness Program service, please contact the Health Coaches at the phone number listed below.



One Government Center
Suite 440
Toledo, Ohio, 43604

Phone: 419-213-2088/2089

Fax: 419-213-4830

Email: hcoach@co.lucas.oh.us



Your Health Screening Results



Brought to you by The Board of Lucas County Commissioners and the Lucas County Employee Wellness Program

Phone: 419-213-2088/2089

My Results

Date: _____

Blood Pressure: _____

Body Composition:

Age _____

Height _____

Weight _____

Body Fat Percentage _____

Body Mass Index _____

Waist Circumference _____

Resting Pulse _____

Non-Fasting Cholesterol:

Total _____

HDL _____

Ratio _____

Glucose _____

Cholesterol Guidelines

Non-Fasting Glucose (Blood Sugar)

Normal non-fasting (you've eaten in the last few hours) glucose is below 140 mg/dL.

Pre-diabetes glucose is 140-200 mg/dL.

Total Cholesterol

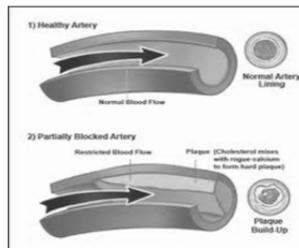
Less than 200mg/dL	Desirable
200 to 239 mg/dL	Borderline High
240 or higher mg/dL	High

HDL Cholesterol

Less than 40 mg/dL	Low
40 to 50 mg/dL	Desirable
60 or higher mg/dL	Optimal (lowers risk)

Ratio - risk for heart disease

6.0	High risk
4.5	Average Risk
3.0	Low risk



This diagram shows a normal artery (A) and a narrowed artery (B), due to high cholesterol.

Body Composition Guidelines

Body Fat Percentage Categories*

Female

Age	Low	Normal	High	Very High
20-39	<21	21-32.9	33-38.9	>39
40-59	<23	23-33.9	34-39.9	>40
60-79	<24	24-35.9	36-41.9	>42

Male

Age	Low	Normal	High	Very High
20-39	<8	8-19.9	20-24.9	>25
40-59	<11	11-21.9	22-27.9	>28
60-79	<13	13-24.9	25-29.9	>30

*NIH/WHO Guidelines

BMI (Body Mass Index) Categories

Less than 18.5	Underweight
18.5-24.9	Normal
25-29.9	Overweight
30+	Obese

Blood Pressure Guidelines

Top Number (systolic)	and	Bottom Number (diastolic)	Category
Below 120		Below 80	Normal
120-139	OR	80-89	Pre-hypertension
140-159	OR	90-99	Stage 1 Hypertension
160 or more	OR	100 or more	Stage 2 Hypertension

Chapter 10

Prescription Drug

Use Review

Program

Prescription Drug Use Review Program Overview

The Prescription Drug Use Review Program (DUR) provides private and confidential sessions between the patient and a participating pharmacist. National data indicates patients feel better when they take their medications as prescribed. These sessions are designed to educate the participant on the proper usage of their medication. While the pharmacist cannot alter the physician's prescribing wishes, these sessions assist the physician in monitoring for negative interaction and unwanted side effects with other prescription medications, supplements and over-the-counter products. Employees enrolled in the DUR program have 16 different pharmacies to choose from throughout Northwest Ohio.

This program is popular with employees and has resulted in improved patient outcomes.

Employees are a prime candidate for this program if they are:

- Taking multiple prescription medications
- Combining prescription medications with supplements or over-the-counter medications
- Being seen by multiple physicians who are prescribing medications
- Do not feel as if they are getting the full benefits of their medications

This program is free and completely confidential. Employees, spouses and dependent children enrolled in the Lucas County Prescription Drug Plan are eligible to participate. The program duration is 12 months, however the out of pocket maximum resets March 1st each year.

Services Available

- Regular private sessions with a pharmacist to discuss medications, supplements and over-the-counter drugs.
- During each visit with the pharmacist or nurse, blood pressure will be taken and cholesterol and blood glucose levels may be checked.
- Certain participating pharmacies have agreed to forward results to physicians directly. This may save employees the cost of a lab test when visiting their physician.

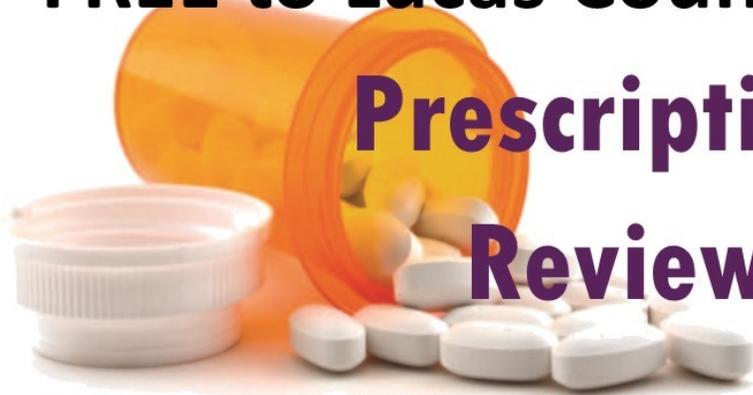
Pharmacists cannot alter or override a prescription. Only the participant's physician can change their medication. This program is not intended as a substitution for the professional judgment of the prescribing physician or any other health care professional providing services to the employee.

Some county elected officials have agreed to allow up to an hour of work release time for the initial Prescription Drug Use Review session. If an employee uses work time for the initial session, they must show documentation of attendance from the participating pharmacy.

Incentives to Participate in the Program

- Lowest cost on prescription drugs.
- A 90-day supply of Tier I and Tier II prescription medications at the 30 day supply co-payment. Note: Tier III medications are not available for a 90-day supply.
- Each enrollee who completes the program may receive up to \$50.00 worth of coupons toward their Tier II prescription drug co-payment at the participating pharmacy.
- Enrollees who complete the program will have their annual out-of-pocket maximum for Tier II brand name medications limited to \$350.00/year and a \$500.00/year out-of-pocket maximum for Tier III medications.
- For patients with diabetes, free test strips and lancets are provided each month and blood sugar readings are reviewed and recorded. Results may be forwarded to your physician at your request.
- If an enrollee has four (4) Tier II brand name medications each costing \$25.00 in co-payments per month, they will spend \$400.00 in twelve months. If that same enrollee completes this program, they will be limited to an out-of-pocket maximum of \$350.00; a savings to the enrollee of \$50.00.
- Patients currently using a NON-DUR Pharmacy or the mail order program may benefit from routine access to a pharmacist and other medical professionals. Note: While enrolled in the Drug Use Review Program, the mail order program is suspended.

FREE to Lucas County Employees Prescription Drug Use Review Program



Confidential, Personal & Free

Remember to take advantage of this wonderful benefit provided to you!

Sponsored by the Lucas County Wellness Program & the Coalition of Toledo Area Independent Pharmacies

Who: Any Lucas County Employee or eligible family member who is taking 2 or more medications, has a chronic disease state, or is seeing 2 or more doctors is strongly encouraged to attend.

When: At your convenience. Simply call a participating pharmacy to schedule an appointment.

Where: Any participating DUR Pharmacy (complete list on reverse side).

What: Private meetings with a pharmacist to discuss your medications, supplements and over-the-counter drugs. Enhanced communication between pharmacist, physician and patient at your request.

Advantages of Enrolling in this Program:

- Lowest cost on prescription drugs.
- 90 day supply of Tier I & II medications at the 30 day supply co-payment.*
- \$350 out of pocket cap on Tier II medication & \$500 cap on Tier III medications.*
- Up to \$50 in coupons good toward Tier II co-pays.*
- Free test strips and lancets for patients with diabetes.

For more information: <http://co.lucas.oh.us/index.aspx?>

**Subject to program compliance

Participating Pharmacies:

Toledo Family Pharmacy

324 Main St.
Toledo, OH 43605
419-930-5830

Toledo Hospital Pharmacy

2142 N. Cove Blvd
Toledo, OH 43606
419-291-5418

Mercy Family Care Center

2213 Franklin Ave.
Toledo, OH 43620
419.251.4522

Erie Drug

4502 Lewis Ave.
Toledo, OH 43612
419.476.4322

Monroe Pharmacy

4122 Monroe St.
Toledo, Oh
419.473.1531
Richard Grubb

Maumee Discount Pharmacy

1398 Conant St. Suite 3
Maumee, OH 43537
419-887-0101

Junction HealthMart Pharmacy

1339 Dorr St.
Toledo, Ohio 43607
1-419-216-2910

Anson Pharmacy

25684 Dixie Highway
Perrysburg, OH 43551
419-874-8878

Mercy St. Anne

3404 W. Sylvania Ave.
Toledo, OH 43623
419.251.4522

Mercy St. Vincent

2213 Cherry St.
Toledo, OH 43608
419.251.4522

Kahler Pharmacy

1941 Airport Highway
Toledo, OH 43614
419.382.2911

Promedica (Meetings Only)

1515 S. Byrne Rd.
Toledo, OH 43614
419-291-6767

Promedica (Meetings Only)

3316 Navarre Ave (Urgent Care)
Oregon, OH 43614
419-291-6767

Holland Discount Pharmacy

909 S. McCord Rd. Suite 1
Holland, OH 43528
419-865-7777

Mercy St. Charles

2600 Navarre Ave.
Oregon, OH 43616
419.251.4522

Mercy Healthcare Center

2200 Jefferson
Toledo, OH 43604
419.251.4522

Westgate Family Pharmacy

3147 W. Central Ave.
Toledo, OH 43606
419.531.0000

Ryan Pharmacy

3340 Dorr St.
Toledo, OH 43607
419.531.2836

Promedica (Meetings Only)

2100 W. Central Ave.
Toledo, OH 43606
419-291-6767

Appendix I

Contract Data

Appendix I – Fitness & Weight Loss Program Contract Information

The following information depicts physical data obtained from all wellness program participants with either a fitness membership or weight loss program reimbursement contract from August 1, 2017 through July 31, 2018. In addition to health club reimbursement contracts, other exercise classes such as ZUMBA, body sculpting, pilates and yoga may also be eligible for reimbursement. All data contained within this appendix refers to Lucas County employees, eligible spouses and dependents and depicts their health standing with regards to the following health guidelines. Out of the total number of fitness and weight loss contracts, (64) were spouses or dependents. Data is reported as a physical number and percentage of participants in each category.

Guidelines for each measure are as follows:

Body Mass Index Guidelines	
Low	<18.5
Normal	18.5 – 24.9
Overweight	25 – 29.9
Obese	30+

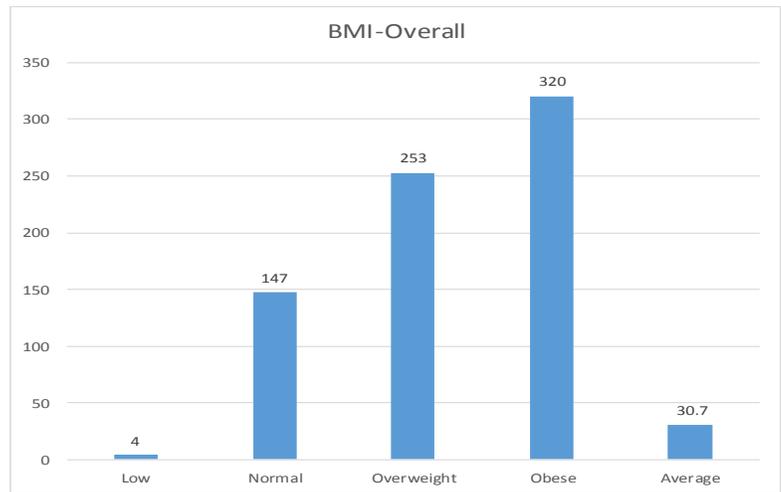
Body Fat Percentage Guidelines					
Gender	Age	Low	Normal	High	Very High
Female	20 – 39	<21.0	21.0 – 32.9	33.0 – 38.9	39.0+
	40 – 59	<23.0	23.0 – 33.9	34.0 – 39.9	40.0+
	60 – 79	<24.0	24.0 – 35.9	36.0 – 41.9	42.0+
Male	20 – 39	<8.0	8.0 – 19.9	20.0 – 24.9	25.0+
	40 – 59	<11.0	11.0 – 21.9	22.0 – 27.9	28.0+
	60 – 79	<13.0	13.0 – 24.9	25.0 – 29.9	30.0+

Blood Pressure Guidelines			
	Systolic		Diastolic
Normal	<120	AND	<80
Pre-hypertension	120 – 129	OR	Below 80
Stage I Hypertension	130 – 139	OR	80 – 89
Stage II Hypertension	140+	OR	90+

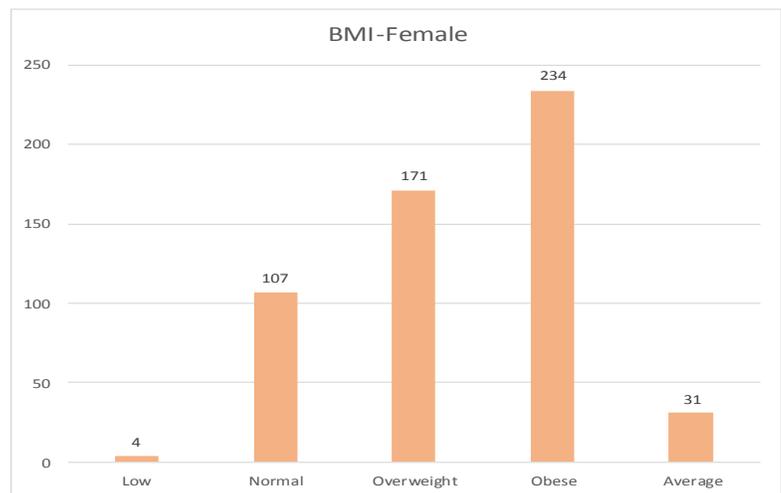
Part A—Physical Data

Body Mass Index

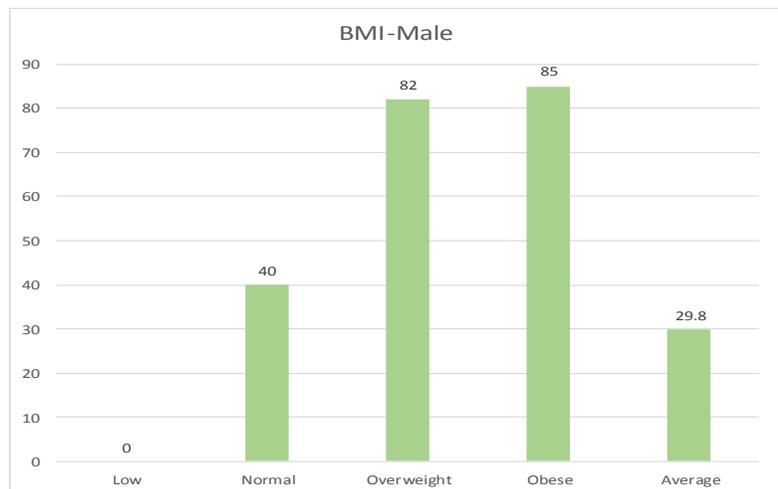
BMI - Overall	
Low	4
Normal	147
Overweight	253
Obese	320
Average	30.7



BMI-Female	
Low	4
Normal	107
Overweight	171
Obese	234
Average	31.06

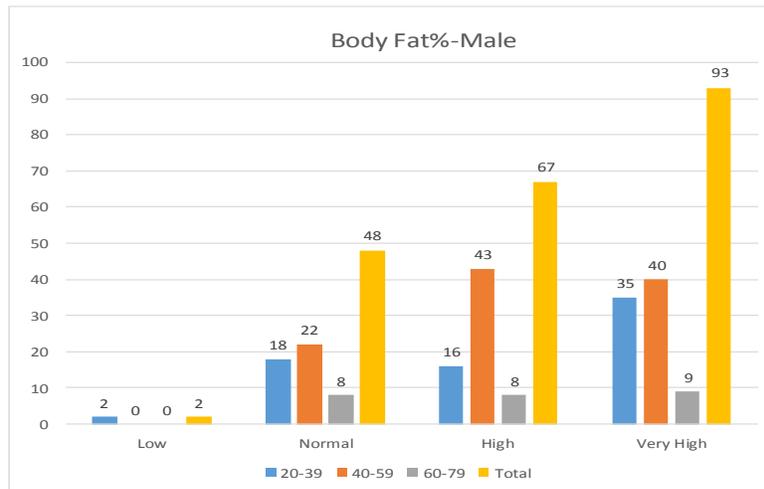


BMI-Male	
Low	0
Normal	40
Overweight	82
Obese	85
Average	29.8

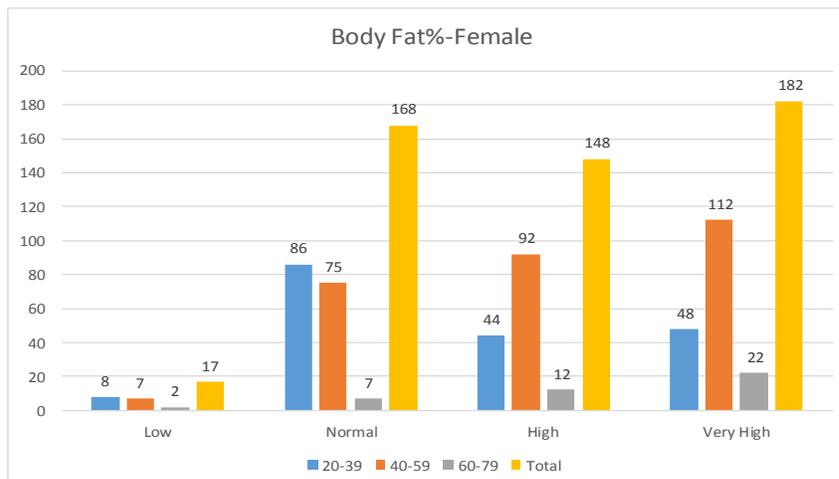


Body Fat Percentage

Body Fat %-Male				
	Low	Normal	High	Very High
20-39	2	18	16	35
40-59	0	22	43	40
60-79	0	8	8	9
Total	2	48	67	93

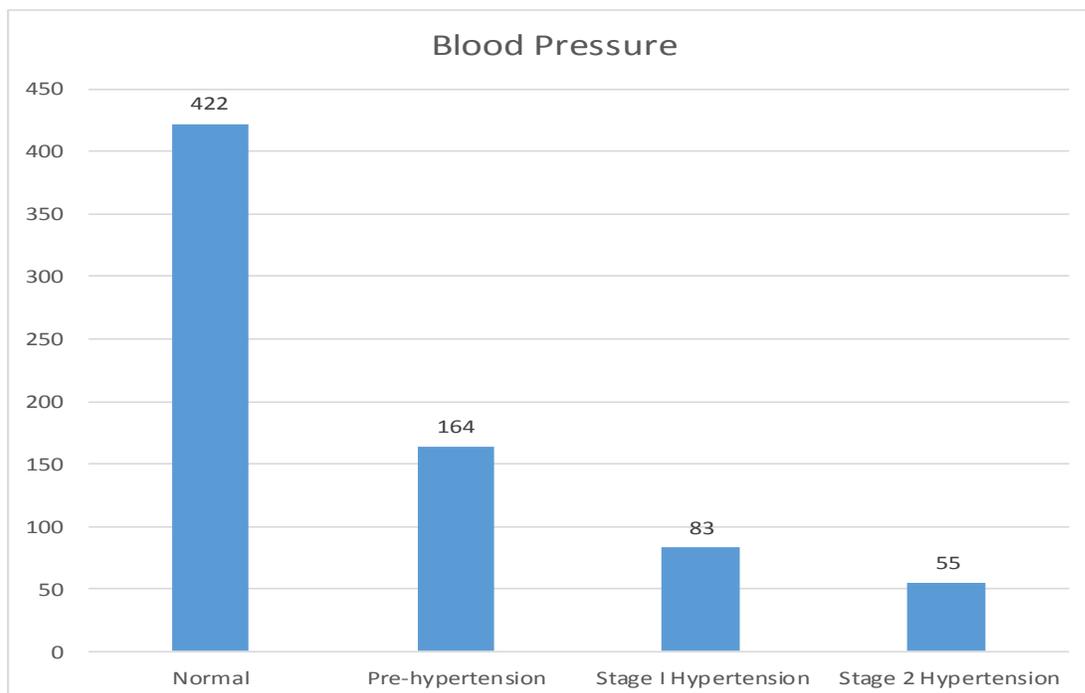


Body Fat %-Female				
	Low	Normal	High	Very High
20-39	8	86	44	48
40-59	7	75	92	112
60-79	2	7	12	22
Total	17	168	148	182



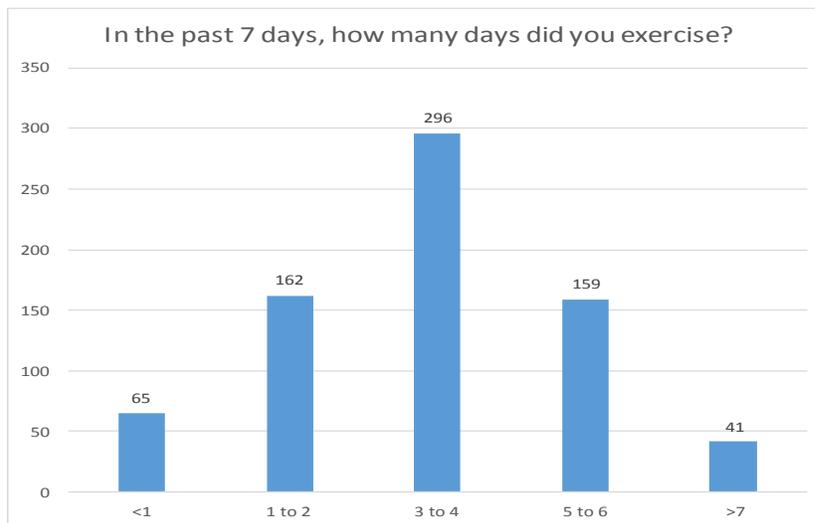
Blood Pressure

Blood Pressure	
Normal	422
Pre-hypertension	164
Stage I Hypertension	83
Stage 2 Hypertension	55

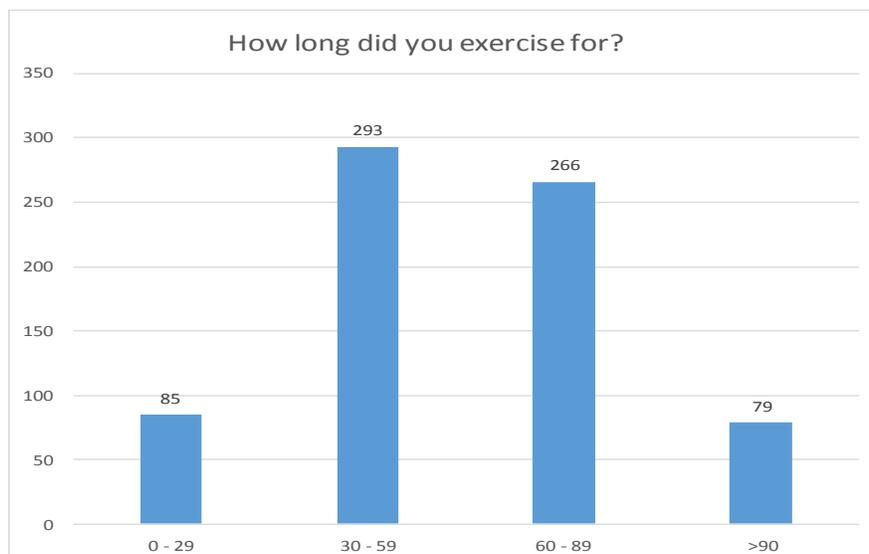


Part B-Physical Activity

In the past 7 days, how many days did you exercise?	
Response	Participants
<1	65
1-2	162
3-4	296
5-6	159
>7	41

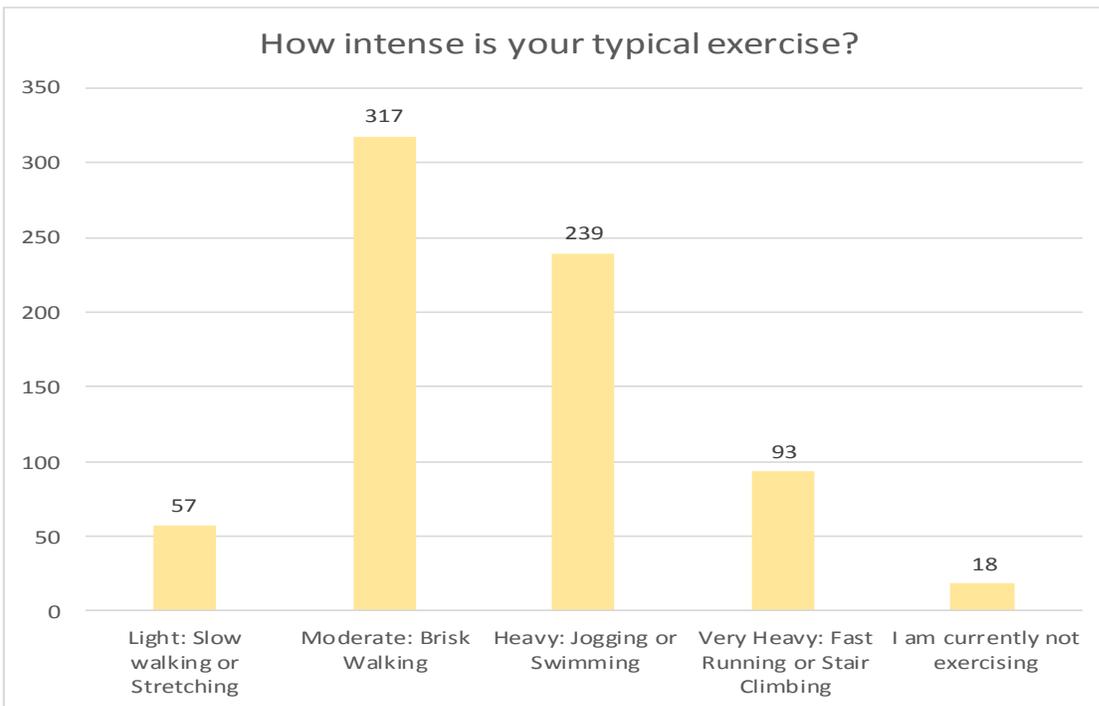


How long do you exercise for?	
Response	Participants
0 - 29	85
30 - 59	293
60 - 89	266
>90	79



Physical Activity

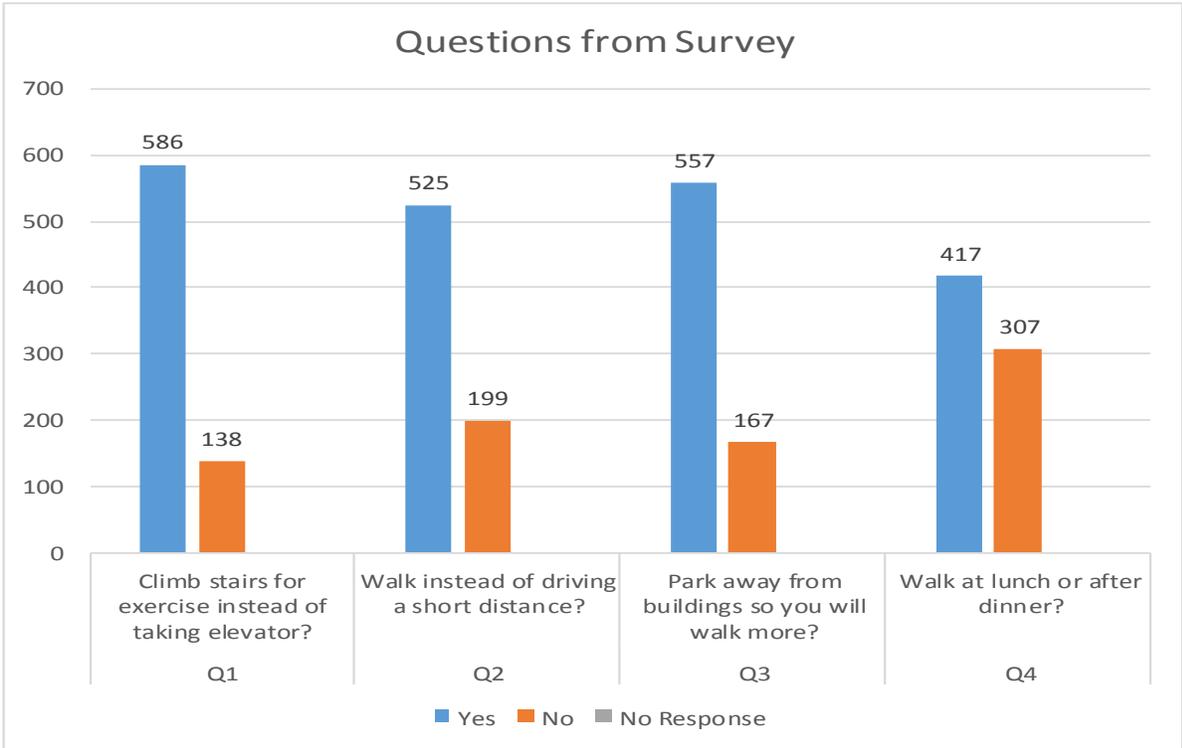
How intense is your typical exercise?	
Response	Participants
Light: Slow walking or Stretching	57
Moderate: Brisk Walking	317
Heavy: Jogging or Swimming	239
Very Heavy: Fast Running or Stair Climbing	93
I am currently not exercising	18



Physical Activity

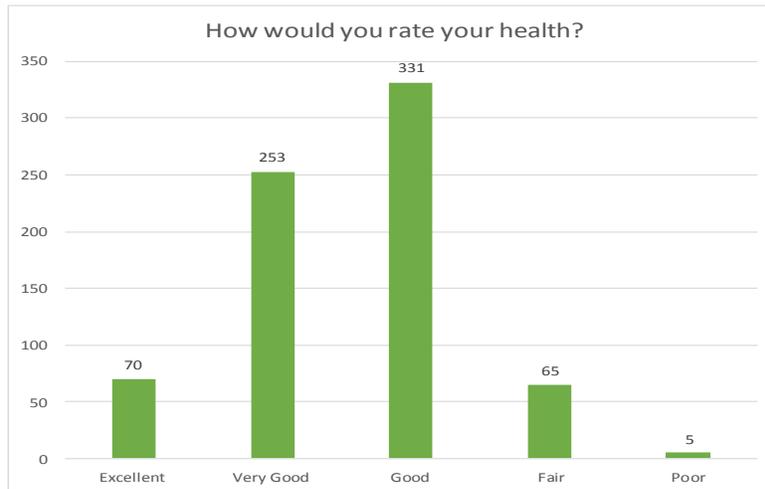
The following data depicts information collected from the activity questionnaire. It is completed by all participants with a fitness or weight loss contract. The data portrays the types of physical activities performed, the number of employees who responded and how often they were participating.

Questions from Survey				
		Yes	No	No Response
Q1	Climb stairs for exercise instead of taking elevator?	586	138	0
Q2	Walk instead of driving a short distance?	525	199	0
Q3	Park away from buildings so you will walk more?	557	167	0
Q4	Walk at lunch or after dinner?	417	307	0

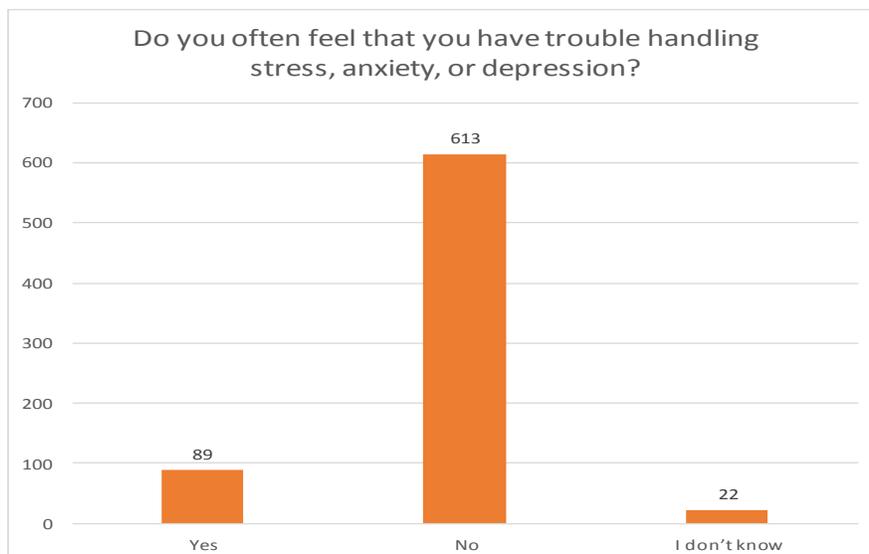


Part C- General Health

In general, how would you rate your health?	
Response	Participants
Excellent	70
Very Good	253
Good	331
Fair	65
Poor	5

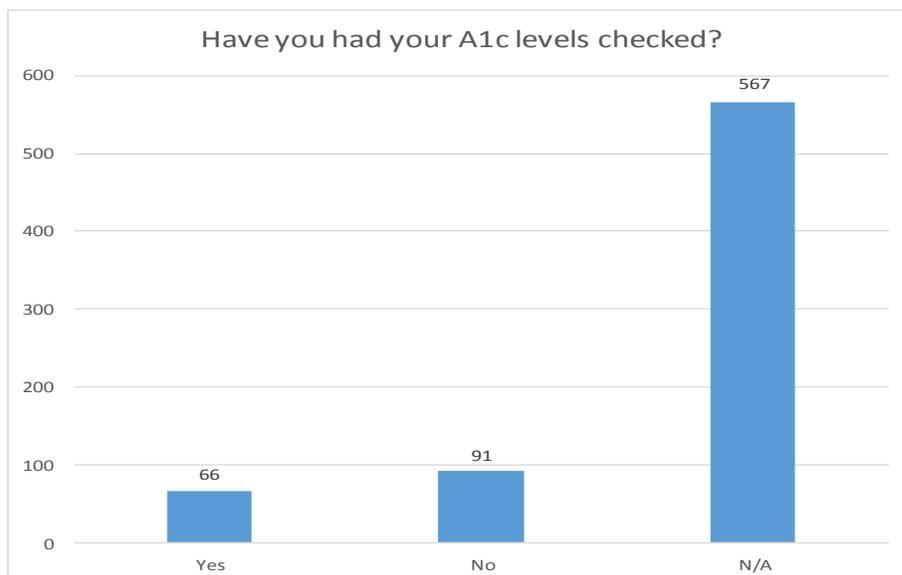


Do you often feel that you have trouble handling stress, anxiety, or depression?	
Yes	89
No	613
I don't know	22

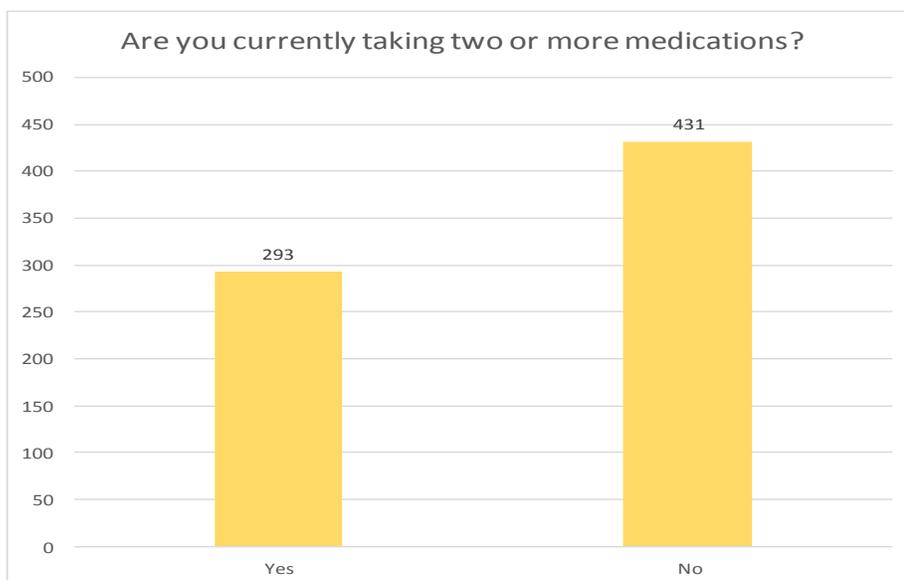


General Health

If diabetic, have you had your hemoglobin A1c level checked in the past year?	
Yes	66
No	91
N/A	567

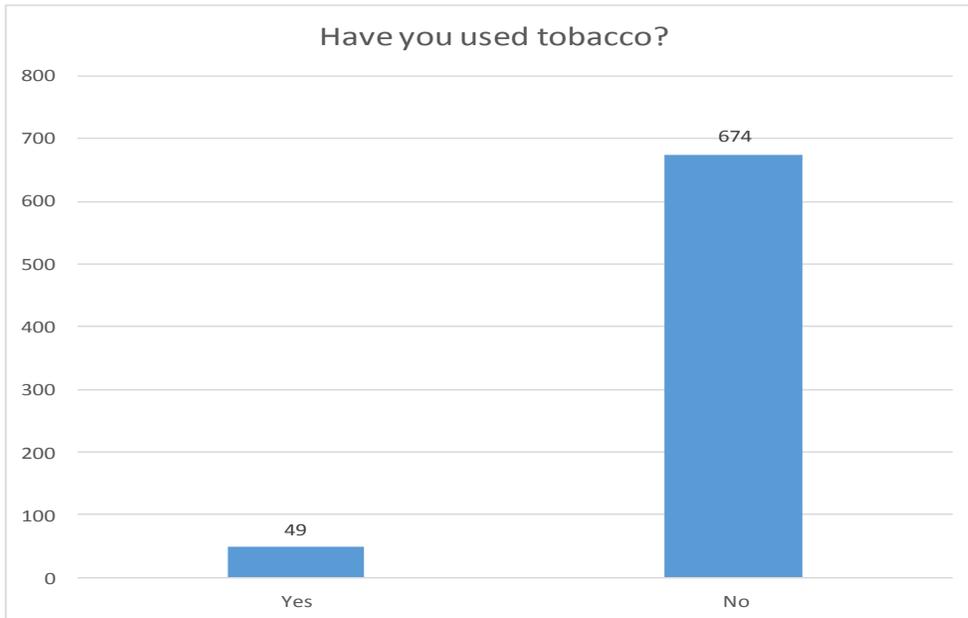


Are you currently taking more than two medications (over-the-counter drugs, supplements, and/or prescription drugs)?	
Response	Participants
Yes	293
No	431

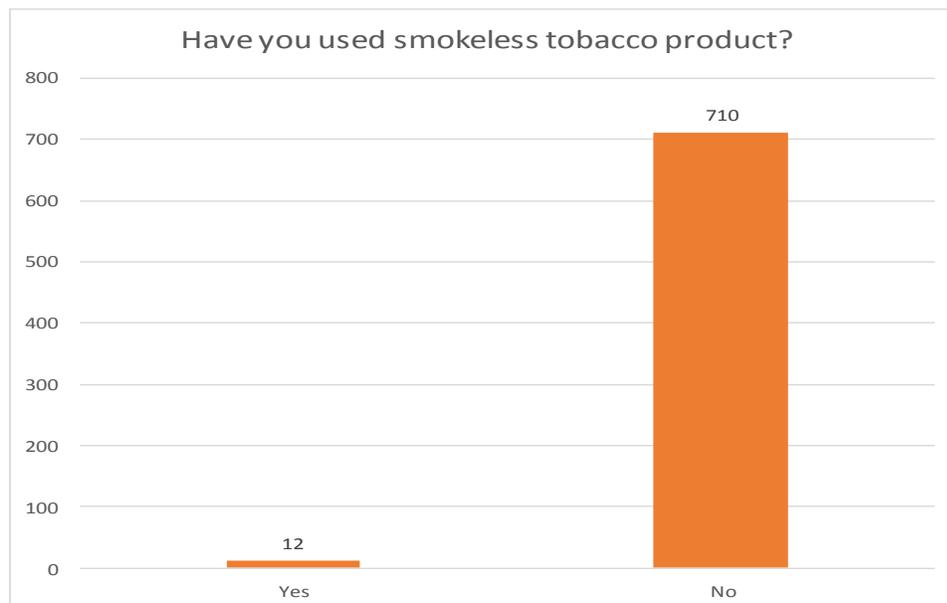


General Health—Tobacco Use

In the last 30 days, have you used tobacco?	
Response	Participants
Yes	49
No	674



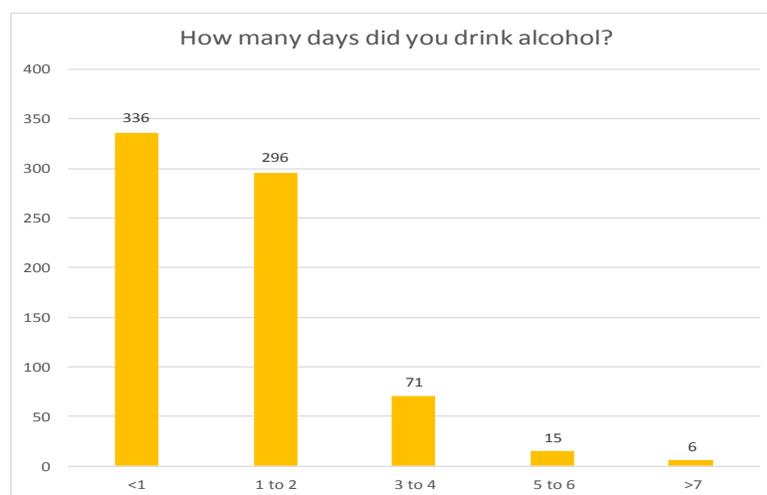
In the last 30 days, have you used a smokeless tobacco product?	
Response	Participants
Yes	12
No	710



General Health—Alcohol Use

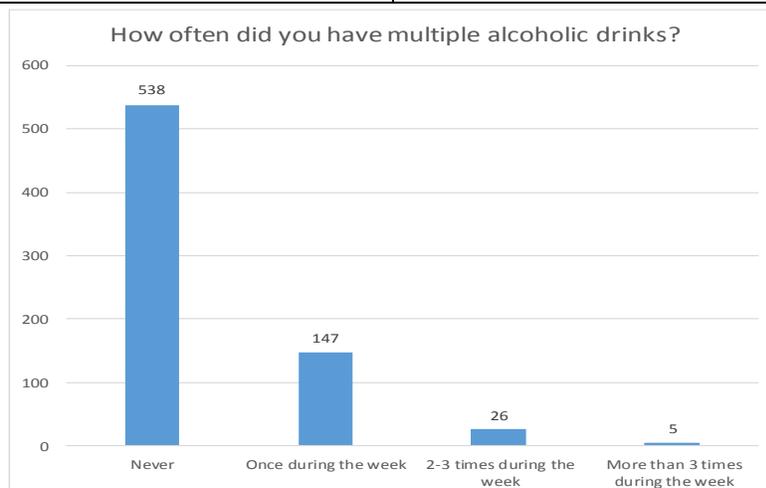
In the past 7 days, how many days did you drink alcohol?

Response	Participants
<1	336
1-2	296
3-4	71
5-6	15
>7	6



On days where you drank alcohol, how often did you have (5 or more for men, 4 or more for women and those men and women over 65) alcoholic drinks on one occasion?

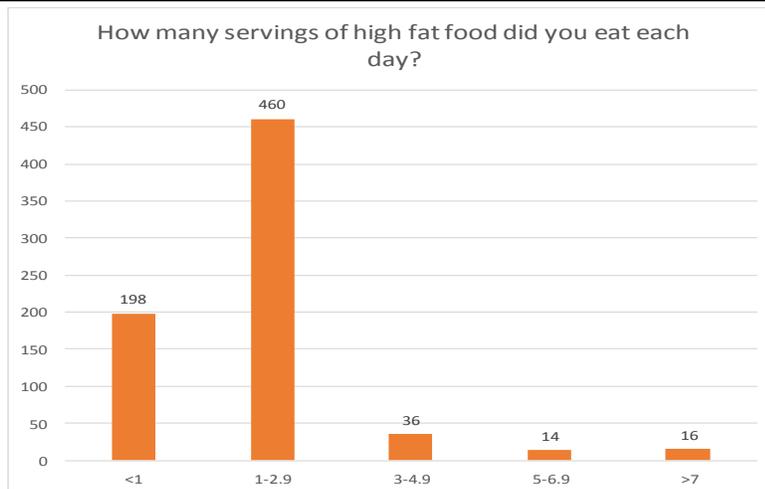
Response	Participants
Never	538
Once During the Week	147
2-3 Times During the Week	26
More than 3 Times During the Week	5



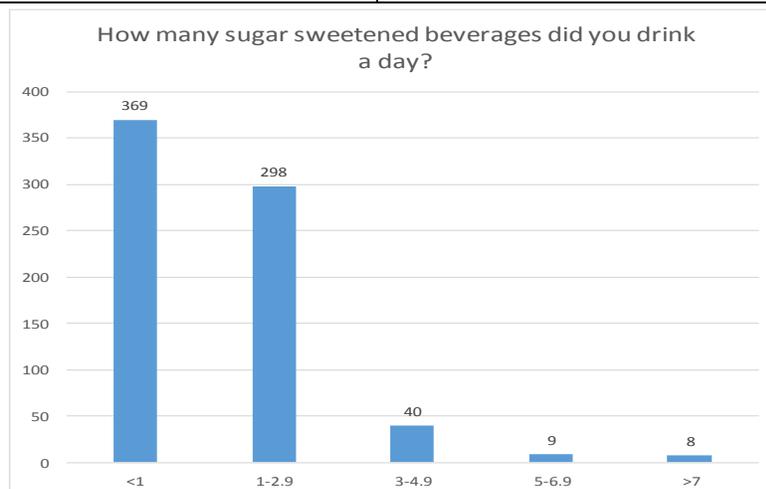
Part C - Nutrition Questionnaire Data

The following data depicts responses to the nutrition questionnaire filled out by all participants with a fitness or weight-loss contract.

In the past 7 days, how many servings of high fat foods or fried foods did you typically eat each day?	
Response	Participants
<1	198
1-2.9	460
3-4.9	36
5-6.9	14
>7	16



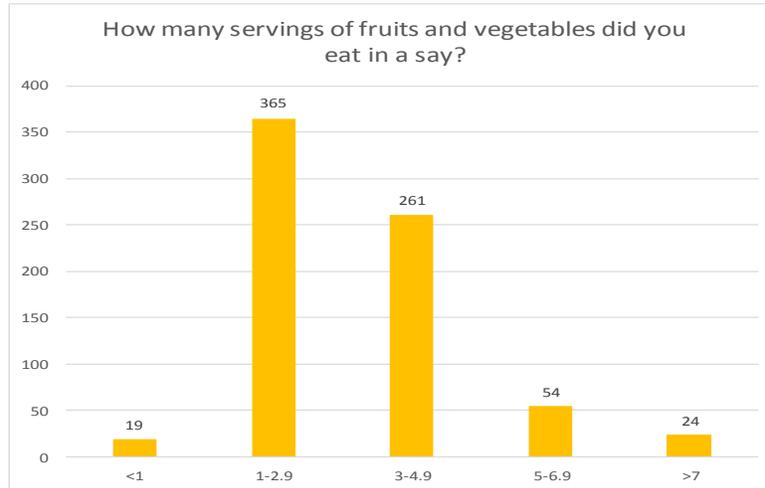
In the past 7 days, how many sugar-sweetened beverages did you typically eat each day?	
Response	Participants
<1	369
1-2.9	298
3-4.9	40
5-6.9	9
>7	8



Nutrition

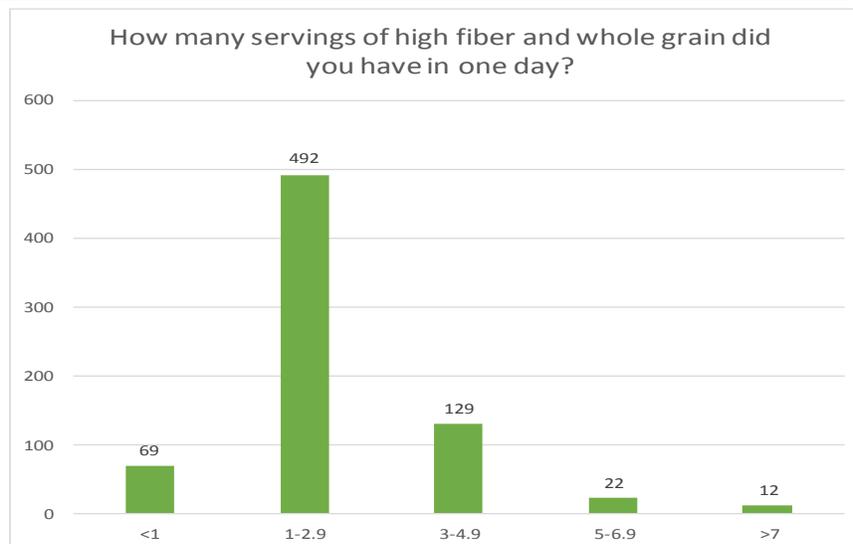
In the past 7 days, how many servings of fruits and vegetables did you typically eat each day?

Response	Participants
<1	19
1-2.9	365
3-4.9	261
5-6.9	54
>7	24



In the past 7 days, how many servings of high fiber or whole grain foods did you typically eat each day?

Response	Participants
<1	69
1-2.9	492
3-4.9	129
5-6.9	22
>7	12



Other Reimbursement Contracts

Smoking Cessation

Participants are eligible for 100% reimbursement of approved smoking cessation methods, up to a two time maximum reimbursement of \$195.00 with an approved smoking cessation contract. There were 0 smoking cessation signed contracts in the period of August 1, 2017 to July 31, 2018.

Cardiac Rehabilitation

Participants participating in Phase III or Phase IV of cardiac rehabilitation are eligible for 100% reimbursement with approved cardiac rehabilitation contract. There was one signed cardiac rehabilitation contract in the period of August 1, 2017 to July 31, 2018.

Weight Loss Medication

Participants 60% over their ideal body weight (documented by a physician) are eligible to be reimbursed 100% for approved weight loss medications for a maximum of six months in a lifetime under strict physician supervision. There were 3 weight loss medication contracts signed in the period of August 1, 2017 to July 31, 2018.

Diabetes Management

Participants with a signed diabetes management contract are eligible for 100% reimbursement for diabetes and nutrition education classes. There were 2 diabetes management contracts in the period of August 1, 2017 to July 31, 2018.

Total Number of Contracts

The following data depicts the total number for each type of contract signed during the period of August 1, 2017 through July 31, 2018.

Number of Contracts	
Type of Contract	Participants
Fitness	643
Weight Watchers	92
Smoking Cessation	0
Cardiac Rehabilitation	1
Weight Loss Medication	3
Diabetes Management	2
Total	741

Total Contracts by Gender	
Male	205
Female	518

Total New Contracts	289
Total Renewed Contracts	435

Appendix II

Contract

Participant

Comparison

Appendix II – Contract Comparison

Contract Participant Comparison				
Type of Contract	8/14-8/15	8/15-8/16	8/16-8/17	8/17-8/18
Fitness	559	593	554	643
Weight Watchers	39	44	30	92
Smoking Cessation	0	3	13	0
Cardiac Rehabilitation	1	1	2	1
Weight Loss Medication	0	1	2	3
Diabetes Management	0	3	3	2
Total Contracts	599	645	604	741

