

SMART START Newsletter



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

December 2020

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Final Push for the Aetna Health Promise

Only a few weeks left to earn credits towards the Aetna Health Promise incentive.

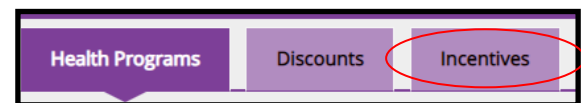
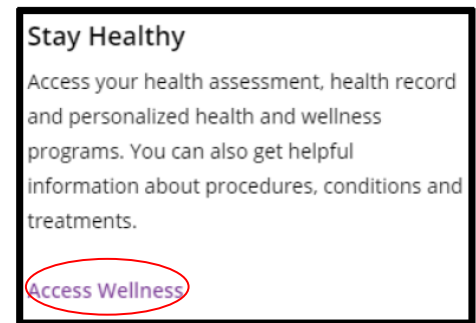
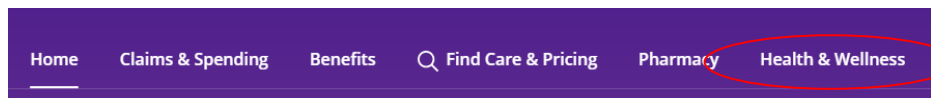
Employees with EE only or EE + children coverage can earn \$250 for completing 5 wellness activities. Employees with EE+ spouse, EE + family, or 2 board family plan can earn \$350 for completing 8 wellness activities. Employees and dependent spouses have between January 1, 2020 and December 31, 2020 to earn these credits. Dependent children cannot earn credits towards the incentive. Incentives will be added to the employee's paycheck in the first quarter of 2021. Employee must be actively employed and insured through PCS at the time of payout to receive the incentive.

For a full list of programs available to earn credits, please visit [Aetna Health Promise](#).

How to Check Your Credits

Directions:

- Members will login to www.aetna.com.
- Click on the Health & Wellness tab.
- Then under Stay Healthy, click Access Wellness.
- Click the Incentives Tab.
- There will be two options: Wellness Package Incentive and 2020 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 2020 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).
- You will be able to click on each incentive programs to see the details of credits earned.



Missing Credits?

Visit page 2 for directions on how to report any missing credits.

| 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 |

Missing credits?

All credits must be completed by December 31, 2020. Credits will automatically be tracked but could take 30-60 days to be posted. Meaning there will be a grace period after the first of the year to allow all credits to be posted.

If you completed an activity and it is not posted on your Aetna member website within 45 days, please contact Jessica O'Connell at pcs.oconnellj@pcsb.org or Gina DeOrsey at pcs.deorseyg@pcsb.org with your date of birth, the activity, and the date of the activity.

Fall 2020 Wellness Webinar Series

Throughout the fall semester, we will be offering live wellness webinars on various health topics. Use the associated links to register for each webinar you are interested in attending. Registration is required and limited.

PLN credit available for Nutrition, EAP, and Financial *live* webinars.

Full list of fall 2020 webinars can be found on [District Campaigns](#).

[Directions for how to register and add the event to your calendar.](#)

Upcoming Webinars

| Date & Time | Topic & Registration |
|-----------------|--|
| 12/8 @ 5:00pm | Healthy Holidays are Happy Holidays Nutrition Registration |
| 12/10 @ 12:00pm | How to Thrive During Uncertain Times Registration |
| 12/15 @ 5:00pm | Protecting Your Identity Fifth Third Bank Registration |

Free BayCare Community Classes Available Virtually

[Get Into Fitness Today \(GIFT\) Class](#)

This class will help you improve your nutrition and increase your physical activity in your daily life which can help facilitate weight reduction. Any individual with a body mass index (BMI) of 25 or higher and/or pre-hypertension (high blood pressure) is eligible for this program.

[Diabetes Education Empowerment Program \(DEEP\)](#)

This six week class teaches you how to manage diabetes through lifestyle changes including better nutrition and physical activity. The goal of DEEP is to empower you to take charge of your diabetes! This program is available to anyone with type 2 diabetes and prediabetes.



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.

Monthly Recipe

Heart-Healthy Maple-Spiced Pecans

Recipe from American Heart Association

With rich flavor and crunchy texture, this healthy and satisfying snack will make you feel like your indulging in a true Holiday treat.

Ingredients

- 1 egg white
- 2 tbsp pure maple syrup
- 2 tsp ground cinnamon
- 1 tsp ground ginger
- 1/2 tsp cayenne pepper
- 1/4 tsp salt
- 1/2 lb pecan halves
- Cooking spray

Directions

1. Preheat oven to 325F.
2. In a large bowl, whip the egg white until frothy.
3. Add the maple syrup, whipping to combine.
4. Add the spices and salt, whipping to combine.
5. With a mixing spoon or spatula, gently fold the pecans into the egg whites, coating them evenly.
6. To prevent the nuts from sticking, line a baking sheet with a silicone baking mat or lightly spray cooking sheet with cooking spray. Spread the pecans onto the baking sheet in a single layer, separating any nuts that stick together.
7. Bake for 8 minutes.
8. Remove the baking sheet from the oven. Using a spatula or spoon, break up any clumps. Bake for 7 minutes.
9. Remove the baking sheet from the oven. Stir the nuts so they do not stick together. Cool the nuts completely before storing them in an airtight container.



Tip: serve the nuts as a snack or a topping for yogurt or salad.

Servings: 8. Per serving: Calories 214. Total fat 20.5 g. Cholesterol: 0 mg. Sodium 80 mg. Carbohydrates 8g. Fiber 3 g. Added sugars 3 g. Protein 3 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 – 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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