

SMART START Newsletter



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

March 2021



limeade

Limeade is Pinellas County Schools new wellness program for employees enrolled in the Aetna medical insurance through the district. Limeade provides our employees a program that focuses on all areas of their health and well-being through a mobile app and website. Members can participate in activities and programs throughout the year to improve their health and well-being and earn points towards incentives! The details of the program throughout this newsletter and online at pcsb.org/wellness.

How to get started?

The Limeade program is available through mobile app and website so participants can stay involved wherever they are!

Mobile App

Join by downloading the LimeadeONE iOS or android app on any smartphone. Search for **Pinellas County Schools** or use the program code **PCSB** to access the program. Scan the QR code on this page.

Website

Visit pcsb.limeade.com to access the program from the web.

Employee Registration (including 2 Board Spouse):

1. To login, ALL active employees will click "sign in" under **Registered Users** (even if you have not registered, **do not** click "Activate Account").
2. Click on "PCSB Employee Sign On"
3. Enter your PCSB Single Sign On (SSO) credentials. These are the same login credentials used to access the PCS Intranet and Employee Self-Service.
4. Once you sign in, agree to the terms and conditions to access your home screen. You can then visit the Discover page to begin your Well-being Assessment to get started.

Dependent spouses will have access to the program. For their login information, please view attachment.

[Registration directions for employees, spouses, and retirees.](#)

Who's Eligible for Limeade?

- PCS Employees with the Aetna Medical insurance through the District
- Dependent spouses of employees on the medical insurance
- PCS Retirees with the Aetna Medical insurance through the District
- Dependent spouses of retirees on the medical insurance



limeade
ONE

Questions about the new program?

Contact Limeade Customer Support at 888-984-3638 or support@limeade.com

You can also contact the PCS District Wellness Team for eligibility or program details. Contact information in the back of newsletter.

The Incentives!

As you interact with activities designed to build positive habits, you will earn points. The points accumulate towards levels. When you reach a new level, you earn a new Tango gift card. Participants have between March 1, 2021 and February 14, 2022 to earn these incentives. Below is a chart that shows all the incentives available for employees, retirees, and spouses. 2 Board Spouses will be eligible for the spouse rewards.

Level	Points	Employee Reward	Retiree & Spouse Rewards (Including 2 Board Spouses)
Level 1	1,000*	\$20 Tango Gift Card	\$20 Tango Gift Card
Level 2	2,000	\$50 Tango Gift Card	\$20 Tango Gift Card
Level 3	3,000	\$300 Annual Wellness Incentive (paid after program year ends in 2022)	\$20 Tango Gift Card
Level 4	4,000	\$75 Tango Gift Card	\$20 Tango Gift Card

*Well-Being Assessment is required in order to reach level 1 and earn any rewards.

Tango Gift Cards

Tango administers the gift cards provided. Once you earn a gift card, you will receive an email from Tango with directions on how to redeem your gift card. You will have access to a wide variety of retail locations to redeem your gift card including Amazon, Walmart, Target, Starbucks and more!

\$300 Annual Wellness Incentive

Once you reach level 3 you will be eligible for the \$300 Annual Wellness Incentive. This incentive will be a one-time payment that will be added directly to an employee's paycheck after the program ends in February 2022. Employees must be actively employed and have active medical insurance through PCS at the time of payout to earn the reward.

All gift cards and incentives are subject to tax according to IRS guidelines. Employees earnings will be reported to Payroll and taxed according to IRS guidelines. If you are a retiree or a spouse of a retiree, consult your tax advisor.

Preventative Exams

Employees can continue to earn points for preventative exams. Any exams done between 1/1/2021 and 12/31/2021 will count at points for this program. There are two types of preventative exams: Automatically Uploaded and Self-Submitted. Automatically Uploaded exams include annual physicals, well women exam, mammography, and colonoscopy. These exams will be uploaded automatically within 45 to 60 days. The Self-Submitted exams include flu shot, skin cancer screening, dental cleaning/exam, and vision. These exams must be uploaded by the participant to count for their points. For full details of preventative exams, visit [PCS Limeade](#).

Race to Level 1

March 1—March 31, 2021

Schools and large worksites will compete against each other to get 50% of their eligible staff to Level 1 by March 31, 2021. As a reminder, to get to Level 1, employees must sign in and complete the Well-being Assessment.

By reaching level 1 all individuals will earn an instant \$20 gift card. Schools and worksites will also win bragging rights and money to their discretionary fund for an end of the year wellness celebration—social distanced, of course!



More details about the Limeade program can be found at pcsb.org/wellness.



March is Colon Cancer Awareness Month

Each year, March is designated as Colon Cancer Awareness Month to help raise awareness of colon cancer and the importance of early detection. Colorectal cancer affects men and women and all races and nationalities equally. Colon cancer can often have no symptoms which makes routine screenings so important because it's much easier to treat when caught in an early stage.

Talk to your doctor about what screenings are right for you!

Complete a Word Search for Prizes!

Review this [fact sheet](#) about colorectal cancer and then complete this word search to be entered into a random drawing for a gift card.

Colon Cancer Awareness Word Search

Complete the word search and send it to Dawn Handley by March 24th.

Scan: Handleyd@pcsb.org

Pony: Admin/Risk Management—Attn Dawn Handley



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
3/9 @ 5:00pm	Boost Your Credit Score Registration
3/11 @ 5:00pm	Respectful Communication at Work EAP Registration
3/24 @ 5:00pm	Resilience: How to Bounce Back EAP Registration
3/30 @ 5:00pm	Energy Drinks, Protein Bars, What's really in them? Nutrition Registration
4/6 @ 5:00pm	Becoming a Better You EAP Registration



GOT DIABETES?

FREE Diabetic \$upplies

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.

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

Monthly Recipe

“Skinny” Mac ‘N Cheese

Recipe from Pampered Chef US
Servings 5 Serving Size 1 cups

Ingredients

- 1.5 lbs cauliflower (half of a large head or 1 small head)
- 8 oz uncooked elbow macaroni
- 2 garlic cloves, peeled
- 1.5 cups chicken stock or chicken broth
- 1/2 cup milk
- 2 tbsp flour
- 8 oz reduced-fat sharp cheddar cheese
- 1 cup 2% plain low-fat Greek Yogurt
- Salt and Pepper (optional)

Directions

1. Cut the cauliflower in large chunks, keep core intact. Grate cauliflower florets into large mixing bowl to measure 3 cups.
2. Place cauliflower and macaroni in a Dutch oven or microwavable safe baking pan. Slice garlic into pan.
3. Whisk stock, milk, and flour in small bowl until blended. Pour into Dutch oven or pan and mix well.
4. Microwave on High for 17-20 minutes or until macaroni is tender, stirring once half way through cooking.
5. Meanwhile, grate cheese.
6. Carefully remove pan and add yogurt and 1.5 cups of cheese. Stir until well blended. Season to taste with Salt and pepper. Sprinkle remaining cheese.
7. Microwave covered on high for 1 minute to melt cheese.



Servings 5: Calories: 340. Total Fat: 7g/ Saturated fat: 3.5 g. Cholesterol: 15 mg. Sodium: 430mg. Carbohydrates 46g. Fiber 4 g. Protein 26 g.

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

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