Quarter 3: Healthy BBQ

BREAKFAST AND LEARN OPPORTUNITIES		
DATES	**TIMES**	**LOCATIONS**
Wednesday, July 24	9:30 a.m. – 10:30 a.m.	FXE: Red Tails Conference Room 6000 NW 21st Ave
Friday, August 16	6:30 a.m. – 7:30 a.m.	Irrigation – Training Room Building 4B 220 SW 14th Street
Wednesday, August 21	7:00 a.m. – 8:00 a.m.	Mills Pond Park – Admin Building 2201 9th Avenue
Thursday, September 5	7:00 a.m. – 8:00 a.m.	Parks & Recreation – Break Room Building 3 220 SW 14th Street
Monday, September 9	9:30 a.m. – 10:30 a.m.	Southside Cultural Arts Center – Performing Arts Room 701 S Andrews Avenue

LUNCH AND LEARN OPPORTUNITIES		
DATES	**TIMES**	**LOCATIONS**
Monday, July 22	12:00 p.m. – 1:00 p.m.	DSD: Code Enforcement Room 700 NW 19th Avenue
Tuesday, July 30	12:00 p.m. – 1:00 p.m.	Virtual Teams Link
Thursday, August 1	11:30 a.m. – 12:30 p.m.	GTL Water Plant: Conference Room 1765 SE 18th Street

Hosted By Wendy Petusevsky, RD, Jessica Law, MPH, CHES the City's Cigna Well-Being Coordinator and Mia Daniels, HR Benefits Assistant

Standard Insurance Company (The Standard)

- You and your spouse are covered with Travel Assistance - and so are kids through age 25 - with your Life Insurance from Standard Insurance Company (The Standard) – All Full-Time Employees
- Things can happen on the road. Passports get stolen or lost. Unforeseen events or circumstances derail travel plans. Medical problems at the most inconvenient times. Travel Assistance can help you navigate these issues and more at any time of the day or night

Security That Travels with You

- Travel Assistance is available when you travel more than 100 miles from home or internationally for up to 180 days for business or pleasure. It offers aid before and during your trip.

What's Covered?

- Visa, weather and currency exchange information, health inoculation recommendations, country-specific details and security and travel advisories
- Credit card and passport replacement and missing baggage and emergency cash coordination
- Help replacing prescription medication or lost corrective lenses and advancing funds for hospital admission
- Emergency evacuation to the nearest adequate medical facility and medically necessary repatriation to the employee's home, including repatriation of remains[3]
- Connection to medical care providers, interpreter services, local attorneys and assistance in coordinating a bail bond
- Return travel companion if travel is disrupted due to emergency transportation services or care of minor children if left unattended due to prolonged hospitalization
- Assistance with the return of your personal vehicle if your emergency transportation services leave it stranded
- Evacuation arrangements in the event of a natural disaster, political unrest and social instability

Who's Eligible?

- This is a value-added service included to all full-time employees.

Contact Travel Assistance

- United States, Canada, Puerto Rico, U.S. Virgin Islands and Bermuda

800.872.1414

- Everywhere Else

+1.609.334.0807

- Text

+1.609.334.0807

- Email

medservices@assistamerica.com

Get the most out of Travel Assistance with the Assist America Mobile App.

Click one of the links below or scan the QR code to download the app. Enter your reference number and name to set up your account. From there, you can use valuable travel resources including:

- One-touch access to Assist America's Emergency Operations Center
- Worldwide travel alerts
- Mobile ID card
- Embassy locator

Reference Number:
01-AA-STD-5201

Download on the App Store

GET IT ON Google Play

Quest Diagnostics Onsite Biometric Locations

Friday - July 26, 2024	8:00 am - 12:00 pm	Transporation and Mobility Department (TAM) - 2nd floor conference room	290 NE 3rd Ave
Tuesday - July 30, 2024	7:00 am - 11:00 am	Irrigation - Training Room Building 4B	220 SW 14th Ave
Wednesday - July 31, 2024	7:00 am - 10:30 am	Irrigation - Training Room Building 4B	220 SW 14th Ave
Wednesday - August 14, 2024	7:00 am - 11:00 am	Public Works/Fiveash Plant - 2nd floor conference room	949 NW 38th Street
Thursday - August 15, 2024	7:00 am - 11:00 am	Public Works/Fiveash Plant - 2nd floor conference room	949 NW 38th Street
Tuesday - August 28, 2024	7:00 am - 11:00 am	Central Maintenance (CMS) - Breakroom	4250 NW 10th Ave
Wednesday - August 29, 2024	7:00 am - 11:00 am	Central Maintenance (CMS) - Breakroom	4250 NW 10th Ave
Tuesday - September 3, 2024	7:30 am - 11:30 am	Development Services Department (DSD) - Code Enforcement Room	700 NW 19th Ave
Tuesday - September 10, 2024	7:00 am - 11:00 am	Irrigation - Training Room Building 4B	220 SW 14th Ave
Wednesday - September 11, 2024	7:00 am - 10:30 am	Irrigation - Training Room Building 4B	220 SW 14th Ave

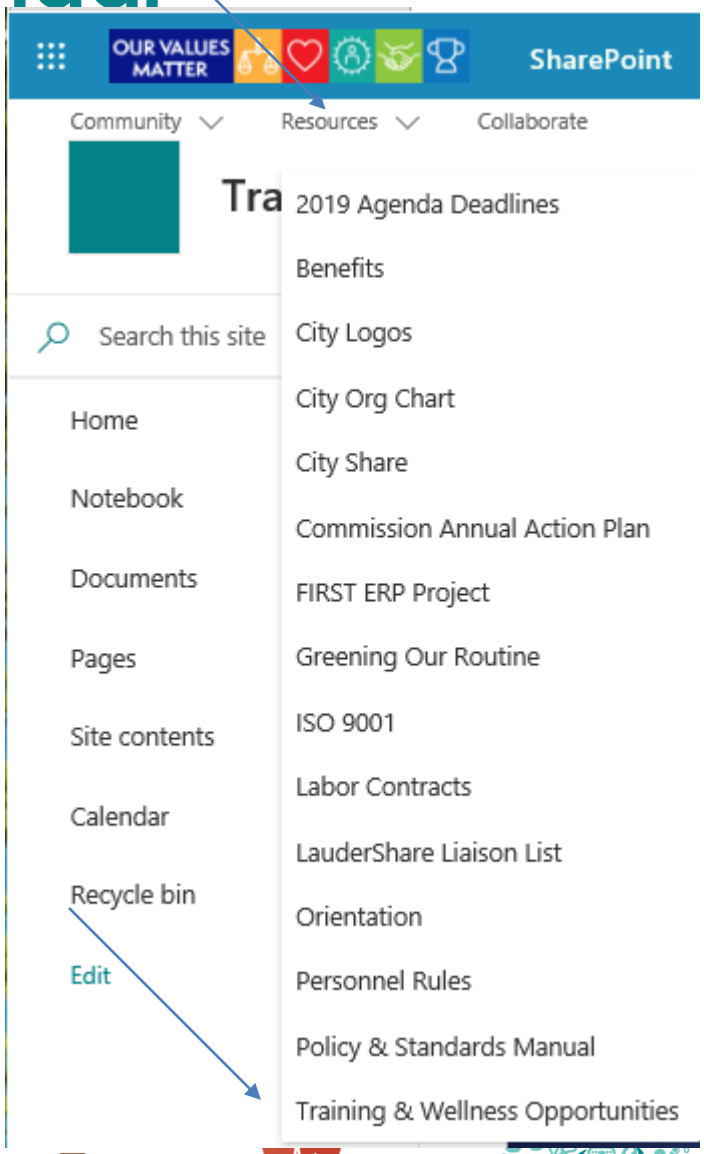
my.questforhealth.com

Registration Key: **CFL2024**
Unique ID: **SSN & DOB**
If you're unable to register online, please call 1-877-304-7055

Benefits Calendar

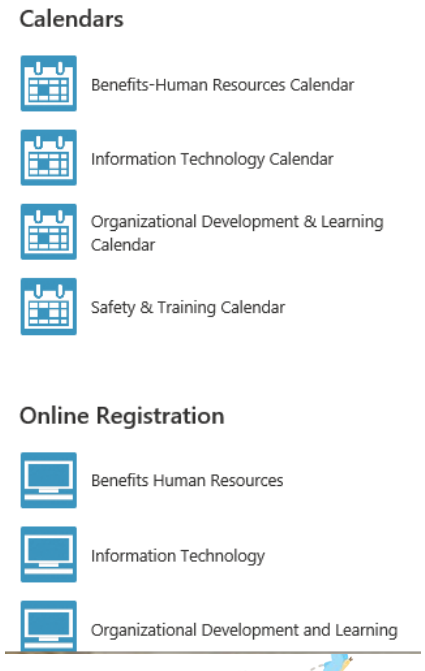
- Go to Laudershare

- Click on the drop-down menu under “Resources” and click on “Training & Wellness Opportunities”



Benefits Calendar

Click on “Benefits-Human Resources Calendar”



Benefits Calendar

See all the upcoming events!

JUL 16 — Biometrics 2024 - On-Site Through Quest
Tue, Jul 16, 7:00 AM

JUL 17 — Biometrics 2024 - On-Site Through Quest
Wed, Jul 17, 7:00 AM

JUL 17 — My FRS: NEARING RETIREMENT IN THE FRS
Wed, Jul 17, 10:00 AM

JUL 17 — Mission Square Required Minimum Distributions
Wed, Jul 17, 1:00 PM

JUL 22 — Q3 Lunch & Learn at DSD : Healthy BBQ
Mon, Jul 22, 12:00 PM

JUL 24 — Q3 Breakfast & Learn at FXE: Healthy BBQ
Wed, Jul 24, 9:30 AM

JUL 24 — Mission Square Retirement Income
Wed, Jul 24, 1:00 PM

JUL 26 — Biometrics 2024 - On-Site Through Quest
Fri, Jul 26, 8:00 AM

JUL 30 — Biometrics 2024 - On-Site Through Quest
Tue, Jul 30, 7:00 AM

JUL 30 — My FRS: NEARING RETIREMENT IN THE FRS
Tue, Jul 30, 10:00 AM

JUL 30 — Q3 Lunch & Learn Virtual: Healthy BBQ
Tue, Jul 30, 12:00 PM

JUL 31 — Biometrics 2024 - On-Site Through Quest
Wed, Jul 31, 7:00 AM

JUL 31 — Mission Square Market Update Workshop
Wed, Jul 31, 1:00 PM

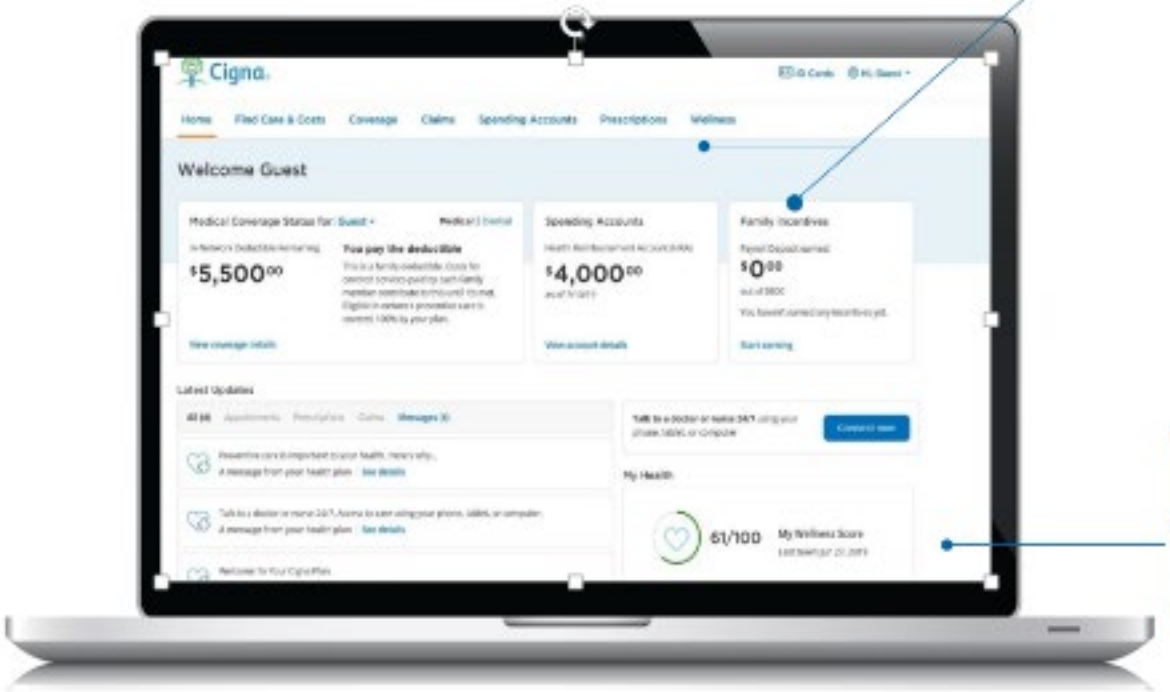
JUL 31 — My FRS: NEARING RETIREMENT IN THE FRS
Wed, Jul 31, 1:00 PM

AUG 1 — Q3 Lunch & Learn at GTL : Healthy BBQ
Thu, Aug 1, 11:30 AM

Wellness Incentive Reminders

MotivateMe®

Get all your health and wellness information in one place



- Wellness & Incentives
- Health Coaching
- My Health Assessment
- Food
- Stress
- Sleep
- Exercise
- Weight
- Prevention
- Apps & Activities
- Health Assistant

REQUIRED GOAL

COMPLETE MY ASSESSMENT

View all Incentives

Total Wellness Starts Here

Incentives earned for My family

Points

250 Points out of 850

Incentives Spotlight*

It may take up to 30 days for incentives to show as completed.

Recommended | Most popular | Recently completed

Download and Submit Forms

100 Points	50 Points	50 Points	50 Points
Required - Get a personalized health assessment	Get a flu shot	Get a prostate cancer screening (preventive exam)	Talk to a coach and make progress toward a health goal
Let's Go	Let's Go	Let's Go	Let's Go

View all incentives

Total Wellness

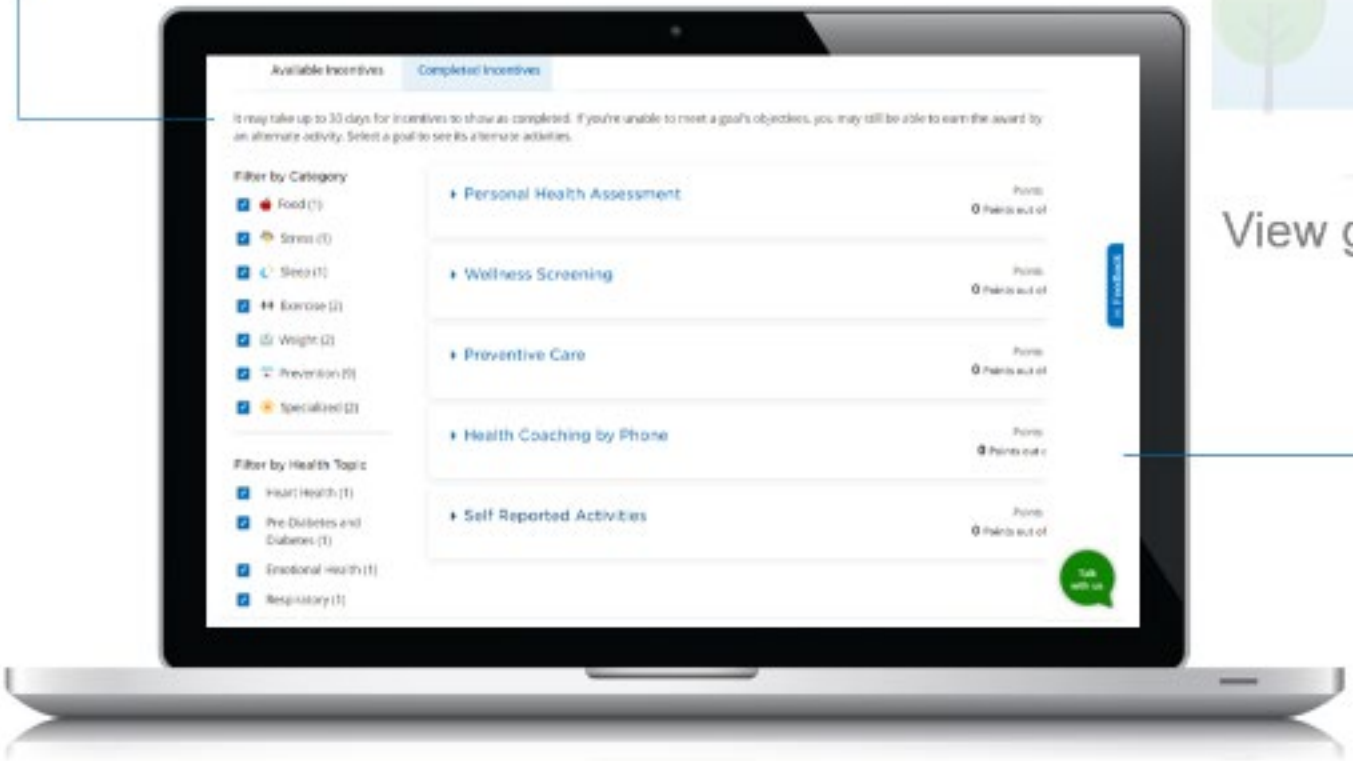
Incentives, Healthy Rewards*, and Additional Resources

Focus your wellness journey on the basics of healthy living.

- Food
- Exercise
- Stress
- Weight
- Sleep
- Prevention

Achieve goals

Check individual incentive status



View goal details

3 Required goals + earn 200 additional points

Personal Health Assessment

Points Earned
0 Points out of 100

Required - Get a personalized health assessment — 100 Points

A confidential questionnaire that asks you about your health and well-being and provides a personalized assessment of your current health. As a reminder and to protect your privacy, anyone taking the health assessment needs to register on myCigna, and then log in with their own user ID and password.

Available 01/01/21 – 12/31/21

Prevention

Start Now

Wellness Screening

Points Earned
0 Points out of 100

Required - Get a personalized biometric health screening — 100 Points

Know your numbers. Complete blood pressure, cholesterol, blood sugar and body mass index (BMI) screening.

Available 01/01/21 – 12/31/21

Prevention

Download the Form

Preventive Care

Points Earned
0 Points out of 350

Required - Complete my annual physical (preventive exam) — 100 Points

A preventive exam that's used to reinforce good health, address potential and chronic problems.

Available 01/01/21 – 12/31/21

Prevention

Get your physical. You will be credited when your claim is processed.

Preventive Screenings or Health Coaching	
Get a Flu Shot	*50 points*
Complete Annual OB/GYN Exam	*50 points*
*Get a Mammogram**	*50 points*
*Get a Colon Cancer Screening**	*50 points*
Get a Cervical Cancer Screening	*50 points*
Get a Prostate Cancer Screening	*50 points*
Talk to a Coach and Make Progress Toward a Health Goal (1 time per year)	*50 points*

No cost if the Affordable Care Act (ACA) guidelines are met and services are provided in-network.

** These services are not performed at the City's Health and Wellness Center.*

Add your points in before 12/31

Self Reported Activities

Points Earned
0 Points out of 350

I completed an Onsite Event (e.g Lunch and Learns, EAP Webinar etc.)
If you participated in a health and wellness activity, it shows your commitment to a healthy lifestyle. Tell us about it.
25 Points
Available 01/01/21 – 12/31/21
4 out of 4 remaining

I completed a Physical Activity (e.g gym workouts, walking etc.)
It's good for your body, mind and soul. Tell us what you did today that put your body in motion.
Exercise | Bone, joint, Muscle
25 Points
Available 01/01/21 – 12/31/21
4 out of 4 remaining

I completed a Weight Management Activity (e.g Weight Watchers, Jenny Craig etc.)
Share the action you took today that shows your commitment to losing or maintaining a "feel good" weight, even if it was difficult for you to do.
Weight | Bone, joint, Muscle
25 Points
Available 01/01/21 – 12/31/21
4 out of 4 remaining

COVID-19 vaccine- Received complete COVID 19 Vaccine (1 or 2 doses based on manufacturer).
This goal is offered by your plan administrator. To learn more about the award requirements, refer to your plan information or call Cigna Customer Service at the toll free number printed on the back of your Cigna ID card.
50 Points
Available 01/01/21 – 12/31/21

Complete Goal

Tell us more about your completed goal
To self-report completion of a goal, choose the date of the activity, check the certification box, and complete the goal.

I completed this goal on:
Month | Day | Year

☐ I certify that I've completed this goal on the date provided.

NOTE: Please allow up to 24 hours for this goal to show as completed.

Complete Goal

> Complete the 3 Required Goals and earn at least 200 points through preventive screenings, health coaching, or self-reported activities.

> Earn a (taxable) $500 incentive award for completing the voluntary program.

Schedule your Mammogram Today!

- We have collaborated with Boca Raton Regional Hospital to Bring the Kathryn Krickstein Pressel Mammovan to you!
  - Transpiration and Mobility
  - Tuesday, August 13th 9 am – 2 pm
  - Make an appt: ***www.brrh.com/mammovan***

WW @ Work

- The City of Fort Lauderdale has partnered with Weight Watchers to offer employees that are interested in **3-month access** to the **Core membership Weight Watchers Program**.
- Weight Watchers is committed to providing the most effective, livable, and flexible weight loss program possible for your entire population.
- Core membership provides an accessible, simple digital experience for members to unlock our easy-to-use tools to lose the weight they want. Members get a science-backed nutrition plan personalized for their lifestyle, trackers, recipes for meal inspiration, 24/7 coach support, and more — all in the app.
- Contact Jessica.Law@cignahealthcare.com for more info and access code. *Access codes are limited

WW @ Work Continued

- Core membership provides an accessible, simple digital experience for members to unlock our easy-to-use tools to lose the weight they want. Members get a science-backed nutrition plan personalized for their lifestyle, trackers, recipes for meal inspiration, 24/7 coach support, and more — all in the app.
- Contact Jessica.Law@cignahealthcare.com for more info and access code. *Access codes are limited

Finding In-Network Care

- Find Care and Costs
- Search by Facility, Doctor Type, Doctor Name, Reason for Visit/Procedure
- Change/edit to search by Address, Zip code, or City
- Cigna uses a tool called Brighter Match

Find Care & Costs in Deerfield Beach, FL

Marathon Health

Healthy BBQ

Wendy Petusevsky, RD

Marathon Health

Agenda

- Food safety
- Sodium
- Healthy BBQ foods
- Recipes

Welcome!

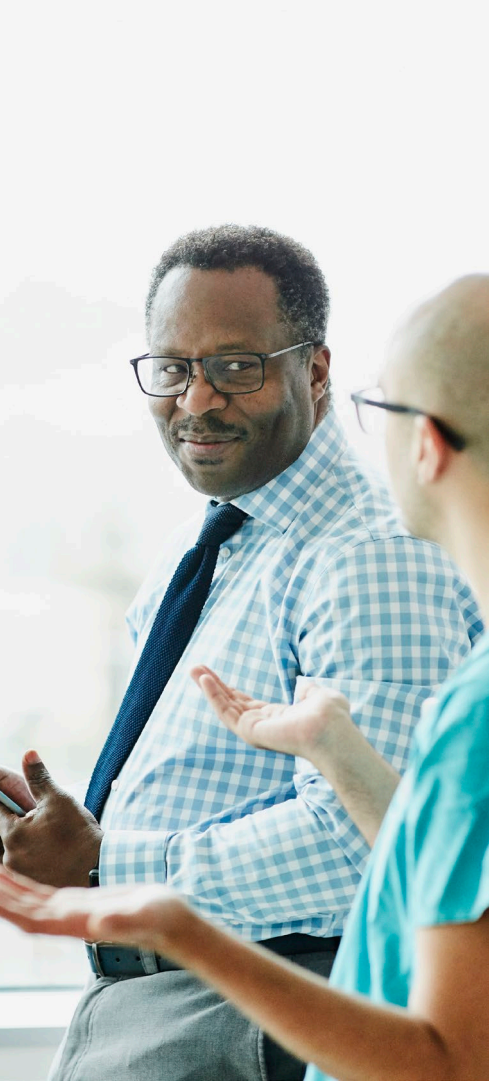
Guide to the Marathon Health Webinars:

Guide to the Marathon Health Webinars:

- Join 15 minutes early
- Test computer compatibility (Chrome browser is preferred)
- Check out the Webinar FAQ on the *Resource List*

Get the Most Webinars:

- Watch the entire webinar
- Download slides & handouts from Resource List
- Engage in Group Chat and Q&A
- Answer the Polling Questions



Disclaimer

The content of this presentation, including any handouts, is for educational and/or informational purposes only and is not intended to be a substitute for professional advice, diagnosis or treatment. Always seek the advice of a qualified professional with any questions or concerns you may have.

Food Safety – Clean, Separate, Cook, Chill

Maintain clean work areas

Separate meats from each other and from other food items

Cook food thoroughly

Refrigerate & eat within proper timeframes

Food Safety – Clean

- Wash hands with soap and water before and after handling meat/poultry/seafood
- If soap and running water are not available use a hand sanitizer that contains at least 60% alcohol
- Do wash fruits and vegetables, even if you’re going to peel them
- Don’t wash meat, poultry or eggs

Food Safety – Separate

- Keep foods separate from one another at all stages
  - While shopping – designate areas of your cart for meat vs. produce
  - In the fridge – keep meat on the bottom shelf so that if it does leak it doesn’t drip onto other foods
  - During preparation – use separate cutting boards and utensils for meat vs. produce

Food Safety – Cook

- The only way to tell if food is cooked to a safe temperature is to use a food thermometer
- For a printable PDF go to foodsafety.gov and print the “Safe Minimum Cooking Temperatures Chart” to post in your kitchen

FOOD TYPE	TEMPERATURE
Ground beef/pork	160°F
Whole cut beef/pork/lamb/veal	145°F
Poultry	165°F
Leftovers/casseroles	165°F
Fresh ham	145°F
Fish	145°F

Food Safety – Chill

- The food “Danger Zone” is between 40°F and 140°F
- Your refrigerator should be kept at 40°F or below
- Never leave perishable food out for more than 2 hours
- If it is hotter than 90°F outside do not leave food out for more than 1 hour

The CDC estimates…

- 48,000,000 people get sick
- 128,000 are hospitalized
- 3,000 people die

…from foodborne illnesses each year

Food Safety - Traveling with Food

- Always use a clean cooler, filled with ice or an ice pack
- Hot foods can be kept hot in a separate storage container
- Grocery shop early in the morning or in the evening when it is cooler outside
- Don’t run errands on the way home from the grocery store
- Place food in the air-conditioned part of the car and not the trunk
- If the travel time will be longer than one hour, pack your perishable food in an ice chest or insulated bag

Food Safety – Be prepared!

- Food thermometer
- Several coolers
  - Beverages (which will be opened frequently)
  - Raw meats, poultry, and seafood
  - Cooked foods and raw produce
- Ice or frozen gel packs for coolers
- Jug of water, soap, and paper towels for washing hands
- Enough plates and utensils to keep raw and cooked foods separate
- Foil or other wrap for leftovers

Sodium

Sodium

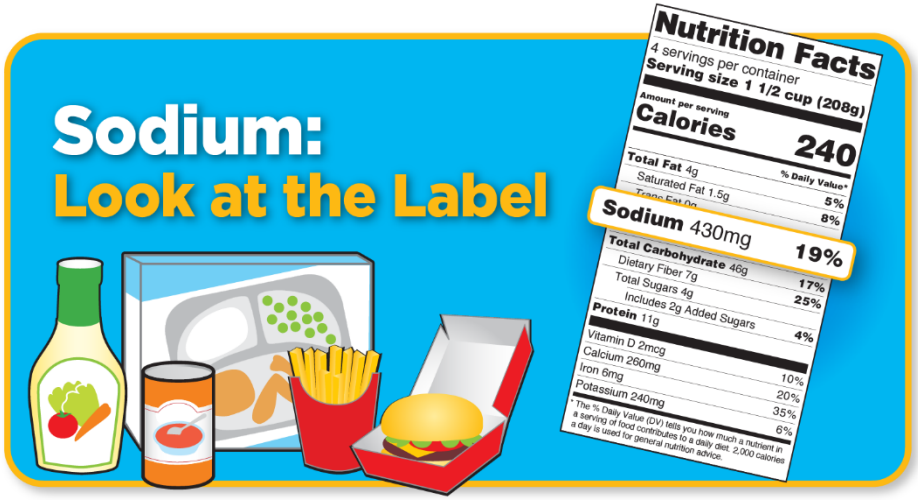
- The average American consumes 3,400 mg of sodium daily.
- The American Heart Association (AHA) recommends less than 1,500 mg per day as ideal.
- 1 teaspoon of salt = 2400 mg

High Sodium Foods

- Breads and rolls
- Pizza
- Sandwiches
- Cold cuts and cured meats
- Soups
- Burritos and tacos
- Snack foods
- Chicken
- Cheese
- Egg dishes and omelets

Check the Sodium

- The best way to know how much sodium you're eating is to check food labels
- Sodium content can vary greatly between similar types of foods
- Taste is not a good indicator of sodium content; even foods that taste sweet can be high in sodium



Healthy BBQ Foods

Healthy Alternatives

- Replace potato chips and pretzels with crunchy fruits & vegetables – carrots, celery, broccoli, sliced apples and pears
- Replace soda and alcoholic beverages with infused water
- Decrease the amount of meat by using kebobs – you'll consume ½ meat, ½ veggies

Healthy Alternatives

- Fresh cut fruit (buy in season!)
- Fresh cut vegetables with hummus or guacamole
- Salads (leafy greens and/or bean/legume/whole grain salads)
- Grilled chicken and vegetable shish kabobs
- Grilled salmon
- Homemade potato salad or coleslaw
- Corn on the cob

Recipes

- www.cookinglight.com
- www.greatist.com
  - https://greatist.com/health/44-healthy-foods-under-1
- www.eatingwell.com

Thank You

Wendy Petusevsky, RD

(754)206-2420

Wpetusevsky@marathon-health.com

marathon-health.com

References

CDC: Four Steps to Food Safety: Clean, Separate, Cook, Chill, https://www.cdc.gov/foodsafety/keep-food-safe.html

FDA: Sodium in Your Diet, https://www.fda.gov/food/nutrition-education-resources-materials/sodium-your-diet

Marathon Health™

Torchbearers For Better Health