

SMART START Newsletter



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

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In This Issue:

Step Challenge 5/6.....	1
Peerfit.....	2
Mindfulness Challenge..	3
Summer of Wellness.....	3
Earth Day Challenge.....	3
About Us.....	4

US National Parks Step Challenge starts May 6th!

The US National Parks is a 6 week team step challenge. Challenges are open to all PCS employees regardless of insurance coverage.

The first team step challenge 'Step It Up to a Better You' was a hit! Over 1,200 participants and 206 teams competed to rack up over *547 million* steps total. There were 200 random gift card winners, three winning teams, and three winning individual steppers—233 winners total! Join the US National Parks Challenge to earn 1 credit* towards the Aetna Health Promise Incentive and for a chance to win prizes!

Register today!

1. Visit <http://join.virginpulse.com/AetnaGetActive> or download the Virgin Pulse App on your smart phone.
2. Begin to enter 'Pinellas County Schools' into the search bar and select Pinellas County Schools.

3. Complete the information to sign up. You must enter in your PCS email using the domain @pcsb.org.
4. Follow the instructions to complete your account.
5. Employees will be able to invite friends and family once your account is created.
6. Once logged in, click on the Challenge tab at the top of the page and choose US National Parks. Join or create a team and get stepping!

If you are having issues with Virgin Pulse, such as registration or connecting a device, please call 833-525-5786 or email aentagetactive@virginpulse.com.

*Employees can earn 1 credit max towards the Aetna Health Promise incentive for competing in one of the 4 team step challenges throughout the year. To learn more about the Aetna Health Promise, please visit pcsb.org/wellness.

“My prize to myself is losing 40 pounds since we returned to work in January. Only about 30 more pounds to go (and hundreds and hundreds of miles to walk)...This has been amazingly motivating.”

-Step It Up To A Better You Participant



Summer with Peerfit!



Summer is a great time to utilize your Peerfit incentive.

Peerfit is national network of gyms and wellness studios (yoga, kickboxing, boot camp, etc.). PCS will provide 16 credits per month for up to 6 months to employees who complete the Wellness Screening– employees must have medical insurance through PCS, details below. Employees can use these credits to purchase and attend fitness classes (ex: yoga, kickboxing, cardio, etc) at no cost to the member. Credits will reset the first of every month.

Employees will continue to have access to their account after the initial 6 month period. They can enter credit card information to purchase additional classes at a discount rate.



How to Earn Peerfit

Employee who have the medical insurance through PCS are eligible to earn Peerfit by completing a Wellness Screening through Quest. Employees must complete their Wellness Screening at an onsite event, a Quest Patient Service Center, or through a Physician Results form. Appointments at a Quest Patient Service Center and the Physician Results form *MUST* be

scheduled through My.QuestforHealth.com in order for the screening to count as a Wellness Screening. [Full registration guide.](#)

Employees will receive an email about Peerfit registration within a month after completing their screening. The email will be provided instructions of how to register and how to start Peerfitting!

If you have any questions, please contact Jessica O'Connell at pcs.oconnellj@pcsb.org.

Studio Highlights

Madeira Beach Yoga

Who: Madeira Beach Yoga offers three unique settings to indulge in your practice. Experience one, or explore them all, in the studio, on the patio or on the white sandy beach of Archibald Park.

What: Restorative Yoga, Yin Yoga, Beach Yoga, Slow Yoga

Where: Beach Flow and Sunset Beach Flow sessions located on Madeira Beach just north of Snack Shack at Archibald Park, 15100 Gulf Boulevard, 33708. Studio classes located at 200 Rex Place, 33708

Credits: 4 credits per class

Click [here](#) to reserve a class at **Madeira Beach Yoga** now! Tip: Bring a towel and water!



Clearwater Boxing Center

Who: Clearwater Boxing Center offers boxing cross training workouts burning up to 1000 calories in just 1 hour. 'The best cardio on the planet.' Fun training for all ages with certified boxing trainers.

What: Boxing and Kickboxing

Where: 1710 North Hercules Avenue, Clearwater, FL 33765

Credits: 4 credits per class

Click [here](#) to reserve a class at **Clearwater Boxing Center** now! Tip: Bring a towel and water!



Last Week of the Mindfulness Challenge

The last week of the mindfulness challenge is open. This 4 week challenge provides employees with resources, tips, articles and more that focus on reducing stress and mindfulness. This challenge is open to all PCS employee and their immediate family members.

Employees with medical coverage through PCS can earn 1 credit towards their Aetna Health Promise for completing the Mindfulness Challenge. In order to receive the credit, employees must complete all 4 weeks of the Mindfulness Challenge by **April 30, 2019**.

Members will have access to all the resources from the challenge for 12 months.

[Mindfulness Challenge](#).

To learn more visit pcsb.org/wellness

Work on Wellness Over Summer!

As Summer quickly approaches, put your health first! Summer is a perfect time to schedule annual preventative exams, participate in wellness challenges, and reach your 5 or 8 credits of the Aetna Health Promise Incentive.

Keep up to date on all the Wellness Programs and learn more about the new Aetna Health Promise Incentive by visiting pcsb.org/



April Challenge

Earth Day (April 22)

Every year since 1970, April 22 has been designated as Earth Day. Earth Day is intended to bring awareness and motivate change to help preserve and protect our planet. We only have one planet to live on and it is our responsibility to keep it clean and healthy for this and future generations. In honor of Earth Day this week, challenge yourself to help our planet!

Challenge: Reduce Waste—Specifically Plastic Waste

Waste is a part of our daily lives. Many people do not think about how much waste they produce each day— take a look at your office or home trash can and see how quickly it fills up each day! The increase of waste has led to pollution of our land and seas, affecting our health and the health of animal and plant species. Single use plastic (grocery bags, plastic snack bags, straws, food containers, etc.) has become an increasingly large waste issue due to how long it takes to completely biodegrade—estimates range from 450 years to never. Ocean plastic is estimated to kill millions of marine animals every year. Regardless of your view of environmental issues, no one wants to go to the beach and see trash and dead fish floating during your vacation!

Challenge yourself for the next 30 days to reduce your waste.

- Replace single use plastic with reusable items such as reusable grocery bags, reusable straws, Tupperware, coffee mugs or reusable water bottles, coffee pods, etc.
- Use a dish towel instead of paper towels. After washing your hands, drying dishes, or cleaning up a spill – reach for a dish towel instead of paper towels.
- Recycle. If you can't reuse, try to recycle. Not everything can be recycled—check the [Pinellas County's Recycle Guide](#) before recycling.

For more information about Earth Day and how you can help our planet, visit www.earthday.org.



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 877-240-6863 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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