

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 <u>website</u> has many useful resources.

Please use login - pscb, 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

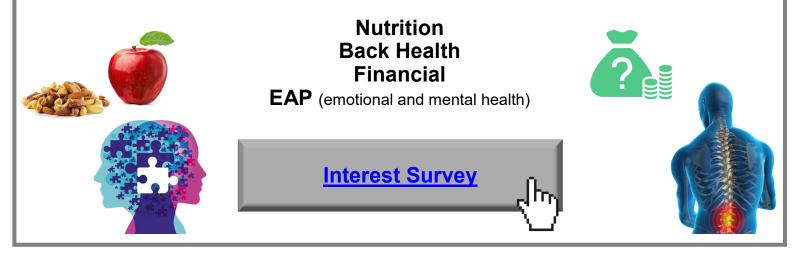
Other credit opportunities and details of the Aetna Health Promise can be found on pcsb.org/wellness.

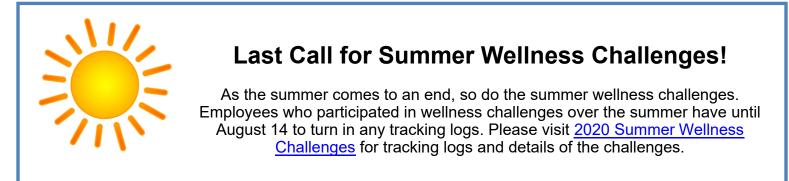
Please note: Doctors appointments may have been impacted due to COVID-19. The majority of doctors offices have been reopened since mid-May. Please contact your doctor to schedule your appointment.



# 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.





## Flu Shots Will Not be Offered Onsite Fall 2020

The PCS Wellness Team <u>will not</u> 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 <u>pcsb.org/wellness</u>.





# 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 <a href="mailto:pcs.deorseyg@pcsb.org">pcs.deorseyg@pcsb.org</a> 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

- Spread about 1/3 cup white bean hummus over each wrap, leaving about 1/2-inch border around the endges. 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

### **Contact Us**

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