

SMART START Newsletter



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

August 2020

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The EAP is Here to Help!

Our EAP program is a confidential 24/7 resource for you and family members living in your household to obtain assistance with stress, depression, finances, and other personal concerns. You may contact Resources for Living (RFL) to set up **Virtual Visits** with a counselor, by calling 1-800-848-9392. In addition, their [website](#) has many useful resources.

Please use login - pcsb, password - eap.

Resources for Living COVID-19 Resource Center: COVID-19 response is bringing a lot of changes to our lives, including stress and anxiety. RFL continues to put together resources to help you cope during this challenging time. This resource is provided FREE to all Pinellas County Schools employees. Below are few upcoming support live webinars in August:

Strategies for staying positive

[Aug 13, 4 PM ET](#)

Strategies for families: Tips for surviving school when school is at home

[August 18, 4 PM ET](#)

[August 20, 4 PM ET](#)

Self-care during COVID-19

[August 25, 4 PM EST](#)

[August 27, 4 PM EST](#)



For the entire list in the series, visit [recorded webinar](#).

Aetna Health Promise

Earn \$250 or \$350 for Completing Wellness Activities in 2020!

Employees with Aetna medical insurance through PCS can earn \$250 or \$350 for completing 5 or 8 credits in 2020. The amount of credits needed and the incentive earned is dependent on insurance coverage. Employees with an employee only or employee + children coverage, need 5 credits to earn \$250. Employees with employee + spouse, employee + family, or 2 Board family coverage need 8 credits for \$350. Dependent spouses can earn credits, dependent children cannot.

Not sure where to start?

- ✓ Online Health Assessment
- ✓ Biometric Screening
- ✓ Step Challenge
- ✓ Preventative screenings with your doctor

Other credit opportunities and details of the Aetna Health Promise can be found on pcsb.org/wellness.

Please note: Doctors appointments may have been impacted due to COVID-19. The majority of doctors offices have been reopened since mid-May. Please contact your doctor to schedule your appointment.

District Wide Wellness Seminars—Interest Survey

Throughout the fall semester, the District's wellness team will be coordinating virtual wellness seminars. If you are interested in any of the following topics, please complete the survey below. By completing this, you will receive information about the topics you choose directly to your email so you don't miss out! Please complete interest survey by August 20.



Nutrition
Back Health
Financial

EAP (emotional and mental health)



[Interest Survey](#)



Last Call for Summer Wellness Challenges!

As the summer comes to an end, so do the summer wellness challenges. Employees who participated in wellness challenges over the summer have until August 14 to turn in any tracking logs. Please visit [2020 Summer Wellness Challenges](#) for tracking logs and details of the challenges.

Flu Shots Will Not be Offered Onsite Fall 2020

The PCS Wellness Team will not be coordinating on-site flu shots for the fall 2020 due to covid-19. Employees with PCS medical insurance through Aetna have access to flu shots at no cost at any major pharmacy counter or through your primary care physician.

Benefits of a flu vaccine:

- Reduce risk of getting sick with flu
- Reduce severity of illness
- Reduce the risk of flu-associated hospitalization
- Lower rates of some cardiac events among people with heart disease
- Protects women during and after pregnancy
- Protect people around you who are more vulnerable to serious flu illness



Earn one credit towards your Aetna Health Promise for getting your flu shot.

All employees with Aetna medical insurance through PCS will earn 1 credit for completing their flu shot. To learn more about the Aetna Health Promise and the \$250/\$350 incentive, please visit pcsb.org/wellness.

GOT DIABETES?

FREE Diabetic \$upplies

Employees and dependents with Aetna medical insurance through PCS 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.

Monthly Recipe

White Bean Hummus Veggie Wrap

Recipe from American Heart Association

Ingredients

White Bean Hummus

- 15.5 oz canned, no-salt-added, or low sodium white beans (drained, rinsed)
- 1 tbsp lemon juice
- 3 tbsp water
- 1/4 tsp ground, sweet paprika
- 1/4 tsp ground black pepper

Wraps

- 1 medium tomato (thinly sliced)
- 1 medium cucumber (thinly sliced)
- 1 bell pepper (seeded, thinly sliced)
- 1 avocado (peeled, pit removed, sliced)
- 4 handfuls lettuce
- 4 whole-grain, low fat wrap

Directions

Hummus

1. Drain and rinse the beans; add into the bowl of a food processor, along with remaining ingredients.
2. Puree until the mixture is smooth, about 1 minute.

Wrap

1. Spread about 1/3 cup white bean hummus over each wrap, leaving about 1/2-inch border around the edges. Divide sliced vegetables onto each wrap, placing over hummus— not all the veggies will be used.
2. Fold each side of the wrap up and the roll. Cut in half, if desired. Serve wrap with extra veggies and dip that is left over.



Servings 4. Per serving: 345 Calories. 13g Protein. 12.1g Total Fat. 49g Carbohydrate. 26g Dietary Fiber. 5g Sugar. 88 mg Sodium.

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

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