

SMART START Newsletter



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

August 2019

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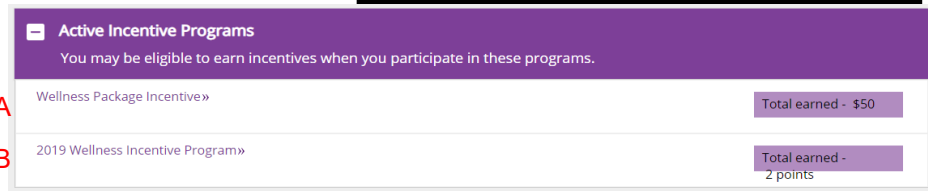
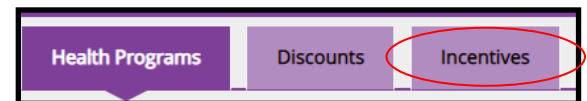
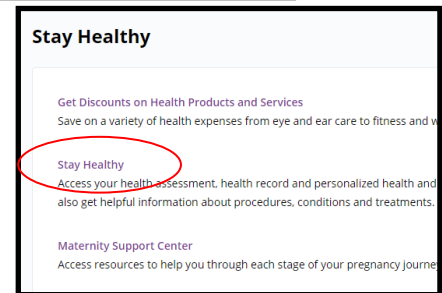
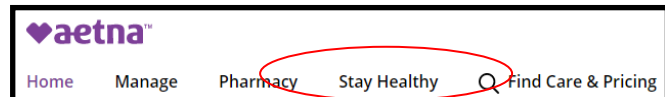


Check your Aetna Health Promise Wellness Credits

It's not too late to earn your credits for the 2019 Aetna Health Promise program! For more information about the wellness program, please visit pcsb.org/wellness. Members will be able to track how many credits they have earned through www.aetna.com.

Directions:

- Members will login to www.aetna.com.
- Click on the Stay Healthy tab. Then click the second link, Stay Healthy.
- Click the Incentives Tab.
- There will be two options: Wellness Package Incentive and 2019 Wellness Incentive Program.
 - 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).
 - The 2019 Wellness Incentive Program will refer to the 5 or 8 credits* needed for the overall Aetna Health Promise Incentive (*credits needed will depend on your insurance plan— for more information, visit pcsb.org/wellness). *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.*
- You will be able to click on each incentive programs to see the details of credits earned.



If you do not see credits for activities you have completed, please contact Gina DeOrsey at pcs.deorseyg@pcsb.org or 588-6137. Please note: Depending on the program, credits may take up 30 or 60 days to post.

Important Dates Regarding Aetna Health Promise Credits

- Week of August 12, 2019—last day to start the *weekly* Small Bytes option in order to finish by 12/31/2019
- September 16, 2019—Mindfulness Challenge begins. Details and registration will be sent out in upcoming weeks
- Week of October 20, 2019—last days to start the *biweekly* Small Bytes option in order to finish by 12/31/2019
- November 1, 2019—last day to complete a Wellness Screening through Quest, including the Physician Form
- December 31, 2019—last day to earn credits towards the Aetna Health Promise Incentive



Blood Pressure Self Monitoring Program

Coming To The Local YMCA Locations in August and September

Ready to take control of your high blood pressure?

This a four-month program where participants will work with trained YMCA Healthy Heart Ambassadors . Just a few check-ins per month can improve your health !

- Meet one -on- one (10—15 min) with a healthy heart coach twice per month.***
- Attend one nutrition seminar per month.***
- Learn how to reduce and manage your blood pressure, be aware of triggers that increase blood pressure, and learn the importance of proper nutrition and exercise.***
- Earn 1 credit toward your Aetna Health Promise Incentive.***



****This program will be free to participants that attend a minimum of 6 of the 8 consultations and 3 of the 4 nutrition seminars during the four month program. Please note... \$50 will be deducted from participant's paycheck at the end of the program if attendance requirements are not met.***

Where: YMCA locations throughout Pinellas County

Who: All Benefit Eligible Employees and their spouses enrolled in PCS medical insurance with Aetna who have been diagnosed with high blood pressure.

When: Programs begin in August and September. Call the YMCA for starting dates and times. Contact information below.

REGISTRATION

North County YMCA locations:

Clearwater and North Pinellas

Contact: Summer Cruff

727-467-9622 x3210

scruff@suncoastymca.org

South County YMCA locations:

Bardmoor and Gills YMCA

Contact: Ashley Arthur

727-235-6472

ajarthur@stpeteymca.org

For general program information contact Dawn Handley 588-6151, handleyd@pcsb.org.

Please note: You will not be eligible for this program if you had a cardiac event within the past 12 months. You must not have atrial fibrillation or other types of arrhythmias, and must not be at risk for lymphedema.

YMCA'S DIABETES PREVENTION PROGRAM

Coming to the local YMCA locations in August and September

Lose weight, gain health and reduce your risk for diabetes!



The YMCA's Diabetes Prevention Program is led by a trained Lifestyle Coach at local YMCA's throughout the area. The initial 16 week core program meets 1 hour each week and monthly maintenance classes after the initial sessions.

- Take control of your health.... 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** (component points will be posted after the below attendance requirements are met).
- **Earn 1 credit** toward your Aetna Health Promise Incentive.



This \$429 program will be **FREE** for PCS employees and spouses who are on the medical insurance plan that attend a minimum of 12 out of the 16 initial classes and 3 of the maintenance classes. Please note..... \$100 will be deducted from participant's paycheck at the end of the program if attendance requirements are not met.

REGISTRATION

YMCA locations:

Greater Palm Harbor, Clearwater & Trinity

Contact: Summer Cruff, 727-467-9622 x3210

scruff@suncoastymca.org

Contact the YMCA for starting dates, times and locations

YMCA locations:

Bardmoor, Lealman, Gill's YMCA and St. Anthony's Hospital

Contact: Ashley Smith, 727-235-6472

ajarthur@stpeteyymca.org

Is this program right for you?

You must meet the following criteria to be eligible for this program:

Have a BMI greater than or equal to 25

AND

At risk for developing type 2 Diabetes(risk quiz attached) OR diagnosed with pre-diabetes.

IT'S NOT TOO LATE TO MAKE POSITIVE CHANGE!

What is Prediabetes?

Prediabetes occurs when blood sugar levels are higher than normal but not high enough for a type 2 diabetes diagnosis. Risk for developing type 2 diabetes may be reduced or eliminated by weight loss, healthier eating and increased physical activity.

ARE YOU AT RISK?		
For each "yes" answer, add the number of points listed.	YES	NO
Are you a woman who has a baby weighing more than 9 pounds at birth?	1	0
Do you have a parent with diabetes?	1	0
Do you have a brother or sister with diabetes?	1	0
Is your BMI over 25 or are you overweight?	5	0
Are you younger than 65 and get little to no physical activity in a typical day?	5	0
Are you between 45 and 64 years of age?	5	0
Are you 65 years of age or older?	9	0

If you scored a 9 or higher,* you may be at risk or you may have prediabetes. This does NOT mean that you have diabetes. You'll need a blood test to confirm.



Summer Recap!

US National Park Step Challenge Winning Teams	US National Parks Step Challenge Top Steppers	Peerfit Summer Challenge Winners
1. Ike Pandas	Cheryl Bollman Gary Orr	Stephanie Wignall
2. Brooker Creek	Etje Ramdohr Elizabeth Hassler	Van Dang
3. FLE Fit & Fab	Janice Szablewski Lynn Morton	Ann Updegraff

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.

Important Diabetic information:

Check with Aetna to confirm if your diabetic meter and testing supplies are in the same pharmacy tier and copayment. The list of the meters and supplies that are on the Aetna formulary are: Freestyle and One Touch. If you currently are utilizing a meter or 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 do plan to change meters or supplies to one on the preferred formulary, you will need a new script. For additional information visit [Diabetes CARE Program](#)

August Challenge

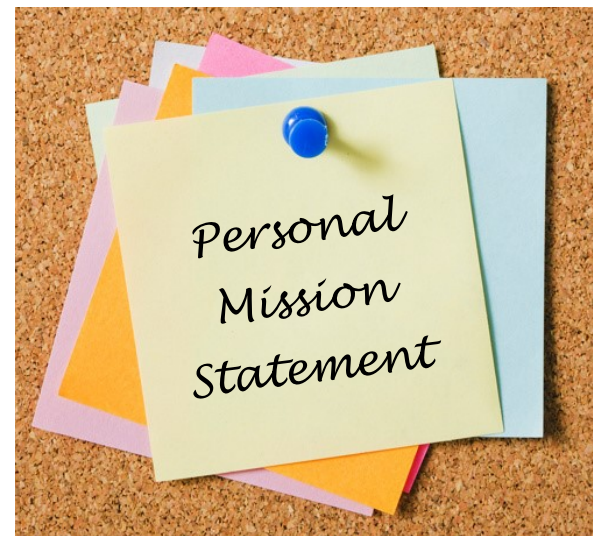
Mission Possible: write a personal mission statement

Health Habit Challenge from Well Right

The new school year is a great time to set a purpose for the year. A mission statement is a great way to clearly express what drives you and what is important to you. Set the tone for this new school year with this statement. Stephen R. Covey, author of *The 7 Habits of Highly Effective People*, wrote that a mission statement is “like a personal constitution, the basis for making major, life directing decisions, the basis for making daily decisions.”

Set aside some time to think about what you’d like your mission statement to be. Write your ideas down. What are you passionate about? What brings you joy? What are you naturally good at? Why do you do the job you do? How would you like to influence others? Where do you want to be in a year from now? Contemplate these answers as you create a purposeful statement that captures the essence of who you are. Don’t worry about making it perfect. Write it out and hang it up at your desk, on your bathroom mirror, or in your car so every day you can see it in the morning and start your day with your mission statement in mind.

For more healthy habit challenges, visit [Well Right](#) for activities to improve your wellbeing.



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

Caleigh Bean

Employee Wellness Coordinator
727-588-6031/beanc@pcsb.org

Leslie Viens

Benefits & Wellness Consultant
727-588-6142/viensl@pcsb.org

Dawn Handley

Employee Wellness Specialist
727-588-6151/handleyd@pcsb.org

Darlene Rivers

EAP Coordinator
727-588-6507/pcs.riversd@pcsb.org

Janet Lang

Aetna Account Advisor
727-588-6367/pcs.langj@pcsb.org

Gina DeOrsey, RN

Aetna Wellness Representative
727-588-6137/pcs.deorseyg@pcsb.org

Jessica O'Connell, RN

Aetna Wellness Representative
727-588-6134/pcs.oconnellj@pcsb.org