

# SMART START Newsletter



Visit [www.pcsb.org/wellness](http://www.pcsb.org/wellness) or contact Caleigh Bean, Employee Wellness Coordinator at 588-6031 or [beanc@pcsb.org](mailto:beanc@pcsb.org).

## February 2019

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## February is National Heart Health Month

Each year, the American Heart Association celebrates heart health during the month of February. Take time to put your heart health first. Talk with your doctor, know your numbers, and live a life that protects your heart. Below are tips from the American Heart Association to help improve heart health.

**Walk it out.** Walking at least 20 minutes a day can reduce the risk of heart attack and stroke. Find little ways to step up your game: take the stairs, park far away, take part of your lunch to walk.

**Coffee lovers rejoice!** Drinking coffee has been associated with decreased risk of developing heart failure and stroke. It is recommended to drink up to 4 cups of coffee to receive a benefit.

**Squash High Cholesterol.** Adding a serving of acorn squash is shown to help reduce cholesterol. A serving of squash has nearly 10% of your daily value of fiber which can help keep your heart strong.

**Hit the Snooze.** Don't just count calories, count sheep! 7-8 hours of sleep can help you maintain a healthy weight.

**Hug It Our For Health.** Hugs have been shown to bring down blood pressure levels in some women. Give hugs to your loved ones to help their heart health!

## Aetna Health Promise

Aetna Health Promise is the new wellness program that focuses on a holistic approach to health through nutrition, activity, weight management, mindfulness, stress management, and more.

### Earn \$200\* for completing 5 wellness activities.

Employees insured through PCS medical insurance can participate in the new Aetna Health Promise program. Learn how you can earn \$200 or \$300 by participating in wellness activities on page 2. Visit [pcsb.org/wellness](http://pcsb.org/wellness) for details.

\*Value varies based on insurance plan.



# Aetna Health Promise Incentive

Employees can earn a lump sum payment for completing wellness activities from the list below.

Plan	Employee Only Employee + Children	Employee + Spouse Employee + Family 2 Board Family Plan
Number of Credits	5	8
Incentive	\$200	\$300

Credits must be earned between January 1, 2019 and December 31, 2019. Incentive will be paid at the beginning of 2020 through employees paycheck. Employees and spouses can earn credits. Employees can view the incentives earned through their secure Aetna member website, [www.aetna.com](http://www.aetna.com).

For full list and description of wellness credits, please visit [pcsb.org/wellness](http://pcsb.org/wellness).



## Simple Steps Health Assessment

The Simple Steps Health Assessment is a health questionnaire provide by Aetna. Login to the secure Aetna member website- [www.aetna.com](http://www.aetna.com) and under 'Stay Healthy' click '**Complete your Assessment.**' Additional resources and online coaching will be provided based on the results of the health assessment.

Employee Credit: 1  
Spouse Credit: 1

## Earn an additional \$50 or \$100

Earn \$50 by completing the Simple Steps Health Assessment and an online wellness Journey. Employees and their spouse insured through PCS can earn \$50 each for a total of \$100.

Steps:

1. Login to [www.aetna.com](http://www.aetna.com) and complete the Health Assessment.
2. Members will receive recommendations based on their unique health risk provided in their assessment. Members can then select a Direction and Journey that best meets their healthcare needs and interests.
3. Once the Journey is completed, Aetna will send the member an email with directions on how to obtain their \$50.



# There's still time to join the Aetna Get Active Step Challenge.

There will be 4 team challenges throughout 2019. The first team challenge began on Monday, January 28—but you can still join!



## 1st Gift Card Drawing: Monday, February 11<sup>th</sup>.



All PCS employees participating in the challenge will be entered to win a \$10 gift card. Every 2 weeks during the challenge, 50 randomly drawn PCS employees will be selected to win a \$10 gift card. At the end of the challenge the top 3 teams will receive gift card prizes.

Winners will receive an email from [beanc@pcsb.org](mailto:beanc@pcsb.org) with instructions to receive their gift card. Winners must be PCS employees participating in the team step challenge.

All employees, regardless of insurance coverage, can participate in Aetna Get Active. Follow the steps below to register.

1. Visit <http://join.virginpulse.com/AetnaGetActive>
2. Begin to enter 'Pinellas County Schools' into the search bar and select Pinellas County Schools.
3. Enter your information to sign up. You must enter in your PCS email using the domain [@pcsb.org](mailto:@pcsb.org).
4. Follow the instructions to confirm your email address and complete your account.
5. You will be able to invite friends and family once your account is created.

If you are having issues with registering, please call **833-525-5786**.

## YMCA Diabetes Prevention Program Lose weight, gain health, and reduce your risk for diabetes!

### Program Overview

- The YMCA's Diabetes Prevention Program is led by a trained Lifestyle Coach at local YMCA's throughout the area. 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)

This \$429 program will be FREE for PCS benefit eligible employees who meet the attendance requirements of attending 12 out of the 16 initial classes and 3 of the maintenance classes by August 31, 2019.

Please note.. \$100 will be deducted from the participant's paycheck at the end of the program if attendance requirements are not met.

The classes meet for one hour each week during the initial 16 weeks.

[Diabetes prevention program details and registration information.](#)



## YMCA Blood Pressure Program

### Ready to take control of your high blood pressure?

- Participants will work with trained YMCA Healthy Heart Ambassadors for the duration of the four-month program. 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.

\*This is a free program as long as participants 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.



[Blood Pressure Program details and registration information.](#)

# GOT DIABETES?

Get on track for the New Year!

## FREE Diabetic Supplies

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](mailto: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 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 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](#)

## February Challenge

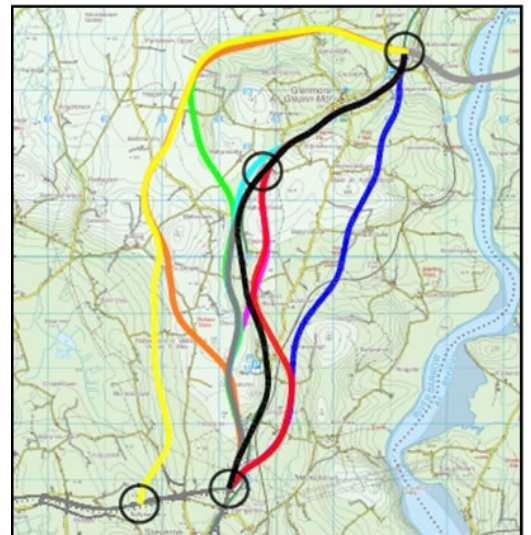
### ReRoute

Take 10 different routes to work.

During the month of February, challenge yourself to a new positive habit. Take 10 different routes to work in the next 30 days. The purpose of taking different routes is to stimulate your mind by introducing the unexpected to your day. You can plan out the route changes in advance or do them spontaneously. Be sure to leave home earlier to allow for any timing difference.

If your commute doesn't allow for many route changes, look for simple ways to alter how you walk out of your home, from your car, or even through your building.

In life, we tend to fall into ruts or set our mind to auto-pilot, repeating the same routine again and again. By introducing variety and spontaneity into our lives, we put our brain to work, keeping our minds sharp and making our lives more interesting. Look for other ways to keep your life fresh: move your work space around, if you teach: set up the desks in a new layout, teach from the back of the classroom or in a circle; try a new lunch place, or simply change your computer background. Keeping it fresh is fun and healthy.



# 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](http://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](http://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](http://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](http://www.teladoc.com/aetna)

## Contact Us

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