



July 2018

City of Richmond Employee Health and Wellness Newsletter



Mayor Levar Stoney
Working Toward One Richmond

**Anthem Corporate 5k Run/Walk; June 7, 2018.
Our COR team was 16 members strong.
Thank you to all who participated and helped.**



City of Richmond Employees having fun with exercise. Have a picture to share?
Send it to Denise Heer at denise.heer@richmondgov.com.

2018 Health Assessment Initiative Starts July 1

Limited biometric screening appointments remaining

What: City of Richmond active employees, retirees and all spouses **covered under the City's Healthcare Plan with Cigna** are encouraged to complete Cigna's online Health Assessment (HA), using recent biometric data from an annual physical or from a biometric screening (recent means from 2018).

When: Complete the online HA between July 1 – August 31, 2018. Completing it before July 1, after August 31 or without biometrics will not qualify you for the Health Assessment Taken premium rates in 2019.

Why: To help identify and manage unknown health risks. Cigna healthcare plan participants who choose to complete the online HA on www.myCigna.com between July 1- August 31, 2018 will pay lower healthcare premiums in 2019 than those who choose not to participate.

Who: All active employees, retirees and spouses on our Cigna medical insurance. Each person is responsible for completing the online HA using their own myCigna.com account.

How: Get the necessary biometrics for HEIGHT, WEIGHT, WAIST CIRCUMFERENCE, BLOOD PRESSURE, TOTAL CHOLESTEROL, HDL CHOLESTEROL either from your physician or a biometric screening event in 2018 and use those results to complete the online HA on www.myCigna.com between July 1 – August 31, 2018. A physician does not have the ability to access your myCigna.com account or complete your online HA.

INFORMATION REGARDING BIOMETRIC SCREENING EVENTS:

The complimentary biometric screening events offered by Human Resources are done as a courtesy, but should not replace your complete annual physical with your doctor. You must schedule an appointment online if you wish to be seen at one of the screening events (complete schedule available online at www.screeningreg.com).

Walk-ins will only be considered if there are no-shows, but are not guaranteed to be seen.

To schedule a biometric screening appointment, visit www.screeningreg.com.

Log in using this information:

Username: **COR**

Password: **healthy**

Create an account and then schedule your appointment.

No appointment is needed to get computer assistance with the online Health Assessment if you have your biometrics from your physician.

Check.Change.Control. Wrap Up and Winners

We had 202 employees show interest in signing up to check and log their blood pressure readings for 4 months.

- **52 employees** reported that they tracked at least 4 readings between February and March. By doing so, they earned a nice American Heart Association cup.
- **33 employees** logged 2 readings for each of the four months (Feb., Mar., Apr., May) and were entered into a drawing to win a Samsung Fire 10 Tablet.
- Tablet Winners:
 - Abed, Nadder R. - DPU
 - Doyle, Margaret - City Attorney
 - Duncan, Shelby C. - DSS
 - Gordon, Alma D. - DPU
 - Jones, Brinette L. - DSS
 - Murphy, Eloise D. - Commonwealth Attorney
 - Stone, Christan S. - Assessor
 - Westbrook, Thomas A. - DPW
 - Williams, Temeka B. - Finance
 - Zimmerli, Adam M. – Library



Check.

Change.

Control.™

Congratulations to ALL who committed to being more proactive about checking blood pressure. Keep up the good work.

SAVE THE DATE

2018 Richmond Heart Walk
Saturday, October 6, 2018

**More information coming soon. This will be the
25th Anniversary of the Heart Walk.**

*Want to be on the City of Richmond
Team for this FREE event? Contact
Denise Heer at (804) 646-0007.*



Click [here](#) to learn more.

There are so many wonderful, tasty fruits and veggies that are “in season” in Virginia. Branch out and try something new. Here are some great recipes to explore.

Eggplant Lasagna

Ingredients

1 teaspoon olive oil for brushing
2 eggs
2 tablespoons water
1 cup grated Parmesan cheese
1 cup Italian-seasoned breadcrumbs
salt and ground black pepper to taste
2 large eggplants, peeled and sliced into 1/2-inch rounds
2 tablespoons olive oil
1 pound ground beef
48 ounces chunky tomato sauce (such as Prego(R))
2 cups shredded mozzarella cheese



Directions

- Preheat oven to 375 degrees F (190 degrees C). Oil 2 baking sheets and a 9x13-inch baking dish with 1 teaspoon olive oil.
- Whisk eggs and water together in a shallow dish. Combine Parmesan cheese, bread crumbs, salt, and ground black pepper in a separate shallow dish.
- Dip eggplant slices into egg mixture, then press each gently into bread crumb mixture. Gently tap off any excess crumbs. Arrange slices on the prepared baking sheets.
- Bake eggplant slices in the preheated oven until tops are golden brown, 20 to 25 minutes. Flip eggplant and bake an additional 20 to 25 minutes.
- Remove eggplant from the oven and increase temperature to 400 degrees F (200 degrees C).
- Heat 2 tablespoons olive oil in a skillet over medium-high heat and stir in ground beef. Season beef with salt and ground black pepper. Cook and stir until beef is browned and crumbly, about 10 minutes. Drain excess grease. Stir tomato sauce into ground beef; bring to a simmer and set sauce aside.
- Place 1/3 of the eggplant slices on bottom of the dish. Pour 1/3 of tomato sauce with ground beef on top of eggplant layer. Sprinkle 1/3 of mozzarella cheese on top of sauce layer. Repeat 2 more times, finishing with a layer of mozzarella cheese.
- Bake in the preheated oven until cheese is melted and sauce is bubbling, 10 to 15 minutes. Cool for 5 minutes before slicing.

Guacamole

Ingredients

3 avocados - peeled, pitted, and mashed
1 lime, juiced
1 teaspoon salt
1/2 cup diced onion
3 tablespoons chopped fresh cilantro
2 roma (plum) tomatoes, diced
1 teaspoon minced garlic
1 pinch ground cayenne pepper (optional)



Directions

In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper. Refrigerate 1 hour for best flavor, or serve immediately.

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For a complete Virginia Grown calendar, visit: <http://www.vdacs.virginia.gov/pdf/producechart.pdf>

EMPLOYEE SUCCESS STORY

Please take a few minutes to read how one employee's determination is paying off. She's using simple, manageable steps to make great health improvements.

I've needed to lose weight for years and had gone on streaks of both eating healthy and exercising, but no matter what I did, it had no effect. I was very discouraged and convinced that because of my metabolism and some medication I take, I was never going to succeed. I almost gave up, but I kept thinking that a nutritionist might be able to help. When I finally bit the bullet and looked into it, I found out that my insurance (not Cigna) wouldn't cover it without a referral from my doctor. Easy! I was (and am still) "obese" so I asked my doctor for the diagnosis and referral and I made an appointment. The first time I met with my nutritionist, we had a long conversation about my eating and exercise habits and my specific issues (I hate to cook, am lactose intolerant, etc...), and she made a plan tailored specifically to my needs. I followed it and ended up eating a wider variety of foods, appropriate portions, and much less of the things that really aren't good for me like trans fats and artificial colors and flavors (sometimes I do "cheat" and indulge, but that's okay). I began eating less food more often and was surprised to find that I was almost never hungry. Within a month, I had lost 5 pounds and 3 months later, I have now lost 20 pounds and 2 pants sizes. I have more energy, my back and hips bother me less, and I have fewer headaches. Best of all, this now feels like a normal and practical way to eat. Now I just need to add in the exercise component...

Anonymous City of Richmond employee

PAY IT FORWARD: A GUIDE TO GIVING BACK

Our lives are shaped by the kindness of others. We can't always pay them back, but we have the power to pass it on. From small random acts to volunteering, you have a chance to make life better for yourself and others.

Date: Monday, July 9
Time: Noon – 1 p.m.
Location: City Hall; 900 East Broad Street, 7th floor



Cigna

Please contact Denise Heer at (804) 646-0007 to RSVP for this session. Registration deadline is Monday, July 2. To reserve your spot, contact Denise Heer at (804) 646-0007. Feel free to bring your lunch.

You can always access EAP benefits at: (877) 622-4327 or www.mycigna.com; Employer ID: COR. Open to ALL City of Richmond employees and their household members.

If you have any questions, please contact Denise Heer, Employee Wellness Coordinator at denise.heer@richmondgov.com or 646-0007.