

SMART START Newsletter



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

April 2019

In This Issue:

Mindfulness Challenge..	1
Aetna Get Active	
Winners.....	2
Defeat Diabetes Month.	3
Diabetes Care Program..	3
How to Check Credits	
for the Aetna Health	
Promise.....	4
April Recipe.....	4
About Us.....	5



Mindfulness Challenge has begun- There's still time to register!



Mindfulness Challenge

is a **4 week** journey that will empower you with mindfulness to enhance well-being. You will learn how Mindfulness is a real-life way to forge relationships and foster healthy habits. You'll be introduced to tools and practices that you can put to immediate use in your daily life. Every week you'll discover something new!

All PCS employees and their family members can participate in the Mindfulness challenge.

Only employees, with medical insurance through PCS will be receive 1 credit towards the Aetna Health Promise incentive. Dependent spouse can participate but will not earn credit. For more information about the Aetna Health Promise, please visit pcsb.org/wellness.

Every Week You'll Discover Something New!

Aetna Health Promise Credit:
Employee: 1

Week: 1
FOUNDATION
April 1st

Get started



Week: 2
PHYSICAL
April 8th



Tune into your body

Week: 3
EMOTIONAL
April 15th

Build resilience



Week: 4
SOCIAL
April 22nd



Connect with others

Registration is still open!

1. Visit [Mindfulness Challenge](#)
2. Fill out the Personal Information
 - Company name is *pinellascountyschools*
 - If you are a PCS employee, please use your PCS email to assist with incentive tracking.
3. Agree to the terms and conditions and select continue.
4. Login using the email and password you created.
5. Complete the Mindfulness Challenge Survey.
6. Starting April 1, you will have access to weekly tips, activities, meditations and more!

Multiple Email Issue Resolved

On Sunday 3/31/2019, a glitch in Aetna's system caused participants to receive multiple emails regarding the Mindfulness Challenge. We apologize for the excessive amount of emails that were sent. Aetna connected with their web host as soon as they were notified and the issue has been fixed. You should receive future emails only once. Thank you for your patience and understanding. We hope you will enjoy and benefit from all the Mindfulness Challenge has to offer!



Step It Up To a Better You Winners!

Over 1,200 participants and 206 teams competed in the Step It Up to a Better You step challenge. The challenge began January 28 and participants tracked their steps for 8 weeks. Together, there were over 545 Million Steps tracked! Each member of a winning team and top steppers received a prize of a Publix gift card.

1st Place: Oakhurst Steppers—10,426,489 Steps

Anna Hauser	Brian Nelson	Brittany Spilker	Christina Lovejoy
Erika Meade	Gina Anderson	Jennifer Epperson	Jodi Ruschetta
	Mary Smith Hart	Timothy Caughey	

2nd Place: Oakhurst Steppers 2—9,424,078 Steps

Gregg Cuzzucoli	Kelly Kennedy
Lisa Annand	Marilyn Gars
Michelle Fulle	Natalie Lai
Tara Stegbauer	Tracey Sanders
Virginia Esposito	William Morrissey

3rd Place: FLE Fit and Fab—8,902,175 Steps

Amy Rossi	Genie Merrer
Karen Dublino	Kathleen Alongi
Kelly Hendrickson	Laurie Siech
Rachel Pages	Tim Dublino
Van Dang	Zoy Papamichael

Individual Top Steppers!

1st Place: 1,680,000	2nd Place: 1,675,017	3rd Place: 1,632,908
Princy Dorsainvil	Janice Szablewski	Tim Dublino

“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

Next Team Challenge: US National Parks starts May 6th!

The next team challenge will start May 6 and registration will open April 22. The US National Parks is a 6 week team challenge. Challenges are open to all PCS employees regardless of insurance coverage.

To register:

1. Visit <http://join.virginpulse.com/AetnaGetActive>
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.

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.



Congratulations to the Winners of the Step Challenge Bi-Weekly Drawings

Every two weeks during one of the team challenges, 50 randomly selected participants will win a \$10 Publix gift card. You must be a PCS employee to win and you must be tracking steps during the team challenge.

Alison Harris	Deanna Richards	Jody Becker	Maria Smalios	Patricia Gaston
Allison Hackett	Debbie Cardone	John DeGarmo	Maria Erickson	Paula Mohl
Amber McWhorter	Deborah Tranter	John DeGarmo	Maria Ortiz	Rebecca Norris
Amira Ray	Debra Farias	Karen Mallory	Maria Smalios	Rebecca Dean
Ana Quinones	Deneen Wyman	Karen Bixler	Mariah Nevers	Rebecca Fordham
Angie Rudisill	Donna Kane	Kathleen Montalbano	Mariel Kiefel	Rebecca Spencer
Bonnie Kelley	Elbridge Nash	Kelley Jones	Mark Haverfield	Ryan Scruton
Bonnie Beard	Elizabeth Balcombe	Kellie Faszold	Mary Ogunrinde	Shelley Swanson
Brenda Benoit	Erin Morse	Kelly Jackson	Mary Gilliam	Stephanie Shuerger
Brenda Vlach	Evelyn Tokasz	Kelly Hendrickson	Mary Smith Hart	Steven Boychuk
Bruce Myers	Graham Zediker	Kim Hill	Megan Barnitz	Steven Plummer
C. Laura Irmis	Hope Mauck	Kim Ruiz	Meredith Randall	Susan Fisher
Cathy Wolf	Jake Weininger	Kimberly Rubin	Michele Stetz	Susanne Moeller
Cathy Vogel	Jamie Wassermann	Konrad McCree Jr	Michele Stewart	Suzanne Lomascolo
Christie Vroman	Jana Zamrazil	LaPatia Gibbs	Michelle Brommelsick	Tanya Dreksler
Christina Lovejoy	Jasmine Middleton	Leigh Brown	Mitch Meredith	Teal Heeren
Christopher Stephens	Jason Jessie	Lisa Curzio-Blake	Nafie Lika	Ted Machler
Codee Gilbert	Jeannie Crawford	Lynn Thomas	Nancy Chenderlin	Van Dang
Danielle Schaffer	Jena Grage	Marc Allison	Nancy Fanning	Willim Glessner
Darrick Barber	Jennifer Shuman	Margaret Williamson	Nathan Kmet	Yasha Yisrael



Knock out Diabetes

April is Defeat Diabetes Month

Diabetes is a rising global epidemic. 1 in 3 people in the US either has diabetes or is at risk for developing diabetes. In order to combat this disease, individuals first have to know their risk level. Certain factors can determine higher risk, such as age, weight, gender and family history. Take [this diabetes screening test](#) to see your risk—only a doctor can tell if someone has diabetes or prediabetes. Visit defeatdiabetes.org to learn more.

**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.

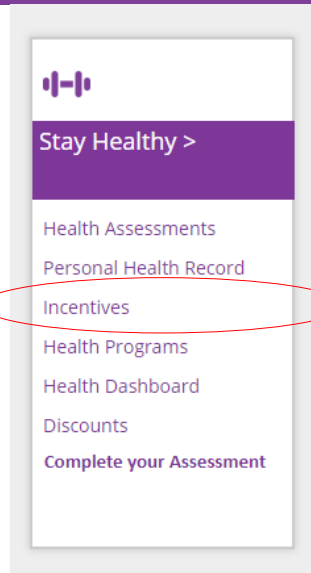
Contact Gina DeOrsey at 727-588-6137 or pcs.deorseyg@pcsb.org to get started.

Where to check your Aetna Health Promise credits?

Members will be able to track how many credits they have earned through www.aetna.com.

Directions:

1. Members will login to www.aetna.com.
2. Under 'Stay Healthy,' click on 'Incentives.'
3. There will be two options: Wellness Package Incentive and 2019 Wellness Incentive Program.
 - A. The Wellness Package Incentive will refer to the \$50 gift card employees and their dependent spouse can earn by completing the Health Assessment and an online Journey (see page 4).
 - B. The 2019 Wellness Incentive Program will refer to the 5 or 8 credits needed for the overall Aetna Health Promise Incentive. *Certain PCS programs (The Y's Diabetes Prevention Program and the Blood Pressure program) will not show under Incentives, but the credit will be rewarded to the employee or spouse.*
4. You will be able to click on each incentive programs to see the details of credits earned.



Please note: depending on the program, credits may take up to 30 or 60 days to post.

Active Incentive Programs	
You may be eligible to earn incentives when you participate in these programs.	
A. Wellness Package Incentive»	Total earned - \$50
B. 2019 Wellness Incentive Program»	Total earned - 2 points

April Recipe

Mushroom Flatbread

Recipe from: American Diabetes Association

Ingredients

- 1 1/2 tablespoons extra-virgin olive oil, divided
- 1 small white onion, very thinly sliced
- 8 ounces sliced fresh mushroom mixture (3 cups)
- 1/2 teaspoon minced fresh rosemary
- 1/2 teaspoon sea salt, divided
- 2 (3-ounce) soft whole-grain naan or other whole-grain flatbreads
- 1/2 cup fresh part-skim ricotta cheese
- 1 large clove garlic, minced
- 1/4 cup shredded part-skim mozzarella cheese
- 1 teaspoon black sesame seeds
- 8 fresh basil leaves, torn



Directions

Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat. Add the onion and sauté until lightly caramelized, about 5 minutes. Add the mushrooms, rosemary, and 1/4 teaspoon of the salt and sauté until the mushrooms are wilted, about 5 minutes. Transfer to a bowl and set aside.

Preheat the oven to 450°F. Brush the entire top surface of each flatbread with the remaining 1/2 tablespoon oil. In a small bowl, stir together the ricotta, garlic, and remaining 1/4 teaspoon of the salt and spread mixture onto the flatbreads, leaving about a 1/4-inch rim. Top with the mozzarella cheese, mushroom mixture, and sesame seeds. Place both pizzas on a large baking sheet and bake until the cheese is fully melted and the crust is crisp, about 13–15 minutes. Remove from the oven. Let stand for about 5 minutes to complete the cooking process.

Cut each pizza into 4 pieces, sprinkle with the basil, and serve immediately.

Nutrition Information: Serving size: 2 slices. Calories: 240. Total Fat: 10g. Saturated Fat: 3g. Cholesterol: 15 mg. Sodium 570mg. Total Carbohydrates: 30g. Dietary Fiber: 4g. Sugars: 2g. Protein: 11g.

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

Contact Us

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