

SMART START Newsletter



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

April 2021

In This Issue:

Race to Level 1.....	1
Foodsmart.....	1
Winners for the Race.....	2
Stress Month.....	3
Spring Webinars.....	3
Diabetes Care Program..	4
Fragrance Free.....	4
About us.....	5



limeade

Race to Level 1: Complete!

The first challenge of the new wellness program, Limeade, is officially over and the results are in. The goal of the challenge was for schools and larger worksites to get 50% of their eligible staff to Level 1 by March 31, 2021.

Winners are listed on page 2 of the newsletter.

We had 61 worksites complete this challenge and achieve this goal! Altogether we had 3551 employees reach Level 1 by March 31 and earn a \$20 gift card. If your school or work site completed the race and achieved the 50% goal, a separate email was sent to the Principals, Secretaries, and Wellness Champions with more information.

The Limeade program is available to all employees with the Aetna medical insurance through PCS. The Limeade program runs through February 14, 2022. Please visit pcsb.org/wellness for more details about the program.

foodsmart

All employees who have access to Limeade also have access to Foodsmart! Foodsmart is a nutrition program that helps take the guesswork out of healthy eating with personalized meal recommendations based on your biometrics and food preferences. It provides support through a variety of different tools:

- NutriQuiz (100 points)
- Personalized Recipe Recommendations
- Meal Planner Tool
- “Cook It Now” Tools
- Local Grocery Store Deals
- Virtual Grocery lists & more!



To access Foodsmart, employees can log into their Limeade account and on the Discover page, under Featured Activities, Choose the Foodsmart activity. This will first take you to the Nutriquiz, a 5 minute survey about your eating habits. The Nutriquiz is a way Foodsmart can personalize your recommendations to meet your needs and foods you like to eat. Once that’s completed you will have access to all the tools they provide. Get started today!

[Directions for how to access Foodsmart](#)

Questions about Limeade?

Contact Limeade Customer Support at 888-984-3638 or support@limeade.com

You can also contact the PCS District Wellness Team for eligibility or program details. Contact information in the back of newsletter.

Limeade's Race to Level 1 Winners!



Total Worksites that Reached 50% to Level 1 by March 1, 2021: **61 worksites**

Total Employees to Reach Level 1 by March 1, 2021: **3,551 employees**

Location	Percent to Reach Level 1
ESE COMPLIANCE	95.24%
GUS A STAVROS INSTITUTE	78.57%
ELISA NELSON ELEMENTARY	77.14%
PINELLAS SECONDARY	75.61%
CLEARWATER FUNDAMENTAL	73.08%
PRIVATE SCHOOL ESE	72.73%
PASADENA FUNDAMENTAL	72.22%
TYRONE MIDDLE	71.88%
CLEARVIEW ADULT	71.43%
PSYCHOLOGICAL SERVICES	70.89%
SOUTHERN OAK ELEMENTARY	70.83%
MOUNT VERNON ELEMENTARY	70.73%
WOODLAWN ELEMENTARY	70.45%
BAUDER ELEMENTARY	67.74%
DUNEDIN ELEMENTARY	67.65%
DISSTON ANNEX	66.67%
MARJORIE KINNAN RAWLINGS	66.00%
GULF BEACHES ELEMENTARY	63.33%
PINELLAS GULF COAST	63.16%
BELLEAIR ELEMENTARY	62.00%
CYPRESS WOODS	61.02%
SEXTON ELEMENTARY	60.71%
SCHL SOCIAL WORKERS	60.42%
SANDERS EXCEPTIONAL	60.00%
LAKE ST GEORGE ELEMENTARY	59.68%
OAKHURST ELEMENTARY	58.33%
CALVIN HUNSINGER	57.89%
DOUGLAS JAMERSON ELEMENTARY	57.89%
LEALMAN AVE ELEMENTARY	57.41%

Location	Percent to Reach Level 1
JAMES B SANDERLIN	57.14%
LAKEWOOD ELEMENTARY	56.36%
ADMINISTRATION BUILDING	56.29%
CLEARWATER ADULT	56.25%
SHORE ACRES ELEMENTARY	56.14%
BLANTON ELEMENTARY	56.00%
PONCE DE LEON ELEMENTARY	55.38%
PAUL B. STEPHENS	55.36%
CURTIS FUNDAMENTAL	55.26%
EDUCATIONAL ALTERNATIVE	54.55%
TARPON SPRINGS FUNDAMENTAL	54.55%
EISENHOWER ELEMENTARY	53.85%
FRONTIER ELEMENTARY	53.70%
TARPON SPRINGS ELEMENTARY	53.45%
WESTGATE ELEMENTARY	53.33%
ST PETERSBURG HIGH	53.21%
ANONA ELEMENTARY	53.19%
LAKEWOOD HIGH	53.01%
BROOKER CREEK ELEMENTARY	52.17%
OSCEOLA FUNDAMENTAL	52.13%
NINA HARRIS	51.58%
BELCHER ELEMENTARY	51.56%
CURLEW CREEK ELEMENTARY	51.52%
NORTH SHORE ELEMENTARY	51.02%
SEMINOLE HIGH	50.94%
PERKINS ELEMENTARY	50.91%
NORTHWEST ELEMENTARY	50.91%
OLDSMAR ELEMENTARY	50.91%
MADEIRA BEACH FUNDAMENTAL	50.56%
SEMINOLE ELEMENTARY	50.00%
BAY VISTA FUNDAMENTAL	50.00%

Congratulations to each worksite where 50% of their eligible population reached Level 1 by March 31, 2021. An email was sent to the champions, principals, and secretaries with information about the funds being distributed with suggestions on how to use those funds. If you have any questions, please reach out to Risk Management at 727-588-6195.

For more information about the Limeade program, please visit pcsb.org/wellness.

April is Stress Awareness Month

Stress Awareness Month has been recognized every April since 1992, but this year it seems particularly important. Learning to cope with our stress and finding healthy ways to deal with these situations can go a long way in living a healthy and positive life.

We all experience stress – yet we may experience it in very different ways. Because of this, there is no single definition for stress, but the American Institute of Stress states the most common explanation is a “physical, mental, or emotional strain or tension.”

Don't forget, the EAP is Here When You Need It!

We all struggle at points in our lives but it's important to reach out when you need help. The Employee Assistance Program (EAP) is available to all PCS employees and provides access to counseling and resources. This resource is completely free and confidential and covers you, any family member living in your household, and your children up to the age of 26 no matter where they live.



Contact Resources for Living 24/7

800-848-9392

www.resourcesforliving.com

Username: pcsb

Password: eap

Spring 2021 Wellness Webinar Series

Throughout the spring semester, we will be offering a variety of wellness webinars on nutrition, EAP, financial and meditation/yoga classes.

PLN credit is available for Nutrition, EAP, and Financial *live* webinars.

Full list of Spring 2021 Webinars can be found on [District Campaigns](#).

[Directions for how to register and add the event to your calendar.](#)

Upcoming Webinars

Date & Time	Topic & Registration
4/13 @ 5:00pm	Understanding Investments Registration
4/20 @ 5:00pm	Healthy Ingredient Swaps Registration
4/22 @ 12:00pm	Stay Positive, Release Stress EAP Registration
5/4 @ 5:00pm	Managing Your Time at Work EAP Registration
5/11 @ 5:00pm	Mindful Eating vs. Mindless Eating Registration



GOT DIABETES?

FREE Diabetic \$upplies

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.

Attention Diabetics! 2021 changes to covered diabetes test strips:

- One Touch Ultra and One Touch Verio is covered now.
- Accu Chek will be excluded in 2021.

Current Accu Chek users will be grandfathered through June 30, 2021

Please contact Aetna at 877-418-4746 to order a free meter. You will need to contact your physician to obtain a prescription for your diabetic supplies.

Any questions, please contact Gina DeOrsey at 727-588-6137 or pcs.deorseyg@pcsb.org



Fragrance Free Work place

Fragrance-free environments help create a safe and healthy workplace. Fragrances from personal care products, air fresheners, candles and even cleaning products have been associated with health issues like headaches, upper respiratory symptoms, shortness of breath, and difficulty with concentration. Some people are more susceptible than others. People with allergies and asthma report that certain odors, can cause asthma symptoms.

It's important to be mindful of how your fragrances may impact others health. We ask all employees to refrain from perfumes, lotions, and other products that have heavy fragrances that could impact your coworkers, visitors, or students.



THANK YOU

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

Contact Us

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