

SMART START Newsletter



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

March 2019

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March is National Colorectal Cancer Awareness Month. Colorectal cancer is the 2nd leading cause of cancer related deaths in the United States. Although, colorectal cancer is a very deadly cancer, it can be successfully treated when detected early via screenings. There are often no signs or symptoms of colon cancer, which is why it is so important to get screened regularly.

It is recommended to have your first colonoscopy screening at age 50. Early screenings at 45 are recommended for those who are high risk or experiencing any symptoms. Talk with your doctor about your risk of colorectal cancer. In addition to regular colonoscopies, it is strongly suggested to take an at home screening (like the EZ Detect Test) every year.

FREE AT HOME SCREENING KIT AVAILABLE!

How to request an EZ-Detect kit?

For the third year, the PCS Employee Wellness Team is offering all employees a FREE at home screening test. This is an easy to use at home kit that detects blood in your stool (no handling of sample), with easy to read results within a few minutes. This screening kit does not replace a doctor recommended colonoscopy.

If you would like to receive an EZ-Detect Colon test kit, please email Leslie Viens at viensl@pcsb.org with **your name, worksite and the number of kits you would like**. You will receive the kit(s) via pony within 7-10 days of your request after Spring Break. Detailed instructions will be included as well as information about risk factors, symptoms and prevention of colon cancer.

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 by visiting pcsb.org/wellness for details.

*Value varies based on insurance plan.



New!

Metabolic Health In Small Bytes

Earn 1 credit towards the **Aetna Health Promise Incentive (\$)** by joining Metabolic Health in **SMALL BYTES** (online) in **March!**

Metabolic Health in Small Bytes is a 20 **session** online class, facilitated by a live instructor where you will learn nutrition, exercise and mind-body practices created through a collaborative effort with Duke Diet & Fitness, Duke Integrative Medicine and eMindful. This class goes beyond the standard approach that focuses solely on the physiological aspect (calories in/ calories out) by using a holistic approach (mental, emotional and physiological). This class will help you learn how to reduce your metabolic syndrome risk factors. This program has shown positive results in a recent study demonstrating its effectiveness on managing stress, reducing binge eating and more!

What Participants Learn:

The nutrition and exercise approach pioneered by the Duke Diet & Fitness Center

The mind-body practices developed at Duke Integrative Medicine for:

- ✓ Managing stress
- ✓ Reducing binge eating
- ✓ Reconnecting the mind and body in determining hunger/ fullness
- ✓ Managing depression
- ✓ Improving sleep quality and reducing insomnia
- ✓ Dealing with difficult emotions

An hour is all it takes

All you need is one hour for each session. The program lasts for 20 sessions, delivered weekly or biweekly.

What *Metabolic Health in Small Bytes* Participants Say:

"This has been such an eye-opening experience and I have learned so much that I will continue to use daily in controlling my diet. THANK YOU!!!"

"I do not feel lost anymore. I have found myself and have direction and purpose. This program has created a new life-style and now I need to keep on this path. This has been life-changing! I gave up before and my attitude was it was not going to be any better. I have a choice!"

"I am ready to take control of my life, make better choices, learning to forgive myself when a bad choice is made, and move on."

Interested?

Here's how to sign up:

- Click on the following link - <http://pcsb.emindful.com/>
- Click "First Time Here?"
- You will be asked to enter a unique ID which is your **Medical ID W#** from your Aetna member ID card
- Enter your email address
- Enter a password twice (8 characters, 1 upper case letter, 1 lower case letter & 1 number)
- Enter your first name
- Enter your last name
- Enter a display name (this is what others will see in the classroom)
- Choose your time zone (Eastern or EST)
- Answer the email question
- Accept Privacy Policy & Terms of Service
- Click "Continue"
- On the next screen, click on "Live Classes" at the top
- Then click on Mindful Daily or Premium Courses to begin registration

It's easy to register, but if you need help, we're here. Just email support@eMindful.com or call 1-855-211-1536.

Congratulations to the winners of the Aetna Get Active Step Challenge Bi-Weekly Drawings



Every two weeks during one of the team challenges, 50 randomly selected participants will win a \$10 Publix gift card. You must be a PCS employee to win and you must be tracking steps during the team challenge.



Alisha Ford	Jacqueline Collis	Lori Whitaker	Robin Read
Anabelle Torres	Janet Slee	Mariah Nevers	Sally Centner
Angela Clifford	Jason Honeycutt	Marilyn Dege	Sandra Crisco
Antoinette Durspek	Jeanette Vega	Mark Keyser	Scott Bradley
Ashley Myles	Jenn Mekler	Mark Lucich	Selina Ryals
Ben Nadeau	Jenni Mastal Adams	Mark Maliszewski	Shannen Paetzold
Bettye Newsome	Jennifer Bolton	Marrina Elbersen	Shelley Swanson
Beverly Carmody	Jennifer Patterson	Martha Henderson	Sherrie Bennett
Brenda Benoit	Jennifer Priddy	Mary Jo Ferretti	Sherrie Williams
Bridget Vest	Jerry Cantrell	Mary Varner	Stacey White
Brittany Spilker	Jessica Zachariah	Mashelle Converse	Stacy Mullaney
Cathy Wolf	Jillian Gannon	Meagan Hedrick	Stefanie Olson
Cheryl Wright	Jonathan Hayes	Megan Marshall	Stephen White
Christina Finocchi	Jonathan Tharin	Melissa Kapolka	Steve Zachem
Cynthia Gross	Kathleen Tussey-Hehn	Meredith Bray	Steven Plummer
Cynthia Zangara	Kelly Kennedy	Michael LaFave	Tara Bishop
Cynthia Zangara	Kerri Rohrer	Michael Shultz	Teal Heeren
Dawn Schiano	Kimberly Hopkins	Michelle Fulle	Tiffany Young
Diane S	Kryn Burnside	Natalie Zolper	Tobias Renfroe
Dianne Omalley	Laura Bassett	Nivin Farag	Tony Harrison
Erica Houser	Lauren Regan	Patrick Cheshire	Tyynne Hamill
Erika Meade	Leslie Michelle Topping	Paula Roberts	Vanessa Ivery
Erin Parras	Lindsay Mayton	Rachel Molina	Vera Sheremeta
Flora Cook	Lisa Fox-Parker	Rachel Pages	Vicki Jetton
Gloria Elliott	Lori Head	Rebecca Maphet	Vilma Diaz

Next challenge starts May 6, 2019

Registration opens April 22, 2019

Employees must track steps for half of one team challenge in order to earn the credit towards the Aetna Health Promise Incentive. The current team challenge is over half way finished, so if a member joins after the half way point, they will not earn a credit towards their incentive but will still be eligible for the gift card drawing.

All PCS employees participating in the challenge will be entered to win a \$10 gift card.

Winners will receive an email from 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> or download the Virgin Pulse App on your smart phone.
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 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**.

Mobile Mammography is coming to you!

"No More Excuses"

- 40 or older, no prescription
- Under 40 requires a prescription
- Billed directly to major insurance, no charge for 3D



Question? Contact Gina DeOrsey at 588-6137 or at pcs.deorseyg@pcsb.org

For full schedule, appointments, and directions how to register, please visit www.pinellasmammo.com

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 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](#)

March Recipe

Sweet Potato Nachos

Recipe by the American Heart Associations

Ingredients

- 3 medium sweet potatoes
- 1 Tbsp. olive oil
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 1/2 tsp paprika
- 1/3 cup black beans (drained, rinsed)
- 1/3 cup reduced fat, shredded cheddar cheese
- 1/3 cup chopped tomato
- 1/3 cup chopped avocado

Directions

1. Preheat oven to 425 degrees Fahrenheit. Cover the baking pans with foil and coat with non stick cooking spray.
2. Peel and slice the sweet potatoes thinly (about 1/4 inch rounds). In a bowl, toss the rounds with olive oil, chili powder, garlic powder and paprika. Spread evenly on prepared pan(s). Bake for 10 minutes and use a spatula to flip the sweet potato rounds. Bake for another 5-10 minutes or until crisp.
3. Remove the pan from the oven and sprinkle beans and cheese over the sweet potatoes. Return to oven until cheese melts, about 2 minutes. Sprinkle tomato and avocado. Serve.



Sweet Potato Nachos

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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