

SMART START Newsletter



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

February 2020

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February is National Heart Health Month

Since 1964, February has been designated as National Heart Health Month by the American Heart Association to help raise awareness about heart health and urge those around you to prevent heart disease. Heart disease is the number one cause of death among Americans.

Do something small today to help your heart forever!

Heart disease can be prevented.

- ♥ **Know your numbers**
Talk with your doctor annually about your blood pressure and cholesterol results.
- ♥ **Know your risk**
High blood pressure and cholesterol can lead to heart disease, as well as, obesity and diabetes.
- ♥ **Adjust your lifestyle**
Stop smoking, move more, and eat healthier. It's up to you. No one can do it for you.
- ♥ **Don't be silent**
Heart disease is known as the silent killer— so don't be silent and encourage family and friends to know their numbers, know their risk, and change their lifestyle.



Take Action to Improve Heart Health YMCA Blood Pressure Self-Monitoring Program



This 4– month, evidence-based program helps adults with hypertension lower and manage their blood pressure. Goals include a reduction in blood pressure, better blood pressure management, increased awareness of triggers and enhanced knowledge to develop healthier eating habits.

Participants will attend at least two 10-minute consultations per month with trained YMCA Healthy Heart Ambassador, learn proper measuring techniques, attend monthly nutrition seminars and record and track blood pressure at home.

FREE* to PCS Employee and Spouses with PCS Medical Insurance.

You will receive one Aetna Health Promise Credit for completing the program. You must attend 6 of the 8 coaching sessions and 3 of the 4 nutrition classes in order to receive the credit and participate in the program at no fee. *If the attendance requirements are not met, \$50 may be deducted from your paycheck.

[For locations, contact and other qualifying information, please click here.](#)

All 2019 Credits Must be Reported by 2/28/2020

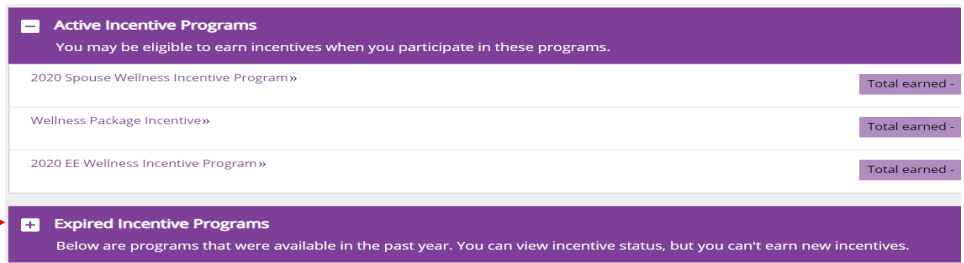
Last day to report any missing 2019 Aetna Health Promise credits is Friday, February 28, 2020 to be eligible for the 2019 Aetna Health Promise incentive, paid in 2020. Any 2019 credits reported missing after 2/28/2020 will not count towards the incentive paid in 2020.

Employees who qualified for the 2019 Aetna Health Promise incentive received an email on 2/5/2020 announcing the incentive was added to the 2/7 or 2/14 paycheck. If you expected to receive the incentive and did not receive the email and did not receive the incentive in the last paycheck please follow the steps below.

1. Check your credits.

Follow the directions below to check your 2019 credits.

1. Log into www.aetna.com
2. Click on *Stay Healthy*
3. Then click on the second link, *Stay Healthy*
4. Click on the *Incentives* tab.
5. There will be two sections: *Active Incentive Programs* and *Expired Incentive Programs*. Click on the plus sign (+) next to *Expired Incentive Programs*.
6. There you will see *2019 Wellness Incentive Program*, which shows the credits earned in 2019. Click the link to see which credits are posted.



2. If you are missing any credits in the *2019 Wellness Incentive Program*, please reach out to Jessica O'Connell at pcs.oconnellj@pcsb.org or Gina DeOrsey at pcs.deorseyg@pcsb.org before 2/28/2020.

Include in the credits missing, the dates you completed the credits, and your date of birth.

2020 Aetna Health Promise

All employees with the Aetna medical insurance through PCS, are eligible for the 2020 Aetna Health Promise incentive. Employees have between January 1 and December 31 of 2020 to earn credits. The incentive will be paid in the first quarter of 2021. For details of the program, please visit pcsb.org/wellness or click on the link below.

[2020 Aetna Health Promise](https://pcsb.org/wellness)

Highlights for the 2020 Aetna Health Promise

- NEW! Vision and Dental screening credits
- \$50 gift card earned for Health Assessment & Routine Well Adult Exam
- NEW! Back & Body Works and the Weight is Over
- Increased incentive amount for 2020 Aetna Health Promise

The changes made for the 2020 Aetna Health Promise will begin January 1, 2020. They will not count towards the 2019 Aetna Health Promise, paid in 2020.

Employees must be actively employed and have the medical insurance through PCS at the time of payout.

Yoga Class at Coachman Service Center Open to All PCS Employees

The staff at Coachman Service Center has hosted a yoga class for the past 5 weeks and would like to open the invitation to all PCS employees.



Cost

\$40.00 for 5 weeks
(starting 2/29– no class during spring break)
\$8.00 drop-in fee

Location

Coachman Service Center—Gymnasium
2234 NE Coachman Rd, Clearwater

Date/Time

Wednesdays - starting 2/29
3:30pm-4:30pm

Interested?

Please email costantinoa@pcsb.org if you are interested in the class. The yoga instructor, Crystal Carnahan, needs a commitment from **10** people to hold the class.

Please bring yoga mat, water, and towel if needed. Wear comfortable workout clothes.

What is Peerfit?

Peerfit is national network of gyms and wellness studios (yoga, kickboxing, boot camp, etc.). PCS will provide 16 credits per month for up to 6 months to employees who complete the Wellness Screening—employees must have medical insurance through PCS, details below. Employees can use these credits to purchase and attend fitness classes (ex: yoga, kickboxing, cardio, etc) at no cost to the member. Credits will reset the first of every month.



Employees will continue to have access to their account after the initial 6 month period. They can enter credit card information to purchase additional classes at a discount rate.

How to Earn Peerfit

Employee who have the medical insurance through PCS are eligible to earn Peerfit by completing a Wellness Screening through Quest. Employees must complete their Wellness Screening at an onsite event, a Quest Patient Service Center, or through a Physician Results form. Appointments at a Quest Patient Service Center and the Physician Results form **MUST** be scheduled through My.QuestforHealth.com in order for the screening to count as a Wellness Screening.

[Full registration guide.](#)

Employees will receive an email about Peerfit registration within a month after completing their screening. The email will be provided instructions of how to register and how to start Peerfitting!

Studio Highlights



F45 Training

Who: F45 Training offers a variety of functional 45 minute (F45) training sessions that use innovative sports science to receive results.

What: a wide variety of group personal training sessions that focus on cardio, resistance, hybrid, or restorative.

Where: 2 F45 locations in Pinellas in the Peerfit Network
Largo—2715 East Bay Dr. Largo
St. Petersburg—1575 4th St. N St. Petersburg

Credits: 7 credits per class

GOT DIABETES?

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 to get started.

Important:

Effective 1/1/2020: the current preferred meter on the Aetna formulary is **Accu-Check**. To request a free Accu-Chek Guide meter, please contact Aetna at 1-844-286-2174 to place an order.

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.

Monthly Recipe

Slow Cooker Greek Frittata

Recipe from American Heart Association

You can make brunch in a slow cooker. This veggie-packed frittata is infused with Mediterranean flavors.

Slow cooker size/shape: 3 to 4 1/2 quart round (preferred) or oval

Slow cooking time: 2 1/2 to 3 hours on low

Ingredients

- Cooking spray
- 4 large eggs
- 4 large egg whites
- 1/3 cup low-fat milk
- 1/2 teaspoon dried oregano (crumbled)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 10 oz frozen chopped spinach, thawed, drained, and squeezed until very dry
- 1/2 cup bottled roasted red bell peppers, drained, patted dry, and chopped
- 3 ounces soft goat cheese. Crumbled
- 2 small thinly sliced green onions



Directions

1. Lightly spray the slow cooker with the cooking spray.
2. In a large bowl, whisk together the eggs, egg whites, milk, oregano, salt and pepper. Stir in remaining ingredients. Pour into the slow cooker.
3. Cook, covered, on low for 2 1/2 to 3 hours, or until set (the frittata doesn't jiggle when the slow cooker is gently shaken). Using a wide spatula, gently lift the frittata out of the slow cooker. Transfer to a cutting board. Let stand for 5 minutes before slicing.

Servings 6 Serving size 1 wedge. Calories: 121. Total Fat: 6.5g. Saturated Fat: 3.0g. Trans fat: 0g. Cholesterol: 131 mg. Sodium. 286 mg. Carbohydrate: 4 g. Dietary Fiber: 2 g. Sugars: 2 g. Protein: 11g.

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

Caleigh Bean

Employee Wellness Coordinator
727-588-6031/beanc@pcsb.org

Leslie Viens

Benefits & Wellness Consultant
727-588-6142/viensl@pcsb.org

Dawn Handley

Employee Wellness Specialist
727-588-6151/handleyd@pcsb.org

Darlene Rivers

EAP Coordinator
727-588-6507/pcs.riversd@pcsb.org

Janet Lang

Aetna Account Advisor
727-588-6367/pcs.langj@pcsb.org

Gina DeOrsey, RN

Aetna Wellness Representative
727-588-6137/pcs.deorseyg@pcsb.org

Jessica O'Connell, RN

Aetna Wellness Representative
727-588-6134/pcs.oconnellj@pcsb.org