

SMART START Newsletter



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

January 2019

Aetna Health Promise New Wellness Programs!

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With the change in medical insurance carrier comes a change in the wellness program. Aetna Health Promise is the premier wellness program provided by Aetna. This program has replaced Go365 as of January 1, 2019.

Unlike past programs, Aetna Health Promise is a collection of independent programs that emphasize a holistic approach to health through nutrition, activity, weight management, mindfulness, stress management, and more. Details for each program can be found throughout this newsletter and on pcsb.org/wellness.

Aetna Health Promise Incentive

Employees can earn a one-time payment for completing a certain amount of approved wellness activities. Details for the Aetna Health Promise Incentive can be found on page 2. Employees can earn this incentive by earning these credits between January 1, 2019 and December 31, 2019. The incentive will be added to employees' paycheck in the first quarter of 2020.

Employees and spouses insured through PCS can earn credits towards this incentive. Dependent children can not earn credits. Number of credits needed will depend on insurance plan.

Employees can view the incentives earned through their secure Aetna member website www.aetna.com by clicking 'Incentives' under the 'Stay Healthy' Tab.

Details for each program are provided throughout this newsletter and can be found on pcsb.org/wellness throughout the year.

[Frequently Asked Questions](#)

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.

Program	Credit	Spouse Credit
Wellness Screening*	1	0
Healthy Assessment*	1	1
Get Active*	1	0
Mindfulness Challenge*	1	0
Small Bytes*	1	1
Aetna Maternity*	1	1
Tobacco Journey* or AHEC Classes	1	1
YMCA Programs (Diabetes Prevention & Blood Pressure)	1	1
Diabetes Care Program	1	1
Annual Physical	1	1
Annual Women's exam	1	1
Mammography	1	1
Colorectal Screening	1	1
Skin Screening*	1	1
Flu Shot	1	1

*New programs provided by Aetna.

Please visit pcsb.org/wellness for more information and description of new programs.





Wellness Screening

Wellness screenings will be completed by Quest either on-site or at the Quest Patient Service Centers. To register for a wellness screening, visit My.QuestForHealth.com. Enter the below registration key under 'Create Account.' All PCS employees must create a new account starting in 2019 even if they have an existing account for lab work. Follow the instructions to confirm eligibility and create your account. You will use this account to schedule a wellness screening at an on-site event or at a Quest Patient Service Center. Employees insured through PCS can participate and earn 1 credit towards the Aetna Health Promise Incentive. Spouse are not eligible to earn this credit.

Screenings will measure blood pressure, BMI, cholesterol, triglycerides, and blood sugar via finger stick (on-site screening) or venous blood draw (Quest Patient Service Center).

Register on My.QuestForHealth.com

Registration key: **PCSB**

Unique ID: **Aetna WID#** (example: W123456789)

2 Board Family Spouse Unique ID: Aetna WID#S (example: W123456789S)

[Full registration guide.](#)

Employee Credit: 1



Earn an additional incentive of Peerfit.

Employees who complete the wellness screening through Quest will earn access to 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 those who complete the wellness screening. Employees can use these credits to reserve and attend fitness classes (ex: yoga, kickboxing, cardio, etc). Employees will receive an email about 1 month after screening with directions how to register. Credits will reset the first of every month.

Employees will continue 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.

Wish your favorite fitness studio was in the Peerfit Network? Nominate a studio at peer.fit/addstudio.



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 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 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.



Aetna Get Active

Powered by Virgin Pulse, Aetna Get Active is a quarterly team-based step challenge. All employees can participate regardless of insurance coverage and can invite family or friends to participate in these challenges. There will be 4 team based challenges each year. The team challenges will last anywhere from 6-8 weeks. Participants can also participate in individual healthy habit challenges throughout the year.

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.
4. Follow the instructions to complete your account.
5. You will be able to invite friends and family once your account is created.

First team step challenge begins January 28, 2019.

Details for Step It Up to a Better You Challenge on page 7.

Employee Credit: 1 max for participating in one team challenge

PCS Wellness will reward the top three teams for each challenge and will also be randomly selecting participants every 2 weeks during the challenge to win gift cards.



Small Bytes

Members can participate in a virtual online classroom that focuses on a holistic approach to reducing risk factors of diabetes or heart disease. A large focus of this program is obesity. This program provides resources for members to maintain or reach a healthy weight with consideration of emotional state, motivational level, and nutrition and exercise knowledge. Employees and their spouse (insured through PCS) are eligible to participate in this

innovative program. This program provides members free access to the weekly or monthly virtual classrooms.

Enrollment information is coming in Quarter 2 of 2019 and will be promoted in the Smart Start Newsletters and on pcsb.org/wellness.

Employee Credit: 1

Spouse Credit: 1



Mindfulness Challenge

During the spring and fall semester Aetna will host a 4 week digital mindfulness program. Each week participants have access to a set of digital resources related to a different mindfulness theme. Resources include mindfulness practices, practical work tips, curated articles, and more. The goals of this challenge are to reduce elevated stress levels, reduce burnout, improve engagement and emphasize well-being.

Spring 2019 Challenge begins: April 1

Registration for spring 2019 Challenge will be announced in March 2019.

Employee Credit: 1



Aetna Maternity

Early risk identification, prevention and education can help families have healthy, full-term babies. The Aetna Maternity Program provides members with access to Aetna Maternity nurses and other resources during their pregnancy and after delivery. Members who begin the Aetna Maternity Program within the first 16 weeks of pregnancy will be eligible for 1 wellness credit, \$50 gift card, and a Mayo Clinic Healthy Pregnancy book.

To enter in this program call 1-800-272-3531 or log in to your member website at www.aetna.com and look under “Stay Healthy.”

Employee Credit: 1

Spouse Credit: 1



Tobacco Journey or AHEC

PCS employees and spouses who are current tobacco users can earn a wellness credit by completing a Tobacco Journey and/or completing an AHEC community session.

Tobacco Journey

If a member identified as a tobacco user on their Simple Steps Health Assessment, a tobacco Journey will be suggested for them. Members who complete the tobacco Journey will receive a 1 credit towards their Wellness Credit.

AHEC Class

Employees or spouses who are current tobacco users are eligible for FREE multi-session AHEC Classes. Visit pcsb.org/wellness for a complete list of Multi-session Classes through AHEC. Employees must attend at least 4 out of the 6 multi-session classes.

Employee Credit: 1 max

Spouse Credit: 1 max

Additional \$150 for Benefit Eligible Employees for Tobacco Program

Benefit eligible employees can earn \$150 for completing either a tobacco journey and/or the AHEC multi-session classes and remaining tobacco free for 6 months. For more information about this program, please call 588-6151.



Diabetes CARE Program

Members of the Diabetes CARE Program will receive 1 credit towards their wellness credit and receive diabetes supplies at a zero co-pay as long as requirements are met.

To enter in the program call 727-588-6137.

[Visit the Diabetes CARE Page for more information and requirements of the program.](#)

Employee Credit: 1

Spouse Credit: 1



YMCA Programs

Together with the YMCA, PCS is offering programs to their employees. These programs include a blood pressure program and a diabetes prevention program.

Blood Pressure Program

This is a 4 month program open to all PCS Employees and spouses with PCS medical insurance. The YMCA's Blood Pressure Program helps participants reduce or manage their BP, increase awareness of triggers that may elevate BP, and learn the importance of nutrition and exercise.

[Blood Pressure Program information.](#)

Diabetes Prevention Program

Take control of your health and your life. Learn how to eat healthier, increase your activity and lose weight. PCS will provide benefit eligible employees this program for free (over a \$429 value!). During the Diabetes Prevention Program, members will work with the YMCA's Lifestyle Coach to lower risk factors of diabetes.

[Diabetes Prevention Program information.](#)

For question about the Y programs, please contact Dawn Handley at handleyd@pcsb.org or 588-6151.

Employee Credit: 1

Spouse Credit: 1



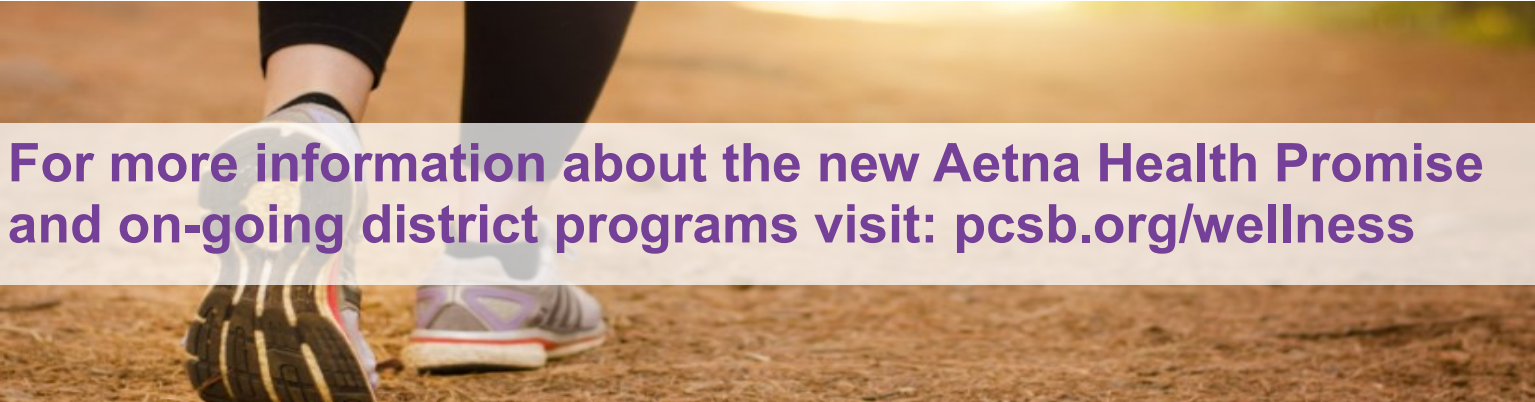
Preventative Exams

Employees and spouses insured through PCS can receive 1 wellness credit for each of the following preventative screenings. Talk with your primary care physician to see if you are eligible for these screenings. All of the listed preventative screenings are covered at 100% by Aetna.

- Annual Physical
- Annual Women's exam
- Mammogram
- Colonoscopy
- Skin Screening—preventative skin screenings are now covered at 100% (starting 1/1/2019).
- Flu Shot

Employee Credit: 1 each

Spouse Credit: 1 each



For more information about the new Aetna Health Promise and on-going district programs visit: pcsb.org/wellness

Aetna Get Active Team Challenge



New year,
new you

Join our next team challenge
January 28 to March 24, 2019

The new year is the perfect time for new beginnings. That's why the Aetna Get Active™ program wants to work with you to help you reinvent yourself. All it takes is a few lifestyle changes. But we know even the smallest change can be a big commitment. So let's take the first step together. What do you say—are you ready?

Get stepping

To sign up for your Aetna Get Active account, just visit join.virginpulse.com/aetnagetactive. Registration for your first quarter challenge—Step It Up to a Better You—opens January 14.

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aetnaSM

Get this challenge on the app.



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 Informed 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

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