

Grocery Store Tour

BREAKFAST AND LEARN OPPORTUNITIES		
DATES	TIMES	LOCATIONS
Friday, February 2	9:30 a.m. – 10:30 a.m.	FXE: Red Tails Conference Room 6000 NW 21st Avenue
Monday, February 12	9:30 a.m. – 10:30 a.m.	South Side Cultural Arts Center: Performing Arts Room 701 S Andrews Avenue
Tuesday, February 27	6:30 a.m. – 7:30 a.m.	Irrigation: Training Room Building 4 220 SW 14th Avenue
Wednesday, March 6	7:00 a.m. – 8:00 a.m.	Parks & Recreation: Break Room Building 3 220 SW 14th Avenue

LUNCH AND LEARN OPPORTUNITIES		
DATES	TIMES	LOCATIONS
Friday, January 26	12:00 p.m. – 1:00 p.m.	DSD: Code Enforcement Room 700 NW 19th Avenue
Tuesday, January 30	11:30 a.m. – 12:30 p.m.	GTL Water Plant: Conference Room 1765 SE 18th Street
Wednesday, February 14	12:00 p.m. – 1:00 p.m.	Virtual: Microsoft Teams* ftlcity.info/grocery214

hosted by Wendy Petusevksy, RD, Jessica Law, MPH, CHES the City's Cigna Well-Being Coordinator, and Shane Meehan, Benefits Specialist



Benefits Office Temporary Location

- 101 NE 3rd Avenue – 16th Floor
- 954-828-5160



City Health and Wellness Center

- Primary care office located at 4750 N. Federal Highway, Suite 300, Fort Lauderdale, FL 33308
- Office Phone#: (754) 206-2420
- Available to you and your eligible dependents (age 6+) enrolled in one of the City's three Cigna Health Plans
- Services received at the Health Center are at **no charge (no co-pays and no use of HRA funds)**. (Exception: Employees may incur a charge for bloodwork sent to an outside lab)



City Health and Wellness Center

- Services include: primary care for common illnesses, chronic conditions, minor injuries, health assessment, virtual telehealth, and health coaching
- Yearly physicals
- Men's and Woman's health
- EKGs
- Administration of allergy shots
- Free medication dispensing of 20-40 most commonly prescribed generic medications, if prescribed by the Center's licensed clinician

• **ALL SERVICES PROVIDED AT NO CHARGE!**



Mental Health Resources

Cigna EAP

Available to ALL City employees, even if you are not on a Cigna medical plan. 10 free visits per issue for you or anyone living in your home. Anyone in your household is eligible for EAP.

(877) 622-4327

24 hours a day / 7 days a week

Or Log in to www.myCigna.com

Employer ID: cofl

WE CAN HELP

YOU WITH THAT

Explore the programs and services available to you.



Benefits Calendar

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

The screenshot shows a SharePoint site header with the text "OUR VALUES MATTER" and icons for various values. Below the header are navigation tabs for "Community", "Resources", and "Collaborate". A dropdown menu is open under "Resources", listing various site pages and documents. A blue arrow points from the "Resources" tab to the dropdown menu, and another blue arrow points from the "Edit" link in the left-hand navigation pane to the "Training & Wellness Opportunities" item in the dropdown menu.

Navigation Item	Dropdown Item
Home	2019 Agenda Deadlines
Notebook	Benefits
Documents	City Logos
Pages	City Org Chart
Site contents	City Share
Calendar	Commission Annual Action Plan
Recycle bin	FIRST ERP Project
Edit	Greening Our Routine
	ISO 9001
	Labor Contracts
	LauderShare Liaison List
	Orientation
	Personnel Rules
	Policy & Standards Manual
	Training & Wellness Opportunities



Benefits Calendar




Click on “Benefits-Human Resources Calendar”



Calendars

-  Benefits-Human Resources Calendar
-  Information Technology Calendar
-  Organizational Development & Learning Calendar
-  Safety & Training Calendar

Online Registration

-  Benefits Human Resources
-  Information Technology
-  Organizational Development and Learning



Benefits Calendar



Working Well in FTL!



Benefits-Human Resources Calendar

See all the upcoming events!

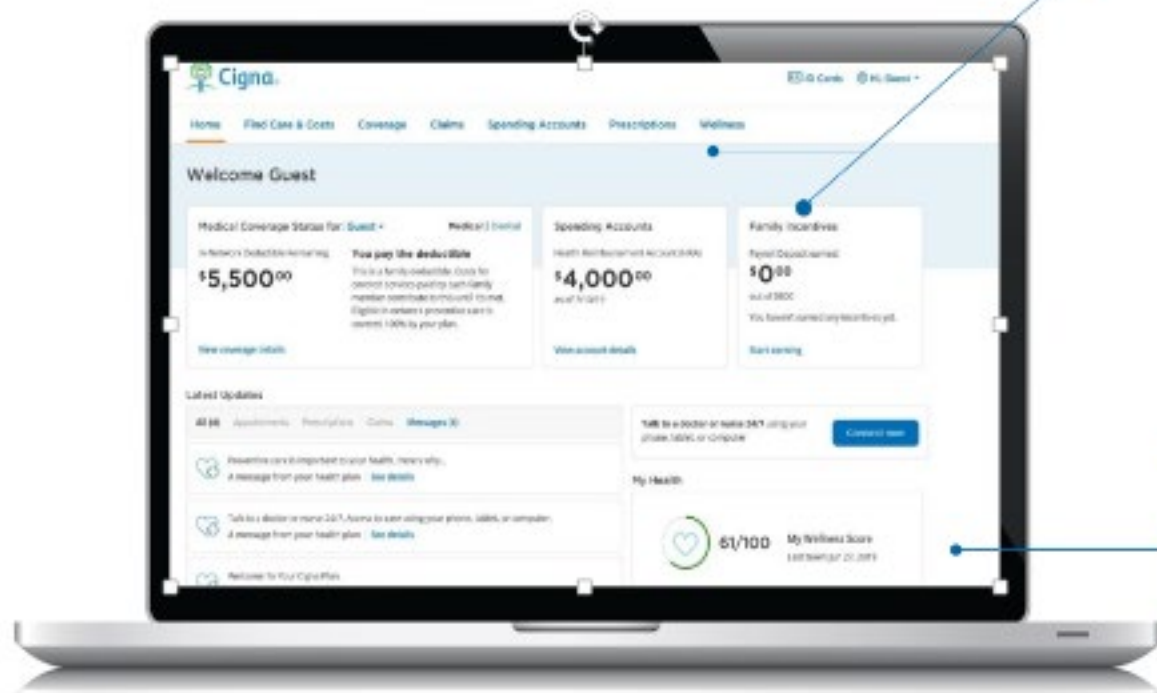
Date/Time	Type	Name	Facilitator	Location
Wed, Jan 31, 2024 1:00 pm - 2:00 pm EST	Seminar	Market Update	Rebecca Springer	Online Webinar
Wed, Feb 7, 2024 1:00 pm - 2:00 pm EST	Seminar	Planning for the Future: The Fundamentals of Retirement Investing	Vicki Bauer, CFP®	Online Webinar
Wed, Feb 14, 2024 1:00 pm - 2:00 pm EST	Seminar	Roth IRA: A Flexible and Tax-Efficient Way to Save for Retirement	Jeffrey Brown, CFP®	Online Webinar
Wed, Feb 21, 2024 1:00 pm - 2:00 pm EST	Seminar	Navigating the Next Chapter: Preparing for Your Retirement	Eric Dobrzynski, CFP®	Online Webinar
Wed, Feb 28, 2024 1:00 pm - 2:00 pm EST	Seminar	Social Security: Understanding Your Retirement Benefit Options	Katherine Espinosa, CFP®	Online Webinar
Wed, Mar 6, 2024 1:00 pm - 2:00 pm EST	Seminar	Maximizing Your Investments: Ensuring Your Retirement is on Track	Brian Fylak, CFP®	Online Webinar
Wed, Mar 13, 2024 1:00 pm - 2:00 pm EDT	Seminar	Maximizing Your Retirement Through Tax Planning	Nicole George, CFP®	Online Webinar



Wellness Incentive Reminders

Motivate MeSM

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

100 Points

Required - Get a personalized health assessment

Let's Go

50 Points

Get a flu shot

Let's Go

50 Points

Get a prostate cancer screening (preventive exam)

Let's Go

50 Points

Talk to a coach and make progress toward a health goal

Let's Go

[View all incentives](#)



Download and Submit Forms

Total Wellness

Incentives, Healthy Rewards*, and Additional Resources

Focus your wellness journey on the basics of healthy living.

Food



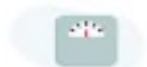
Exercise



Stress



Weight



Sleep



Prevention



Achieve goals

Check individual incentive status

Available Incentives Completed Incentives

It may take up to 30 days for incentives to show as completed. If you're unable to meet a goal's objectives, you may still be able to earn the award by an alternate activity. Select a goal to see its alternate activities.

Filter by Category

- Food (1)
- Stress (1)
- Sleep (1)
- Exercise (2)
- Weight (2)
- Prevention (2)
- Specialized (2)

Filter by Health Topic

- Heart Health (1)
- Pre-Diabetes and Diabetes (1)
- Emotional Health (1)
- Respiratory (1)

Personal Health Assessment	Points: 0 Points out of 0
Wellness Screening	Points: 0 Points out of 0
Preventive Care	Points: 0 Points out of 0
Health Coaching by Phone	Points: 0 Points out of 0
Self Reported Activities	Points: 0 Points out of 0

Feedback

Talk with us



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 myOgva, 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 200

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.

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.

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.



Health Assessment

- Understand Your Health
- What is it?
- It's an easy-to-use questionnaire about your health and well-being. You'll be asked for basic biometric information like your weight, blood pressure and cholesterol levels. Plus questions about your satisfaction with your life and job, your safety habits (such as using a seat belt), your stress levels and how you feel about your overall health.

UNDERSTANDING YOUR HEALTH ASSESSMENT



Insurance ID Cards

- As of January 1, 2024, Cigna is no longer mailing ID cards for medical or dental. If you are enrolled in one of the City's medical plans, your current Cigna ID card will no longer be active. This is due to lower PCP and Specialist copays on the OAPIN1 and OAPIN2 plans, and lower prescription copays and coinsurance on all plans starting January 1, 2024.



Have your ID card handy?

Accessing your digital ID cards is easy.



Log in to **myCigna.com** or the **myCigna® App**



Click or tap "ID Cards"



View your card(s), as well as any dependents' card(s)**



Email cards directly to doctors



Save your digital ID cards in your Apple Wallet



**Not registered on
myCigna yet?**
It's quick and easy.

Visit **myCigna.com**[®]
or scan the QR code
to download the
myCigna® App and
register now.



myCigna Resources

Unlock the full value of your health plan with myCigna.

From programs that help improve your health to tools that help you manage your health spending, there's so much you can do on [myCigna.com](https://mycigna.com) and the [myCigna® App](#).***



Find in-network doctors, hospitals and medical services



Manage and track claims



See cost estimates for medical procedures



Use the click-to-chat feature to connect with a live Cigna HealthcareSM representative



Compare quality-of-care information, including patient reviews



Access a variety of health and wellness tools and resources, including an interactive health assessment



Active and Fit

- Waiving enrollment fee Dec-Feb
- Save \$28 with code: **STARTSTRONG**
- myCigna account > Healthy Rewards



Start 2024 With A Flexible Fitness Program

In 3 Easy Steps:

- 1 Find your perfect gym from thousands of options nationwide.
- 2 Enroll online in minutes, with no long-term contracts or annual fees.
- 3 Start working out today!

PLUS > 6,200+ Premium Gym Options at exercise studios, athletic centers, and others with 250+ 700+ Absolute Fitness locations*

Save \$28 With Code: **STARTSTRONG**

Get Started: <https://discoverhealthyrewards.shes.cigna.com>

STANDARD FITNESS MEMBERSHIP \$28/mo
2,500+ FITNESS CENTERS

Active & Fit DIRECT



Grocery Store Tour

Shopping for a healthy lifestyle and budget

Name
Title

Welcome!

Guide to the Marathon Health Wellness Webinars:

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

Conference Line: 317-667-0329 ID: 993881

Get the Most Out of the Wellness Webinar!

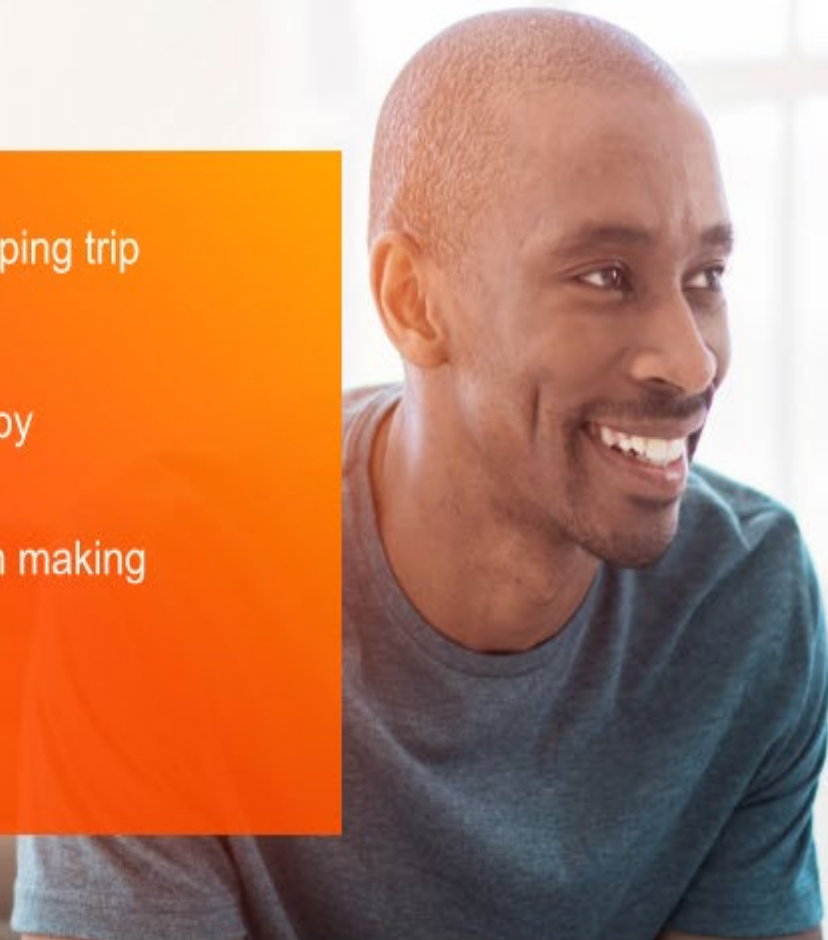
- Watch the entire webinar
- Download slides & handouts from *Resource List*
- Engage in Group Chat and Q&A
- Answer the Polling Questions

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.

Agenda

- Learn to prepare for a healthy grocery shopping trip
- Review the basic layout of stores
- Discuss healthy choices and shopping tips by department and aisles
- Looks at food labels – what to look for when making healthy choices



Polling Question



Prepare Before You Go Inside

- Shop after a meal, or have a snack first
- Have a list and stay focused
- Have a set budget
 - Bring a calculator to help you keep a running tally
- Pulling double duty and filling prescriptions at the same time? Drop off the prescriptions first
- Minimize idle waiting
 - Stores try to turn your wait time into buying time
- If possible, leave the kids at home
 - When kids come spending increases 10-40%



Know What You Need to Build a Healthy Meal

- It starts with knowing your nutrient goals
- Nutrition Fact Label is based on a 2,000-calorie diet

Use the “5/20 Rule”

- Choose foods that contain 5% Daily Value of fat, sodium, cholesterol, but a 20% Daily Value of vitamins, minerals, and fiber.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g



Building a Healthy Meal

Limit

- Saturated fat
- Trans fat
- Cholesterol
- Sodium

Eat More

- Fiber
- Vitamins
 - A, C & E
- Minerals
 - Calcium, potassium, magnesium and iron

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*		
Serv. Size 4 cookies (32g)		Total Fat	7g	11%	Total Carb.	20g	7%
Servings 9		Sat. Fat	4.5g	23%	Dietary Fiber	1g	4%
Calories 150		Trans Fat	0g		Sugars	10g	
Calories from fat 60		Cholest.	0mg	0%	Protein	2g	
		Sodium	115mg	5%			
		Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4%					

INGREDIENTS: Enriched flour, riboflavin, sugar, partially hydrogenated vegetable oil, cocoa, cornstarch, hydrogenated oils, soy lecithin, salt, caramel color, artificial flavors.

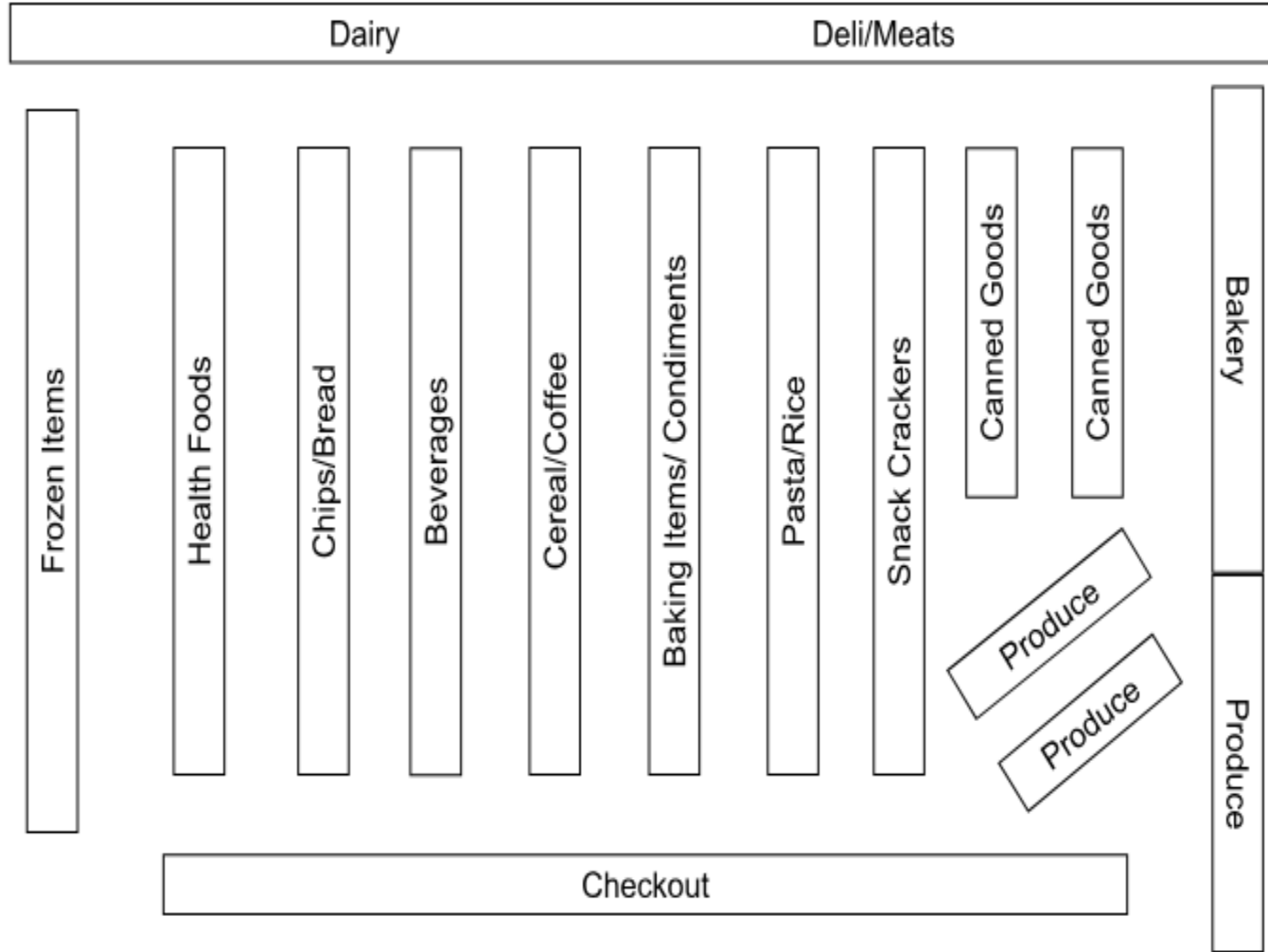
Dietary Fiber	0g	0%
Sugars	5g	
Protein	5g	
Vitamin A		4%
Vitamin C		2%
Calcium		20%
Iron		4%



Now Let's Go Shopping



Understanding the Layout



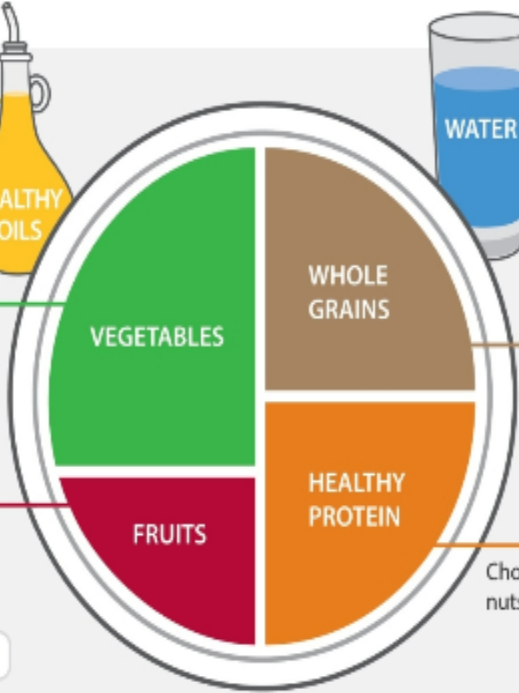


Produce



Picking Produce: Building the Foundation of Healthy Meals

HEALTHY EATING PLATE



HEALTHY OILS
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

WATER
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

VEGETABLES
The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

WHOLE GRAINS
Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

FRUITS
Eat plenty of fruits of all colors.

HEALTHY PROTEIN
Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!

© Harvard University

Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



Picking Produce

- Choose a variety of colorful fruits and vegetables
- More variety in color = more variety in nutrition
- Buy produce during the week
 - Most stores get deliveries Mon-Fri
- Reach to the back and dig for freshest items
 - Stores tend to put oldest merchandise on top
- Bigger doesn't always mean better
- Buy in season



Bakery and Breads

A photograph of a bakery counter filled with various breads and pastries. In the foreground, there are several round loaves of bread, some with seeds, and some pastries with chocolate chips. In the background, two people, a man and a woman, are working behind the counter. The scene is brightly lit, suggesting a clean and professional bakery environment.

A photograph of a loaf of whole grain bread, sliced into several pieces, resting on a rustic wooden surface. A small bowl of whole grains is visible in the background. The image is slightly faded to allow text to be overlaid.

Bakery and Breads

- Look for whole grain as the first ingredient
- Aim for at least 3 grams of fiber per serving
- Limit added sugars
 - High fructose corn syrup
 - Molasses
 - Brown sugar

Polling Question





Deli and Meats

Deli and Meats



Choose

- Fish
- Poultry
- Lower fat cuts identified with words such as “loin” and “round”
- Cuts graded “Choice” or “Select”

Limit

- Cuts labeled “Prime”
- Higher sodium deli meats
- Meats with visible fat (marbling)
- Processed meats: Hot dogs, ham, bacon, sausage, deli meats

Deli Meats: Making the Healthier Swap

Instead Of:

- Shrimp, lobster, crab
- Chicken wings/thighs
- Pork chops
- Ground chuck

Try:

- Salmon, halibut, tilapia
- Chicken breast
- Pork tenderloin
- Ground round



Center Aisles

A photograph of a grocery store aisle. The aisle is long and narrow, with high shelves on both sides. The shelves are filled with various food items, including bags of cereal, boxes of pasta, and cans of soups. The floor is a light-colored tile. The lighting is bright and even. The perspective is from the end of the aisle, looking down its length.

Shelf Basics

- **Top Shelf**
 - Specialty items – smaller, regional and gourmet brands
- **Second & Third Shelves from the top**
 - Bull's eye
 - Brands pay higher slotting fees to be placed at eye level, and those costs are generally passed on to consumers
 - Higher priced items with the highest mark-up



Shelf Basics

Kids' Eye Level

- Products that appeal to kids

Bottom Shelves

- Store and private label brands
- Bulk items
- Store brands are usually close to the market leader in quality yet less costly.
- Usually, the same product with a different package



Canned Goods

- Convenient, cost saving and healthy
- Choose low or reduced sodium (salt) varieties
- For canned fruit, choose the ones canned in 100% juice or water instead of syrup



Snacks

- Look for whole grains and at least 3 grams of fiber
- Limit sodium
- Limit processed foods- the fewer the ingredients, the better

Healthy Snack Ideas:

- Fruits & veggies with yogurt, hummus, or salsa
- Bare Simply Cinnamon Crunchy Apple Chips
- KIND Strawberry, Cherry, Apple Fruit Bites
- Hummus
- Salsa
- Popcorn
- Triscuit Baked Whole Grain Wheat Roasted Garlic
- Snyder's of Hanover Multi Grain Pretzel Sticks
- Wholly Guacamole Classic Dip
- Part Skim Mozzarella String Cheese
- Low-fat Cottage Cheese
- Fat-Free Plain Yogurt
- 0% All-Natural Nonfat Greek Yogurt
- Quaker Unprocessed Bran Cereal
- Old Fashioned Oats
- Kind Almond Cashew Plus Omega-3 Bar
- Edamame
- Plain Applesauce
- Hard boiled egg
- Kashi Honey Almond Flax Chewy Granola Bar
- Quaker Popped Chocolate Rice Crisps
- StarKist Ready-Made Chunk Light Tuna Salad Packet
- Pistachios, walnuts, almonds





Pasta, Rice, Grains

- Look for long grain & brown rice
- Whole wheat pasta
- Remember, pasta and rice should be a side not your main serving in your meals
- Breakfast cereals and bars
 - Should have at least 3 grams of fiber per serving
 - Keep sugar in the single digits. Aim for less than 9 grams of sugar per serving

Condiments

- Watch for hidden salt and sugar
- Ketchup and barbecue sauces tend to be high in sugar- compare to find the healthier option!
- Salad dressing, pickles and marinades often are higher in sodium
- Look for all-natural jams with less than 50 calories per serving and no added sugar

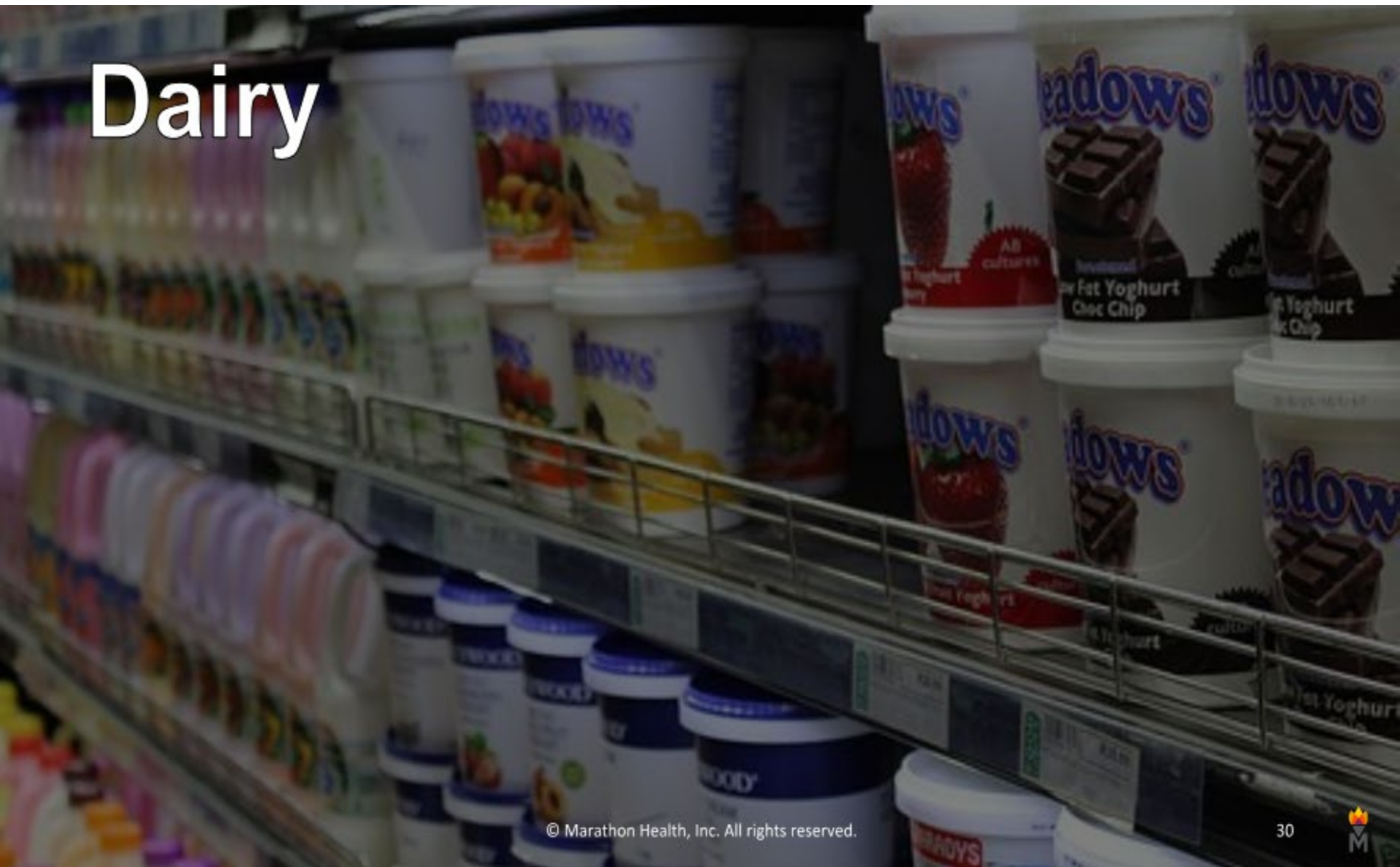




Rethink Your Drink

- Limit sodas and other sugary beverages including sports drinks
- Stick with water and low-fat/fat-free milk or almond milk
- Need some flavor? Try infused or sparkling water: lime, berries, cucumber
- Need a boost? Add a splash of 100% juice

Dairy



Dairy

- Choose non-fat and low-fat milk, yogurt, and cheese
- Flavored yogurts can be high in sugar. Look for options:
 - High in healthy fats
 - High in protein
 - Free from artificial sweeteners, colors, and additives,
 - Lowest sugar



Frozen Foods



Frozen Foods

- Look for less than 3 grams of fat per 100 calories
- Avoid heavy cheeses, cream or butter sauces, gravies, and honey or glazed (i.e., sugar) foods
- Frozen fruits and veggies can be a healthy, cost saving option
 - Watch for added sauces, butter, and sugars
 - Enjoy as a dessert, side item, or add to main dishes for extra nutrition!



Polling Question



Let's Check Out



Before You Check Out

- Before you pull into the checkout line, pull over and do a final cart check.
- Make sure your cart has visually:
 - 50% fruits and veggies
 - 25% lean and plant proteins
 - 25% whole grains
- Double check there are enough healthy fats, like avocado, nuts, seeds, nut butters and liquid oil





**Remember,
You are only as healthy as
your last trip to the grocery
store!**

Take home

How will you set yourself up for success at the grocery store?

Try writing out your next grocery list covering the main food groups on paper or your notes section in your mobile device.





Call, email, or visit us online

Call:

[\(754\) 206-2420](tel:(754)206-2420)

Email:

wpetusevsky@marathon-health.com

[*marathon-health.com*](https://marathon-health.com)

References:

Reading Labels and the 5/20 Rule | Villanova University. (2021). Villanova.Ecu.

<https://www1.villanova.edu/villanova/services/dining/nutrition/thought/labels.html#:~:text=Though%20not%20an%20end%2Dall,high%20amount%20of%20this%20nutrient>

Nall, R. M. (2019, July 25). *A guide to low fat foods.* Medical News Today.

<https://www.medicalnewstoday.com/articles/325860#:~:text=So%2C%20if%20a%20food%20contains,is%20a%20low%20fat%20food>

