

# SMART START Newsletter

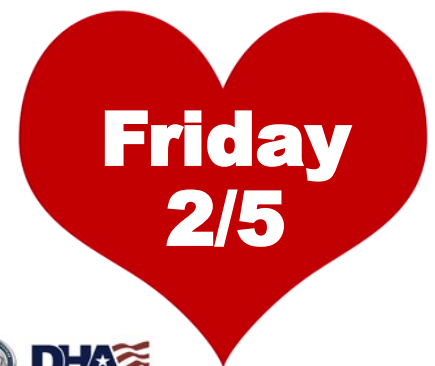


Visit [www.pcsb.org/wellness](http://www.pcsb.org/wellness) or contact Caleigh Bean, Employee Wellness Coordinator at 588-6031 or [beanc@pcsb.org](mailto:beanc@pcsb.org).

February 2021

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More information about National Heart Month on page 2.

## Aetna Health Promise Wrap Up

First payout: February 12, 2021 or February 19, 2021

Congratulations to all the participants who earned enough credits in 2020 to receive the wellness incentive! You can expect to receive the one-time incentive on your paycheck either 2/12 (instructional/administrative/PTS) or 2/19 (supporting services).

Please note, if your 2020 wellness credits were awarded to your Aetna.com account after January 15, 2021 you may receive the one-time payout in March or April of 2021.

### Report any missing credits by February 26, 2021

Be sure to check your wellness credits on your Aetna.com account. If you are missing any credits, please report them to Jessica O’Connell [pcs.oconnellj@pcsb.org](mailto:pcs.oconnellj@pcsb.org) or Gina DeOrsey [pcs.deorseyg@pcsb.org](mailto:pcs.deorseyg@pcsb.org) by 2/26/2021. For directions of how to check your credits and details of the program, visit [pcsb.org/wellness](http://pcsb.org/wellness).

## Limeade Starts March 1, 2021!

The Limeade program will be available by web and phone app and have a variety of challenges, activities, lessons, and more! The program will address all areas of wellness including physical, emotional, financial, prevention and more. There will also be a robust nutrition program to help everyone set goals and be supported in improving your nutrition habits.



limeade

Stay tuned for more details about how to get started March 1, 2021!

# February is National Heart Month

Every February is dedicated as National Heart Health Month to raise awareness of heart disease in America. Heart disease is the leading cause of death and a major cause of disability in the United States, causing about 1 in 4 deaths. 1.2 Million people in Florida have coronary heart disease, the most common form of heart disease but can often be prevented.

[Know the difference between Cardiovascular Disease, Heart Disease, and Coronary Heart Disease.](#)

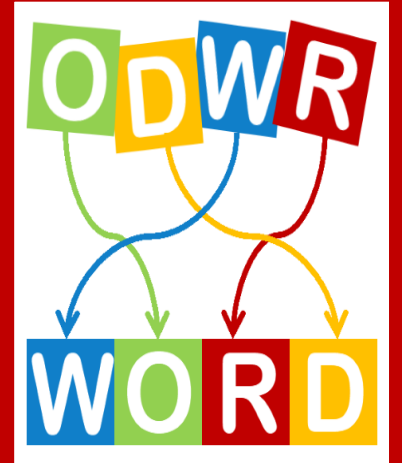
## Heart Health Word Scramble

Below is a Heart Health Word Scramble. Test your knowledge to see how much you know about heart health. There are 16 fun facts but you have to unscramble the underlined word to reveal the full statement.

Everyone who completes the full sheet and turns it in by February 19th will be entered into a random drawing for prizes!

Please send all forms to Dawn Handley at [handleyd@pcsb.org](mailto:handleyd@pcsb.org) or Pony to Admin/Risk Management Attn: Dawn Handley.

[Word Scramble](#)



## What can you do to prevent heart disease?

Information adapted from Medline Plus.

There are many things that can raise your risk for heart disease, also known as risk factors. Some of these risk factors you cannot control but there are many that you can control. Learning about them can lower your risk of heart disease.

### Things you cannot control

**Age.** Your risk of heart disease increases as you get older. Men age 45 and older and women age 55 and older have greater risk.

**Gender.** Some risk factors may affect heart disease risk differently in men and women. For example, estrogen provides women some protection against heart disease, but diabetes raises the risk of heart disease more in women than in men.

**Race or ethnicity.** Certain groups have higher risks than others. African Americans are more likely than whites to have heart disease, while Hispanic Americans are less likely to have it. Some Asian groups, such as East Asians, have lower rates, but South Asians have higher rates.

**Family History.** You have a greater risk if you have a close family member who had heart disease at an early age.

### Things you can control:

**Stay at a healthy weight.** Being overweight or having obesity can increase your risk for heart disease. This is mostly because they are linked to other heart disease risk factors like high blood pressure, cholesterol, and diabetes.

**Control your blood pressure, cholesterol and glucose.** High blood pressure is a major risk factor for heart disease. High levels of cholesterol can clog your arteries and raise your risk for disease and heart attack. While high glucose, especially in diabetics, can damage your blood vessels and nerves that control your heart and blood vessels. So it's important to know your numbers and talk with your doctor about how to properly manage these conditions.

**Lifestyle habits.** By receiving enough exercise, eating a healthy diet, and receiving enough sleep, you can lower your risk for heart disease.

To learn more, visit [heart.org](http://heart.org).

[28 Days Towards a Healthy Heart](#)

## Spring 2021 Wellness Webinar Series

Throughout the spring semester, we will be offering a variety of wellness webinars from nutrition, EAP, financial and meditation/yoga classes.

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

Full list of Spring 2021 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
2/4 @ 5:30pm	<b>Guided Meditation: Yoga Nidra</b> <a href="#">Registration</a>
2/9 @ 5:00pm	<b>Heart Healthy Foods   Nutrition</b> <a href="#">Registration</a>
2/11 @ 5:00pm	<b>Choosing your New Normal   EAP</b> <a href="#">Registration</a>
2/16 @ 5:00pm	<b>Basic Estate Planning   Financial</b> <a href="#">Registration</a>
2/18 @ 5:30pm	<b>Guided Meditation: Yoga Nidra</b> <a href="#">Registration</a>
2/24 @ 5:00pm	<b>Balancing Work &amp; Home   EAP</b> <a href="#">Registration</a>

### Changes, Goals & Growths | EAP

Have you made New Year's resolutions? 2021 is a year with potential for big change. Although it's already been a month, it's not too late to set goals in order for you to grow this year. Below are some ideas to help you get started!



**Fitness and wellbeing.** Due to the shutdown, there are so many alternatives to fitness than going to the gym. Going for long walks on the beach or around your neighborhood can help get you moving.

**Attention to mental health.** Put your mental health first this year. Acknowledge any stress you've experienced in 2020, and set small goals to address it.

For more information and ideas, view the full article from the EAP [here](#).

The EAP provides free and confidential resources and 24/7 support.  
800-848-9392

[www.resourcesforliving.com](http://www.resourcesforliving.com)

Username: pcsb

Password: eap

# 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](mailto:pcs.deorseyg@pcsb.org) to get started.**

**Attention Diabetics!** 2021 changes to covered diabetes test strips:

- One Touch Ultra and One Touch Verio covered and:
- Accu Chek will be excluded in 2021

Current Accu Chek users will be grandfathered through June 30, 2021

Please contact Aetna at 877-418-4746 to order a free meter. You will need to contact your physician to obtain a prescription for your diabetic supplies.

Any questions, please contact Gina DeOrsey at 727-588-6137 or [pcs.deorseyg@pcsb.org](mailto:pcs.deorseyg@pcsb.org)

## Monthly Challenges

### Bedtime Story

Adapted from 104 Challenges: Becoming the Best You

The Bedtime Story Challenge invites you to read before going to bed for 30 days. After your normal bedtime routine, relax somewhere comfy and read for a while. You can read whatever you like, but since it's the end of the day, you may want to choose something that helps you unwind. A real book is ideal, but if you'd rather use an electronic reader, be sure to use the nighttime color filter so the light doesn't stimulate your brain and make it more difficult for you to sleep. When you feel drowsy or have grown tired of reading, head off to bed. Continue this practice for one month and see what it does for you!

There is a reason that parents read bedtime stories to their children at night. It calms them down and helps them go to sleep. The same is true for adults— reading can calm the mind and prepare the body for a soothing, restful slumber. Who doesn't need a good night's sleep? Reading is also great for your brain. Decoding and processing the information is literally exercise for your brain. In addition to being educational, reading can also be entertaining and fun. Use this challenge as a chance to catch up on any books you've been wanting to read. You'll get the bonus of sleeping better and becoming smarter at the same time!



# 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 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](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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