

SMART START Newsletter



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

December 2019

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The Weight Is Over Program Coming in 2020

The Weight is Over is an 8-week in-person course that focuses on weight loss and weight management. This program is designed to help participants learn how behavior can impact lifestyle choices.

Participants will learn about various topics including:

- ◆ Physiology of Weight Loss
- ◆ Healthy Eating as a Habit
- ◆ How Stress Impacts Food Choices
- ◆ General Nutrition
- ◆ Starting an Exercise Program
- ◆ Many Types of Exercise
- ◆ Reading a Food Label
- ◆ Portion Distortion

All participants will receive a workbook that has activities to complete during each week of the program. Body fat percentage and waist and hip measurements will be taken at the beginning and end of the program.

3 in-person course options

There will be three location options for this course: north, mid, and south county.

Mid-County

Administration Building
301 4th St. SW, Largo
Mondays from 5:00p-6:00p
Dates: January 20 - March 9, 2020

Register now for the Mid County Location!

Email or call Jessica O'Connell at pcs.oconnelli@pcsb.org or 588-6134

North & South County—coming soon!

Details and registration information for the north and south locations will be posted in early 2020.

Free to all benefit eligible PCS employees if requirements are met. Limited space available. Employees must meet certain criteria during the registration call to qualify for the program.

All participants with PCS medical insurance will earn one credit towards their 2020 Aetna Health Promise Incentive.



Kick Butt in 2020

Tobacco Cessation Program

Are you ready to quit smoking? Have you tried before?

PCS is offering a new behavioral based program to learn new healthier habits to replace smoking. This 6 week program is offered through weekly online seminars and personal one on one coaching sessions. The program will begin in the end of January 2020 (subject to minimum enrollment). FREE to employees and spouses with PCS medical insurance through Aetna. If requirements are met, participants will receive 1 credit towards their Aetna Health Promise.

If you are interested, please complete this form:
[Kick BUTT 2020](#)

Questions? Please contact Gina DeOrsey, on-site Aetna Patient Advocate, at pcs.deorseyg@pcsb.org or 727-588-6137.



Check your credits before the end of the year.

As 2019 quickly comes to an end, please take the time to check your Aetna Health Promise credits. If you are missing any credits, please contact our onsite Aetna representatives at pcs.oconnellj@pcsb.org or pcs.deorseyg@pcsb.org.

The Aetna Health Promise will be paid out in the first quarter of 2020. Details about the 2019 credits for the Aetna Health promise can be found on pcsb.org/wellness.

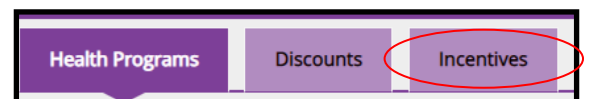
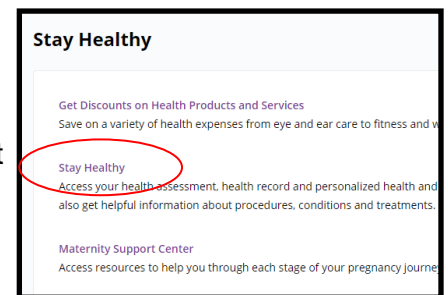
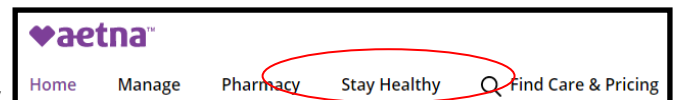
Directions:

1. Members will login to www.aetna.com.
2. Click on the Stay Healthy tab. Then click the second link, Stay Healthy.
3. Click the Incentives Tab.
4. 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 (*credits needed will depend on your insurance coverage tier– 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.*

4. You will be able to click on each incentive programs to see the details of credits earned.



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

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.

Please note effective 1/1/2020 : If you are a current member in the Diabetes Care Program the preferred meter on the 2020 formulary will be Accu-Check.

Please contact Aetna at 1-844-286-2174 to order a free meter. You will need to contact your physician to obtain a prescription for your diabetic supplies for this new meter. Any questions, please contact Gina DeOrsey.

Monthly Recipe

Apple Bread Pudding

A healthy alternative to a holiday classic.
American Heart Association

Ingredients

- 1 whole egg
- 1 egg white
- 1 cup skim milk
- 2 tbsp brown sugar blend
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1/2 tsp cloves or allspice
- 6 slices light, whole-grain or multigrain bread, cubed
- 3 medium apples, cored, cut into 1/2inch cubes
- 1/2 cup of any one of the following: raisins, dried cranberries, fresh or dried blueberries, chopped walnuts, pecans, or almonds (optional)



Directions

1. Pre-heat oven to 350.
2. Spray 9x9 baking dish with cooking spray.
3. In a large bowl, whisk together egg, egg white, milk, sugar blend, vanilla, cinnamon, and cloves.
4. Add bread and apple cubes. Add fruit or nuts if desired. Mix well.
5. Pour mixture into prepared baking dish and bake in preheated oven for 40-45 minutes.

Serving size: 3"x4" piece. Calories: 131; Total Fat: 1.2 g; Cholesterol: 32 mg; Sodium: 154 mg; Total Carbohydrate: 26 g; Dietary Fiber: 5 g; Sugars: 16g; Protein: 5g.

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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