

Trempealeau County, Wisconsin

# The County Seat Beat

Issue 83

August 2017

## September Wellness Screening Clinic

StayWell will be hosting an on-site Wellness Clinic on September 26th.  
Read below for more information!

**Who is eligible?:** Any employee and their spouse/domestic partner that participates in the County offered health insurance.

**When:** September 26th, 2017 from 7:30 AM to 6:00 PM

**Where:** Trempealeau Room

**How do I sign up?:** Log on to [www.wellwisconsin.staywell.com](http://www.wellwisconsin.staywell.com), under the Programs tab.

**Why?:** To receive your \$150 wellness incentive without having to visit your regular doctor.

### Frequently Asked Questions:

**Since the Health Screening is taking place during work time, should I use sick or vacation?**

Yes, sick or vacation time **MUST** be used if attending the health screening during your normal work hours. This is the same as if you were attending a doctor's appointment. The appointment is 20 minutes long, so we estimate 30 minutes of sick or vacation time will be used. Be sure to consult your supervisor before scheduling your appointment to ensure coverage in your department. (This should be treated like any other time off request.)

**How is the incentive paid out?**

Starting in 2017 the health incentive will be paid out through a Visa gift card. This can be claimed either electronically or a physical gift card can be mailed to you from StayWell. *Checks are no longer issued for the incentive.*

**Is this On-Site Health Screening mandatory?**

No, this health screening is completely optional. Some employees may find this on-site screening more convenient than going to their doctor for a health screening; while other employees may prefer seeing their doctor. Participating in the health incentive in its entirety is also optional.

**Do I need to attend both on-site health screenings to get the incentive?**

No, you only need to attend one or you can go to your doctor for a health screening.

**Will this incentive of \$150 Visa Gift Card be taxed?**

Yes, similar to previous years, this incentive will be taxed. The tax will come off at the end of the year.

**Can my spouse or domestic partner attend the Health Screening?**

Yes, spouses and/or domestic partners that are covered by the employee's insurance plan are eligible to attend the health screening and eligible to receive the \$150 wellness incentive. Children/dependents are not eligible to attend the screening or receive the health incentive.

**I do not participate in the County's health insurance plan, am I able to attend the health screening?**

Not at this time, this health screening is being offered only to employees that participate in the ETF health insurance offered through the County.

**Will the County receive information on my health screening?**

Individual health information will never be shared with the County. The information will be given to you and uploaded to your StayWell portal online. It is up to you to share this information with your doctor if you have any concerns with your screening results.

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**REMINDER:** All employees should have their vacation banks reduced to no more than 120 hours by the end of the year!

### Did you know?

Sick and Vacation time may be taken in 1/2 hour increments!

**It's Your Choice** will be October 2nd—27th. This is the time when health insurance changes can be made and are effective 1/1/2018.

Insurance rates are currently not released but should be by the end of summer so stay tuned!

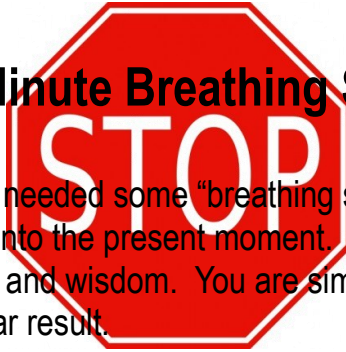
**HELLO  
AUGUST**

Hi everyone! My name is Kendra Mai, and I have recently been hired as a Social Worker in Human Services. I began working in Human Services in May 2017 as an LTE. I graduated from Eleva-Strum High School, and then attended University of Wisconsin – Stout. I recently graduated with a degree in Human Development and Family Studies, with a minor in Spanish and a concentration in Social Work. Since graduating, I have moved back home to Eleva, WI. In my spare time, I enjoy spending time with my family and travelling abroad. Recent travels include trips to Europe and South Africa. I am excited to start working here at Trempealeau County!

If you are a new hire and would like to introduce yourself in the newsletter, send a short bio to Becca. She'll feature it in the next newsletter.

**Welcome our  
new hire!**

## One-Minute Breathing Space



Haven't there been times when you just needed some "breathing space"? This practice provides a way to step out of automatic pilot mode and into the present moment. What we are doing is creating a space to reconnect with your natural resilience and wisdom. You are simply tuning into what is happening right now, without expectation of any particular result.

If you remember nothing else, just remember the word **"STOP"**.

### **S—Stop and take Stock**

### **Checking in to Head/Heart/Body**

Bring yourself into the present moment by deliberately asking: What is my experience right now? Thoughts... (what are you saying to yourself, what images are coming to mind.)  
Feelings... (enjoying, neutral, upset, excited, sad, mad, etc...)  
Sensations... (physical sensations, tightness, holding, lightness, etc...)  
Acknowledge and register your experience, even if it's uncomfortable.

### **T—"Take" a Breath**

### **Directing awareness to Breathing**

Gently, direct full attention to breathing, to each in-breath and to each outbreath as they follow, one after the other.  
Your breath can function as an anchor to bring you into the present and help you tune into a state of awareness and stillness

### **O—Open and Observe**

### **Expanding awareness outward**

Expand the field of your awareness around and beyond your breathing, so that it includes a sense of the body as a whole, your posture, and facial expressions, then further outward to what is happening around you: sights, sounds, smells, etc. As best you can, bring this expanded awareness to the next moments...

### **P—Proceed / New Possibilities**

### **Continuing without expectation**

Let your attention now move into the world around you, sensing how things are right now. Rather than react habitually/mechanically, you can be curious/open, responding naturally. You may even be surprised by what happens next after having created this pause...

*Submitted by Travis Ludvigson from [palousemindfulness.com](http://palousemindfulness.com)*