

SMART START Newsletter



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

August 2018

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Humana members, reach Silver Status by August 31, 2018 to EARN up to \$400 in 2019!

Employees with Humana medical insurance who achieve Silver Status by August 31, 2018 will receive the following Go365 wellness premium credit for 2019 health insurance coverage beginning 12/7 for instructional/PTS employees and 12/14 for support employees:

- Employee Only \$10 per pay period (**\$200 annually**)
- Employee + Spouse \$15 per pay period (**\$300 annually**)
- Employee + Children \$15 per pay period (**\$300 annually**)
- Employee + Family \$20 per pay period (**\$400 annually**)

For additional information about the Go365 program, visit pcsb.org/go365

Summer Recap

Over summer 3 District-wide challenges were held to keep our members active and engaged in their well-being!

Keep it Clear

This hydration challenge encouraged employees to increase their water consumption by tracking their drinks for 2 weeks. All entries were entered into a random prize drawing.

Winners:

- Tabitha Murphy
- Carol Jeffers
- Danielle Testaverde
- Sharon Jensen
- Kim Farrington
- Lisa Roth
- Loren Johnson
- Jessica Ervien
- Kathleen Robinson
- Deborah Humbel

Summer Steppin'

Through Go365 teams of two competed to rack up as many steps as possible. The teams that got the most steps won and all teams that reached an average of 10,000 steps per day were entered into a drawing.

Winners:

- **CFMS**—Carol Zaffiri & Bridget Bohnet
- **Tm2**—Thomas McGinty & Theresa Marchetti
- **Texan Floridians**—Kim Farrington & Evelyn Tokasz
- **Marine Veterans**—Drapala Wojciech & Richard Dahmer
- **Lone Star**—Ann Bastien & Robert Bastien

Fun in the Sun

Throughout the summer, employees could submit pictures of how they are protecting their skin in the hot sun. All submissions were entered in for a chance to win a prize basket.

Winners:

- Susan Fisher
- Margaret Chiou
- Peg Wilson
- Suzanne Lomascolo
- Sandra Russell



YMCA Diabetes Prevention Program

New FALL Session begins the week of August 28th



DIABETES PREVENTION PROGRAM



PCS has partnered with the YMCA to offer the YMCA Diabetes Prevention Program to benefit eligible employees for free with an initial commitment* (over a \$429 dollar value!). This offer will only be awarded to 60 employees—don't miss out on this opportunity, sign up today!

If you meet the minimum qualifications (see below) and are serious about changing your lifestyle to improve your health and reduce your chance of developing type 2 diabetes, the Pre-Diabetes Prevention Program may be right for you. The YMCA's Diabetes Prevention Program is led by a trained Lifestyle Coach at local YMCA's throughout the area. Classes meet weekly for 16 weeks and then once per month for the remaining 8 months (One year total).

Average % weight loss:
5.5%

Many of the participants lowered their glucose levels and are no longer on BP or cholesterol medicine.

Program Overview

By participating in the program, you will:

- Take control of your health and your life
- Learn how to eat healthier, increase your physical activity and lose weight
- Receive a FREE YMCA gym membership during the initial 16-week portion of the program
- Earn 16 PLN component points

Qualifications to Participate:

You must meet one or more of these requirements to be qualified to participate:

- Overweight (BMI greater than or equal to 25)
- At risk for developing type 2 diabetes, or diagnosed with prediabetes. Please note: if you have been diagnosed with type 1 or type 2 diabetes you do not qualify for the program. However, you may qualify for the Diabetes CARE program offered through PCS. Contact Gina DeOrsey at 588-6137 or gdeorsey@humana.com for more info.

Your commitment:

*Once enrolled, you are required to pay \$75 to PCS Wellness, which will be refunded to you in the form of a \$50 Publix gift card after you have attended 12 out of the 16 initial classes. Your component points will be posted after meeting this requirement also. You will receive the remaining \$25 Publix gift card after attending 3 of the remaining 8 classes. Those who do not complete requirements of the program will forfeit a portion of or their total \$75 payment.

Class Locations and Start Dates:

- North Pinellas (Lansbrook)**- 8/28, Tues., 7p-8p
- Greater Palm Harbor**—9/5, Weds. 6:30p-7:30p
- Gills (Trinity)**- 9/5, Weds., 7:30p-8:30p
- Clearwater**— 9/6, Thurs., 7:30p-8:30p
- St. Anthony's**— 9/10, Mon., 6:45p-7:45p
- Bardmoor**— 9/12, Weds., 5p-6p
- St. Anthony**— 10/18, Thurs., 5:30p-6:30p

St. Anthony's Classes will be held in the Franciscan Room, Ground Floor

Call today to register!

Contact the YMCA for more information and to register for the program:

North Pinellas/Trinity sites:
Brooke Cockson 727-379-2473

Bardmoor/St. Anthony's sites:
Ashely Smith 727-235-6472

Questions? Contact Dawn Handley at handleyd@pcsb.org or 588-6151



HAVE HIGH BLOOD PRESSURE? TAKE ACTION TO IMPROVE IT

If you are living with high blood pressure, keeping it well controlled will minimize your risk for complications like stroke, heart attack and even death.

Participants will work with trained YMCA Healthy Heart Ambassadors for the duration of the four-month program. Just a few check-ins per month can yield big results. You will:

- Take your own blood pressure at least two times per month. If you do not have a BP cuff one will be provided for you.
- Attend two 1/2 hour consultations with your coach per month.
- Attend nutrition education seminar once a month.

“My physician lowered both my blood pressure and cholesterol meds in half after participating in this program.”

-2017 PCS Participant

Participants pay \$50 upon registering, which will be **reimbursed** to the participants in the form of a \$50 Publix gift card upon completing the following requirements: Attend a minimum of 8 consultations and 3 nutrition seminars during the 4 month program. FREE PROGRAM if attendance requirements met, sponsored by PCS employee wellness.

**Classes start the week of August 27th
Limited spaces. Register early.**

This 4 month program is open to all PCS Employees and spouses with PCS medical insurance. The YMCA's Blood Pressure Self-Monitoring Program helps participants to:

1. Reduce their BP by identifying patterns when to take action.
2. Better manage their BP over time.
3. Increase their awareness of triggers that may elevate their BP.
4. Learn how important nutrition and exercise is to maintaining normal BP.

Locations:

- ChildsPark YMCA: 691 43rd St. S., St Pete **To register contact Ashley Smith at 727-235-6471, ajsmith@stpeteymca.org**
Consultations available on Monday evenings between 4:00p-7:00p
- Bardmoor YMCA: 8495 Bryan Dairy Rd, Largo **To register contact Ashley Smith at 727-235-6471, ajsmith@stpeteymca.org**
Consultations available on Tuesday evenings between 4:00p-7:00p
- Clearwater YMCA: 1005 S. Highland Ave. Clearwater **To register contact Brooke Cockson at 727-379-2473, bcockson@suncoastymca.org**
Consultation available on Wednesday evenings between 4:00p-7:00p

Questions? Contact Dawn Handley at handleyd@pcsb.org. 588-6151

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

FREE

Nicotine replacement patches, gum and lozenges* .

*While supplies last and if medically appropriate.

[Single-session Schedule.](#)

Registration required. Please contact:

Phone| 813-929-1000

Email| info@gnahec.org

Gulfcoast North Area Health Education Center

FREE

Community, worksite and clinic groups offered. Programs cover all forms of tobacco.

Course Description: The Single-session program will provide you with the valuable tools you need to help you quit tobacco. These include: how to prepare a plan that works for you, specific ways to deal with cravings, what physical and emotional symptoms to expect and how to cope with them effectively, as well as four FREE weeks of patches, gum or lozenges while supplies last.

Recipe of the Month

You don't have to skip the summer BBQ if you are being mindful of how you eat. This quick recipe will allow you to cookout with your family using a healthy BBQ alternative!

Recipe provided by the American Diabetes Association.

Ingredients

- Ground chicken (16oz)
- 1 egg
- 1/4 cup oatmeal
- 2 tbsp steak seasoning (salt-free)
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/4 sugar free barbeque sauce
- Whole wheat hamburger buns
- Bibb or Boston Lettuce
- Tomato slices



Directions

1. Preheat an indoor or outdoor grill.
2. In a medium bowl, combine the ground chicken, egg, oatmeal, steak seasoning, salt, and pepper. Mix well.
3. Divide the meat mixture into 5 equal portions and press into patties.
4. Grill the burgers on one side for 4-5 minutes. Flip the burgers and use 2 tbsp. of the barbecue sauce to brush the top of the burgers. Grill the burger for 4-5 minutes and flip them again. Brush the other side with the remaining BBQ sauce. Grill for another 2-3 minutes or until the burgers are cooked through.
5. Open one hamburger bun. Add the burger to the bottom half of the bun and top with 1 piece lettuce and 1 slice of tomato. Place the top bun on the burger and serve.

Nutrition Information. Serving size: 1. Servings per recipe: 5. Amount per serving: calories: 275, total fat: 10g, cholesterol: 105mg, sodium: 240mg, total carbohydrate: 27g, dietary fiber: 4g, total sugar: 5g, protein: 21 g.

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 – *Humana members only*

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



HumanaFirst Nurse Advice Line – *Humana members only*

For immediate health concerns or questions, you can call a registered nurse anytime (24/7) through Humana at 1-800-622-9529.



Healthcare Bluebook – *Humana members only*

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



Doctor on Demand – *Humana members only*

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



Go365- Humana members only

Go365 is a personalized wellness and rewards program. Getting healthier is easier-and lots more fun-with Go365. The program will reward you with Go365 Points and Bucks for achieving goals, staying active, and completing wellness and prevention activities. Shop the Go365 mall where you can spend your earned Bucks on merchandise like the latest activity tracker, or e-gift cards from top retailers like Amazon.com, Target, and Lowes. Visit Go365.com to register. **Health Coaching** is available through Go365. Want to move forward with meeting a personal goal? The health coaching program offered by Go365 can help! The Health Coaching program will give you expert support as you create a plan that works for you. Earn Go365 Points and Bucks for working with a Health Coach one on one. Ready to get started? You can call 1-855-852-9450 or sign up through the Go365 App, tap "More > Coaching > Call a coach"

Contact Us

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