

SMART START Newsletter



Visit www.pcsb.org/wellness or contact Caleigh Bean, Employee Wellness Coordinator at 588-6031 or beanc@pcsb.org.

April 2020

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Working @ Home

Working at home is an adjustment, to say the least. In theory, working from home allows you to focus on your work in the comfort of your own home without dealing with a stressful commute and distractions in the office. However, when you work for a school board working from home is uncharted territory. Some may find their focus and production increase, while others may find it extremely challenging. Below are a few tips to help make working from home effective.

- **Organize your workspace:** Set up a workspace that is structured and separate. Avoid working from your couch in front of your TV, which can be distracting and uncomfortable overtime.
- **Get ready for the day:** Shower, put on different clothes and make your bed. These will give you a sense of accomplishment. Staying in bed and looking grungy each day can lead to depression.
- **Stick to a meal schedule:** this will help avoid mindless snacking or grazing.
- **Wind down each day:** it's easy to bring work home when you're working from home. Set a routine that signals you are done with work for the day– whether it be

walking your dog, starting dinner or simply signing off of your emails.

- **Stay social:** Social distancing and working from home can feel isolating. Stay in touch with your coworkers, family, and friends through phone or video calls.
- **Let the sun in:** Open your windows, sit outside, or go for a walk while following the CDC guidelines.
- **Declutter:** use this time to clean out drawers, closets, cabinets and more! Reduce, reuse, recycle.
- **Do something fun for yourself:** Start a new hobby, work on a puzzle, play games with your family. Having activities that don't involve work will help keep you happy and healthy.
- **Stay calm:** this is an adjustment for everyone so it's important to remain calm and reach out if you need any help.

The EAP is Here to Help!

Resources for Living EAP is available for all PCS employees who need assistance. The EAP provides up to 8 free counseling sessions per issue per year for employees and their household members. Call 1-800-848-9392 for free and confidential assistance 24 hours a day, 7 days a week. Visit www.resourcesforliving.com to access online services.

www.resourcesforliving.com

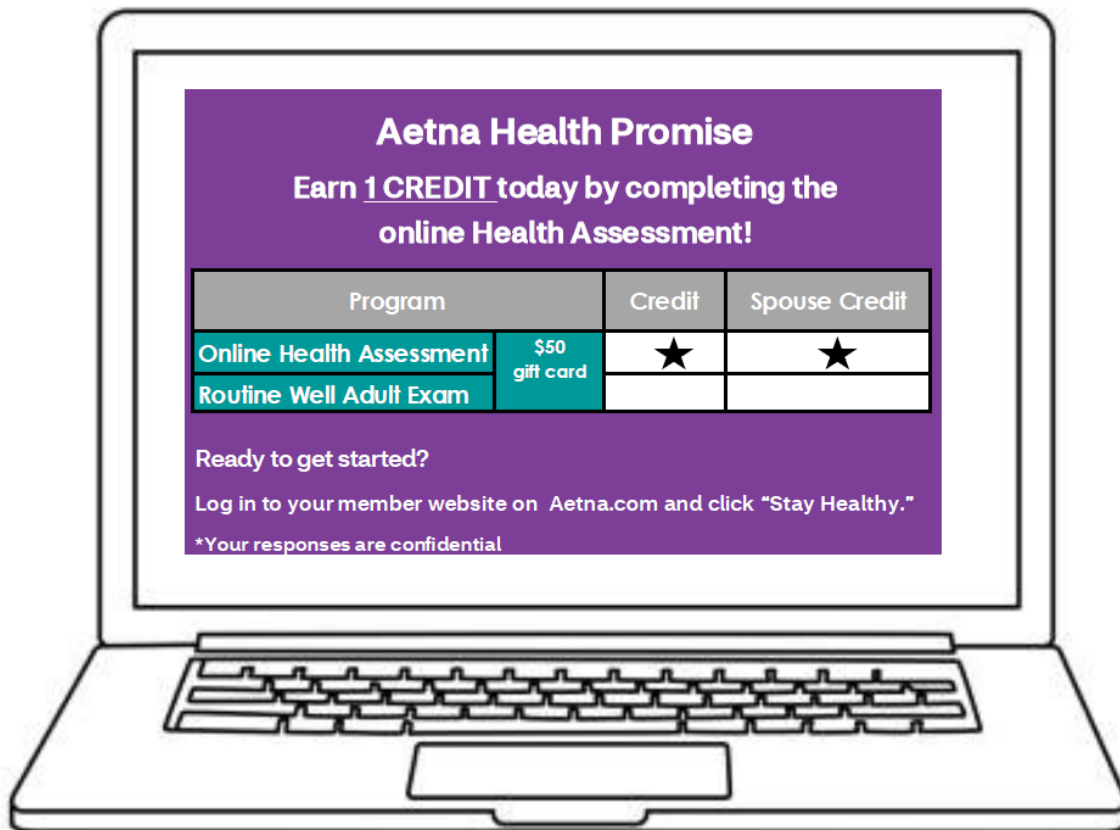
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Password: eap



COVID-19 Resources

- [Adjusting to working remote through the COVID-19 Pandemic](#)
- [Coping with COVID-19](#)
- [Ways to stay connected without leaving your home](#)
- [Things to do with your kids while you're home together](#)

Earn Aetna Health Promise Credits @ Home



Back & Body Works

Begins Week of April 27
4 Week Virtual Program



About 80% of adults will experience back pain at some point in their lives. And 1 in 2 adults will experience musculoskeletal disorders, any injury or pain to areas of the body including joints, ligaments, muscles, or nerves.

The good news: a majority of back and body pain can be prevented!

Join the 4 week Back & Body Works program to learn how to prevent back and body injuries in our day to day life.

To register, click the button below and fill out all the required information.

Register for the Back & Body Works Program [HERE!](#)



Each week participants will receive an email with 1 educational video, resources to support the topic and a short quiz. Participants must complete *EACH* week's quiz by the deadline to earn the credit.

All PCS employees can participate.

Employees with the Aetna medical insurance through PCS will receive **1 credit** towards their Aetna Health Promise incentive.

To learn more about the Aetna Health Promise, visit pcsb.org/wellness.

Staying Fit @ Home

Adjusting to social distancing and the new recommendations of the Safer-at-Home mandate can be challenging, especially when it comes to staying active and healthy. While working at home we now gain some time back that we'd normally spend commuting, chauffeuring kids around, visiting friends and more! Use that time to go for a walk, try a new at-home work out, or stretch. Staying active can boost your immune system and improve your mental and physical health. Below are some tips for how to stay fit at home.

Before beginning any new fitness routine, talk with your doctor.



- **Take your time.** If you're new to working out, don't rush into it. Jumping into an intense workout can lead to injury or soreness that could halt your progress. Start small and build up each day. Go for a walk or a bike ride, then work your way up to strength training or fitness classes.
- **Always stretch before.** Stretching is key to reduce injury and warm up the body when exercising. Stretching can also increase lubrication to joints and provide nutrients and oxygen to parts of the body. Try [these stretches](#) from the American Heart Association.
- **Make it a habit.** Set a time to get moving! Incorporate it into a habit you already do, like go for a walk right after dinner or right after you wrap up work. Set reminders on your phone or calendar so it's built into your schedule.
- **Get your family or friends involved.** If you are living with family or friends, get them to join and make it part of your household's routine! Working out in a group is more motivating and you'll be able to hold each other accountable. If you live alone, invite your family or friends to a virtual workout. You can talk on the phone as you walk or set up a video call to do the same workout together.
- **Use what's available.** You don't need a full gym to have an effective work out, use what you have! Go for a walk in a nearby park or in your neighborhood (while practicing social distancing). If you have a swimming pool, jump in! Clear some space in your living room or kitchen to stream a virtual workout. Use cans or water bottles as weights. You don't need any equipment to stay active. [Click here for at-home exercises.](#)
- **Use free workouts.** If you belong to a fitness center or gym, check with them to see if they provide streaming services. Many companies provide free streaming workout videos or free trails during the pandemic. Try these resources:
 - ◇ [Fitness Blender](#)—free videos for every fitness level.
 - ◇ [Orange Theory Fitness](#)—OTF is releasing daily free workout videos you can stream at home.
 - ◇ [YMCA](#)—The Y is offering free on-demand programs and digital coaching through [YMCA 360](#).
 - ◇ [Planet Fitness](#)—Use your social media for workouts. Planet Fitness is offering free videos daily at 7pm EST on their Facebook page.
 - ◇ [Barry's](#)—If you're on Instagram, follow Barry's for free & live workouts on their channel at 12pm and 3pm EST.
 - ◇ [Peloton](#)—Peloton is offering a 90 day free trial of their app for yoga, meditation strength, cycling, running, and other fitness classes - you don't any equipment for these classes.
- **Follow all the guidelines from the CDC and the Florida Department of Health.** Visit [cdc.gov](#) for recommendations, guidelines, and how to keep you and your family safe during the pandemic.

Use Your Peerfit Credits to Stream Workouts From Home

Employees who earned Peerfit for completing their biometric screening can now use their credits to stream fitness classes remotely. [Click here to view a full list of Peerfit studios streaming classes online](#)— these are studios from all over the country, so you now have access to take a class in Texas, New York or other states!

Peerfit also offers online streaming services for 6 credits per month through Bernalong and Forte – two streaming services with hundreds of different exercise classes. Visit <https://peerfit.com/digital-fitness> for more information. For more details about Peerfit, please visit [pcsb.org/wellness](#).



GOT DIABETES?

FREE Diabetic Supplies

Employees and dependents with PCS medical insurance can have their co-pays waived on their prescription diabetic supplies (medication not covered) by enrolling and participating in the PCS Diabetes CARE Program.

Contact Gina DeOrsey at 727-588-6137 or pcs.deorseyg@pcsb.org to get started.

Important:

Effective 1/1/2020: the current preferred meter on the Aetna formulary is **Accu-Check**. To request a free Accu-Chek Guide meter, please contact Aetna at 1-844-286-2174 to place an order. If you currently are utilizing a meter diabetic supplies that are not included on the formulary, you may be charged more at the pharmacy. We recommend you discuss any possible changes with your physician. If you plan to change meters or supplies to one on the preferred formulary, you will need a new script.

Monthly Challenge

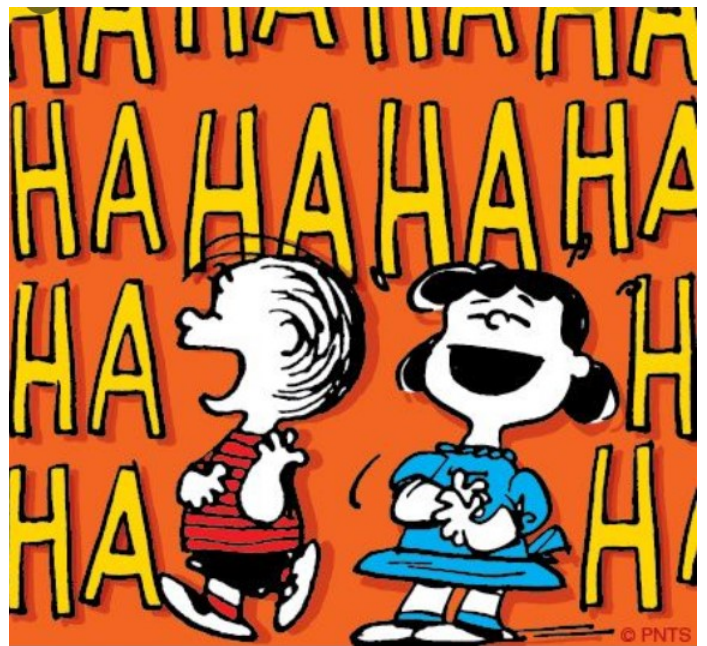
Humor Challenge

The month of April is National Humor Month.

For the next 30 days, challenge yourself to find humor each day. Search for a new comic, watch an episode of your favorite comedy sitcom, share a funny video with your coworkers and friends—anything to get you and others laughing.

Benefits of Laughter

- Improve well-being
- Helps lower blood pressure
- Boost morale
- Increase communication skills
- Helps cope with difficult emotions
- Slows the aging process
- Increase overall satisfaction



Be SMART Employee Wellness Program

When it comes to managing your health, you are not alone. PCS offers a wide variety of programs to support you in reaching your health goals. Visit www.pcsb.org/wellness



SMART START Newsletters

Watch your inbox for our monthly newsletter that covers a wide variety of wellness topics, and upcoming programs!



Talk to your Wellness Champion

Wellness Champions at nearly every worksite offer wellness programs on a variety of topics.



Employee Assistance Program (EAP)

Call the EAP toll-free number at 1-800-848-9392 to reach a professional who can assist you with a variety of work/life concerns.



Mobile Mammography

The Mobile Mammography bus will be visiting most worksites throughout the year. You can view the full schedule of the bus and book an appointment anytime at www.pinellasmammo.com.



Discounts at Fitness Centers

As a PCS employee, you receive discounts at local, participating fitness centers.



Quitting Tobacco Resources

Quitting tobacco isn't easy. Finding help should be. PCS offers free tools and services to help you get started.



Diabetes CARE Program – Aetna members only

Eligible employees can receive pharmacy prescription diabetic supplies at zero co-pay.



Aetna Health Line – Aetna members only

For immediate health concerns or questions, you can call a registered nurse anytime (24/7) through Aetna at 1-866-253-0599.



Healthcare Bluebook – Aetna members only

Healthcare Bluebook can help you find high-quality medical care at the best cost. Visit www.pcsb.org/healthcarebluebook



Teladoc – Aetna members only

Participate in a live video doctor visit from a mobile device or computer 24/7. Visit www.teladoc.com/aetna

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