

SMART START Newsletter



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

May 2019

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PCS Employee Wellness Interest Survey

Complete the survey to be entered in for a random gift card drawing.

Pinellas County Schools recognizes the importance of offering you opportunities to make a difference in your well-being! Therefore, we are conducting an Employee Wellness Interest Survey to determine your interest in participating in worksite wellness programs. We want to hear your thoughts and ideas on how to provide you with the programs and activities designed to meet your needs for the future.

Please help us by completing [this short survey](#). It will only take a few minutes of your time. The survey is completely voluntary and confidential! If there is a question you don't feel like answering, just skip it and move on to the next one. However, if you would like to be entered into a random drawing for a \$20 Publix gift card enter your PCS email on the last question. Please complete the survey by Friday, May 24 to be entered into the drawing. Please only complete this survey once.

Thank you in advance for your participation!

Earn and Check your Wellness Credits over Summer

It's not too late to earn your credits for the 2019 Aetna Health Promise program and summer is a great time to do so! For more information about the wellness program, please visit pcsb.org/wellness. Members will be able to track how many credits they have earned through www.aetna.com.

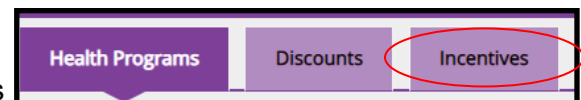
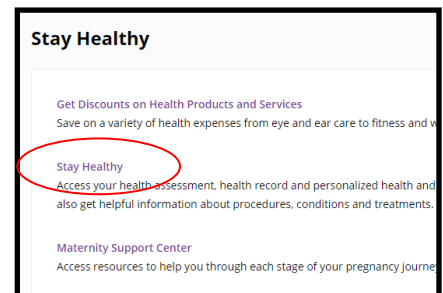
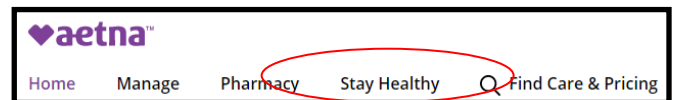
Directions:

- Members will login to www.aetna.com.
- Click on the Stay Healthy tab. Then click the second link, Stay Healthy.
- Click the Incentives Tab.
- There will be two options: Wellness Package Incentive and 2019 Wellness Incentive Program.

A. The Wellness Package Incentive will refer to the \$50 gift card employees and their dependent spouse can earn by completing the Health Assessment and an online Journey (see page 4).

B. The 2019 Wellness Incentive Program will refer to the 5 or 8 credits* needed for the overall Aetna Health Promise Incentive (*credits needed will depend on your insurance plan– for more information, visit pcsb.org/wellness). *Certain PCS programs (The Y's Diabetes Prevention Program and the Blood Pressure program) will not show under Incentives, but the credit will be rewarded to the employee or spouse.*

- You will be able to click on each incentive programs to see the details of credits earned.



Please note: Depending on the program, credits may take up 30 or 60 days to post.

Active Incentive Programs	
You may be eligible to earn incentives when you participate in these programs.	
A	Wellness Package Incentive» Total earned - \$50
B	2019 Wellness Incentive Program» Total earned - 2 points

Summer Peerfit Challenge!

This summer challenge yourself to use your Peerfit credits and invite your coworkers!



The Challenge:

Send in a picture of you using your Peerfit incentive to be entered for a gift card drawing. Whether it's before or after a class or in the middle of your gym session, snap a picture and email it to beanc@pcsb.org to be entered into a drawing for prizes.

Employees can enter the challenge more than once (up to 4 times) by sending in pictures from different studios or gyms. All pictures must be submitted by **Friday, August 2** to be entered into the challenge drawing.



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 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.

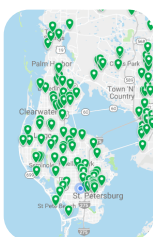
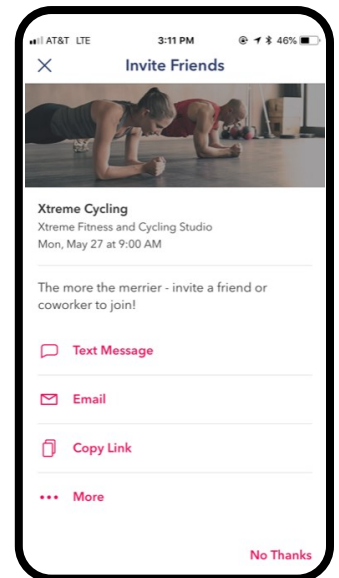
[Full registration guide.](#)

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!

If you have any questions, please contact Jessica O'Connell at pcs.oconnellj@pcsb.org.

Put the Peer in Peerfit!

Invite your coworkers to join your workout! After you reserve your class, you will have the option to invite a friend through text message, email, or copy a link. Send the invite to a coworker and go together. This is a great way to bond with your coworker outside of work.



Peerfit continues to add gyms and fitness studios to their network. Wish your favorite fitness studio was in the Peerfit Network? Nominate a studio at peer.fit/addstudio.

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](#)

May Challenge

Water Wake-up

Health Habit Challenge from Well Right

The Water Wake-up Challenge invites you to drink a glass of water when you wake up first thing in the morning for the next 30 days. If you forget, drink a glass as soon as you remember. After a long night's sleep, our bodies are typically dehydrated. A big glass of water in the morning can jumpstart your metabolism, hydrate your body, flush out toxins, and may even help you eat less. Also, you can chalk it up as your first successful accomplishment for the day.



Place a large cup of water or water bottles on your nightstand or bathroom counter each night to remind you to drink it after you wake up. Think of your body as a wilting plant that needs to be watered—rehydrating first thing in the morning will help you body perk up and perform better. Drinking 16 ounces of water is a good goal, but if that's too much for you, drink what you can. Good hydration is important for every part of your body, from your skin to your brain, so start your day right with a cup of H₂O every morning!

For more healthy habit challenges, visit [Well Right](#) for activities to improve your wellbeing.

Stay Well Over Summer

The SMART Start Newsletter will not be sent out during summer. Visit pcsb.org/wellness for any PCS Wellness updates. If you have any questions during the summer, please reach out to Caleigh Bean at beanc@pcsb.org or 588-6031.

On behalf of our wellness team, we hope you have a happy and healthy summer!

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

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