

COUNTY CONNECTION



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Achieving Your Goals

Make your health and wellness goals a success!

Take your long-term goals and break them into smaller, manageable short-term goals. Having both short- and long-term goals is a great strategy for success. Here are some examples:

SHORT-TERM GOALS

- Today I will find out about exercise classes near my job or in my neighborhood.
- This Saturday, I will buy a new pair of walking shoes so I will be ready to go.
- Starting Monday, I will replace my afternoon soda with flavored water.

LONG-TERM GOALS

- By this time next year, I will be walking for 30 minutes, five mornings a week.
- By next summer, I will be able to play in the yard with my grandchild.
- In six months, I will have lost 5 pounds thanks to my walking program and better diet.

Beating the Blues

1 in 10 American adults report suffering from depression at some point in their life. (Source: CDC)

Bounce back from the everyday stuff that makes you feel blue. Feel more in control of your life with online support. You'll learn helpful ways to manage your mood, stress and anxiety all in the privacy and comfort of your own home.

Beating the Blues can help you...

- Relieve stress
- Take control of your life and mood.
- Change the way you respond to challenging situations at work and home.

Beating the Blues FAQs

What is Beating the Blues?

Beating the Blues is an online program that lets you go at your own pace to learn ways to better manage your mood, stress and anxiety.

How long does it take?

You can go at your own pace. Each module takes 30 minutes to complete. Most people complete one module each week.

How much does it cost?

Beating the Blues is provided to all County of Allegheny employees at no cost.

Enroll anytime: 1-800-647-3327 (Highmark Members) **or 1-855-770-8762** (UPMC members).
Your privacy is important to us, Beating the Blues is a confidential service.

Gym Discount Programs

Get fit in 2019, and save money doing it! Did you know that Highmark and UPMC members have access to discounted memberships at more than 9,000 fitness centers nationwide?

Member	Highmark	UPMC
Program	Fitness Your Way by Trivity Health™	Active&Fit Direct™
Cost	\$29 per month* <small>*plus a \$29 enrollment fee and a 3-month commitment</small>	\$25 per month* <small>*plus a \$25 enrollment fee and applicable taxes</small>
How It Works	Unlimited access to any of the 9,500+ participating fitness locations	Choose from 9,000+ participating fitness locations
Learn More & Enroll	Visit highmarkbcbs.com (log in) > Member Discounts > Discounts and Rewards > Blue365 Discounts (log in or register) > Browse All Deals > Fitness Your Way Enroll by Phone: 1-888-242-2060	Visit upmchealthplan.com (log in) > Rewards and Incentives > MyHealth Rewards > Active&Fit Direct





Age-Appropriate Screenings

You get a preventive exam once a year and visit your dentist for a cleaning twice a year, but did you know that there are recommended ages to receive specific health screenings?

A healthy diet, regular exercise, and other lifestyle habits all play a role in your overall health and risk for developing cancer or other serious diseases. It is also important to follow recommendations for health screenings.

Early detection via screenings, often before any symptoms are present, is key to a positive health outcome.

Have you talked with your doctor to know which preventive exams might be beneficial for you? Review the [Highmark](#) or [UPMC](#) preventive exam schedule and make it a priority to speak with your doctor to determine which screenings are appropriate for you.

4,839

Number of County of Allegheny Employees who received their annual preventive exam in 2018



COUNTY SPOTLIGHT



March is Colorectal Cancer Awareness Month!

Colorectal cancer (CRC) is the 3rd most commonly diagnosed cancer in both men and women in the U.S., and the 2nd leading overall cause of cancer-related deaths. CRC is 90% curable when caught in the earliest stage. Help spread awareness of this curable disease!



"I fight for every battle won, for each battle lost and for those that are still fighting. Let us put our resources together and eradicate this disease from the face of the earth. I am willing to do whatever it takes to make sure everyone knows Colorectal Cancer is not only preventable, treatable, and beatable, but it is on the rise in young adults under 50. Don't let fear and embarrassment kill you, get screened today!"

-Denelle Suranski

County of Allegheny Employee and Colorectal Cancer Survivor



#2

leading cause of cancer deaths among men and women in the U.S.



1 in 20

average individual risk



90%

of new cases occur in people 50 or older



2 - 3 Times

greater risk of developing colon cancer with family history



1+ Million

current colon cancer survivors in the U.S.