

**Manatee Your Choice is here for you!
We offer a variety of services for you that can help with
your individual needs:**



Sore muscles? Out of alignment? Did you know that the MYC health plan offers alternative care benefits? You can receive 20 visits per year of Chiropractic Care, Massage Therapy, Acupuncture, and Occupational Therapy for a nominal co-pay.



Need help getting motivated with workouts? Employees and Health Plan members receive 5 FREE Personal Training sessions offered every year!



Need a little help deciding what to eat or want some tips on healthy food choices? All health plan members receive 5 FREE Nutrition Sessions every year and another 15 at a \$25 copay.



Need someone to talk to about feeling stressed or how you're feeling? Try our LAMP services. LAMP is a voluntary, confidential, and solution-focused counseling service. All health plan members receive 5 FREE counseling sessions with a LAMP Advocate or an in-network community provider.



Need help with a variety of health issues such as exercise, weight loss, stress, depression, tobacco use, etc? Try one of our health coaches! If you meet two or more of the criteria you are eligible to participate. You receive 5 FREE sessions and another 15 with a \$25 copay.

Key Take- Aways:

- » The goal of an ergonomic program is to reduce work-related musculoskeletal disorders (MSD's).
- » The 20:8:2 ratio- For every 20 minutes of sitting, there should be 8 minutes of standing with 2 minutes of movement. If that's too much, change positions every 90 minutes to prevent MSD's.
- » Avoid excessive movements and positions that contribute to Carpal Tunnel Syndrome (CTS) such as excessive flexion or extension (bending) of the wrist. Keep wrists in neutral alignment and take frequent typing breaks.
- » Practice good posture! Sit up tall and practice shoulder and chest stretches. Poor posture inhibits blood flow, affects breathing and diaphragm function, stresses lower back, hyperextends back muscles, inhibits brain function, increases pressure in kidneys, adrenals, colon and stomach, and more.
- » Take frequent eye breaks to prevent eye strain. Try the 20-20-20 rule. Every 20 minutes take a 20 second break and look at something 20 feet away.
- » Prolonged sitting can cause low back discomfort. Look for ways to stand! Stand during a phone call, get up and walk around often, place things in a position that you have to stand up to get them.
- » Stay hydrated! Keeping muscles hydrated can help prevent muscle fatigue and discomfort. Start by increasing a little at a time.
- » Don't forget about your feet! Make sure shoes fit properly and comfortably. Try an anti-fatigue mat if you stand in one spot for a lengthened period of time. Try a foot rest if feet do not rest on the floor when sitting at desk.

Ergonomic set-up tips:

- » The top of your screen should be at or slightly below eye level.
- » Elbows bent around 90 degrees when hands are on keyboard, and upper arms are close to body not extended out in front.
- » Sit back fully in chair and use lumbar support, if none, try a rolled up towel.
- » Try to keep head in neutral alignment not looking up or down for long periods of time.

Try these videos from our fitness staff for relaxation and calming the mind and body!

1. Full Body Stretch with Julie (15 min): https://www.youtube.com/watch?v=oZ53Kyqwh_c&list=PLopTfpw0pB4rOhvr5TEJLBSOwSp9FKsXz&index=2

2. Meditation and Relaxation with LaRae (4min): https://www.youtube.com/watch?v=M2VXrZZvves&list=PLopTfpw0pB4oIUd2_-IGGWzpejtCUmuHG&index=8

3. Chair Yoga with LaRae (18 min): <https://www.youtube.com/watch?v=-6YiuSTvtCA&list=PLopTfpw0pB4rOhvr5TEJLBSOwSp9FKsXz&index=19>



Thank you for being our pilot group! Please help us and click on the link below to fill out a quick survey so we can make any improvements to our Remote Ergonomic program.
<https://www.surveymonkey.com/r/75SQ2KX>

