

SMART START Newsletter



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

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In This Issue:

Step Challenge 5/6.....	1
Mental Health Awareness.....	1
Skin Screening.....	2
Wash your Hands.....	3
Recipe.....	3
About Us.....	4



US National Parks 6 Week Team Step Challenge

The second team step challenge has begun! There is still time to join this challenge and virtually visit various US National Parks. All PCS employees have access to participate in the step challenges, regardless of insurance coverage.

Register today!

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. Complete the 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. Employees will be able to invite friends and family once your account is created.
6. Once logged in, click on the Challenge tab at the top of the page and choose US National Parks. Join or create a team and get stepping!

If you are having issues with Virgin Pulse, such as registration or connecting a device, please call 833-525-5786 or email aentagetactive@virginpulse.com.

All employees are eligible for gift card drawings and top team prizes.

Employees with the medical insurance through PCS, will earn 1 point for tracking steps for half of one challenge. 1 point max for the step challenges.

May is Mental Health Awareness Month

Since 1949, May has been designated as Mental Health Awareness Month to raise awareness of mental health, resources, and to break the stigma of mental health. Each year, millions of Americans face the reality of living with a mental illness. Two thirds of people with a known mental illness never seek treatment. It's normal to feel stressed or anxious— or even depressed— now and then. But it's time to call for help if these problems interfere with your life, job, or relationships.

Through the Pinellas County Schools EAP (Health Advocate), all employees have access to Licensed Professional Counselors, who can provide confidential, short-term support for a wide range of personal issues at no cost. Visit pcsb.org/eap or call 877-240-6863 to access the EAP benefit.



May is Skin Cancer Awareness Month

Are you practicing safe sun?

Skin cancer is the most common form of cancer in America. Approximately 9,500 people in the US are diagnosed with skin cancer daily. It is estimated that about 1 in 5 Americans will develop skin cancer in their lifetime.



UV exposure is the most preventable risk factor for all skin cancers. Living in the sunshine state can make it difficult to avoid over exposure to the sun. Even on cloudy days, up to 80% of the sun's UV rays can reach your skin. It is important to use sun protection even when you think you may not need it. Going to the beach or doing yard work are typical times when people use sun protection. However, any amount of time out in the sun can be damaging, such as, driving in your car, running or walking outside (even just going to and from your car), swimming, and much more. Make sure to protect yourself with sunscreen, proper clothing, hats, sunglasses and shade when you go outdoors or are exposed to the sun. Go to a dermatologist annually to check for any signs of skin cancer. Detecting cancer early makes it easier and often less expensive to treat, so do not wait to get screened!

Current estimates are that **ONE** in **FIVE** Americans will develop skin cancer in their lifetime.

Skin cancer is the most **COMMON** cancer in the United States.

Approximately **9,500** people in the U.S. are diagnosed with skin cancer **DAILY**.

Even **ONE** blistering sunburn during childhood or adolescence can nearly **DOUBLE** a person's chance of developing melanoma, the deadliest form of skin cancer, later in life.

SADLY, NEARLY 20 AMERICANS DIE FROM MELANOMA EVERY DAY.

Know Before You Go...Preventative Skin Screening

Did you know a **dermatology office visit** is considered a "specialist" visit under your Aetna medical benefits?

Specialist:

Select Open Access: \$50 co-pay	Choice POS II: In-Network- 20% after deductible Out-of-Network- 40% after deductible (may be balanced billed)	CDHP: In- Network Only- 20% after deductible
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Please note, "**Preventative Skin Screenings**" are covered at **100%** for all PCS Aetna Medical Plans:

Select Open Access: No Co-Pay	Choice POS II: In- Network- 0% Out-of-Network- 40% after deductible (may be balanced billed)	CDHP: 0% no deductible
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*A skin screening is a head to toe visual inspection of your skin by a medical professional. If your medical provider feels additional services are required, **co-pays/ coinsurance may apply**.

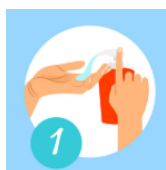
More information about skin screenings: [Know Before You Go](#).

Important Reminder: Wash Your Hands!

How to wash our hands is something many of us learn early on in life. It is important to remind ourselves just how vital hand washing is to our health. Throughout the day, our hands touch so many surfaces that are covered in germs like door knobs, key boards, phones, money, toilets and much more! Washing your hands after using the restroom, before preparing and eating food, after sneezing, blowing your nose or coughing, or after touching public doors can help prevent disease spread such as common colds, the flu, hepatitis A, E Coli, noroviruses, and much more.



In the recent months, Tampa Bay, especially Pinellas County, has seen an increase in hepatitis A infections. Hepatitis A is a communicable disease of the liver caused by the hepatitis A virus. It is transmitted person to person through the fecal-oral route or consumption of contaminated food or water. Washing hands can help prevent the spread or contraction of hepatitis A. Below are the instructions to how to properly wash your hands. The hepatitis A vaccine is covered at 100% through the PCS medical insurance through Aetna. If you do not have the PCS medical insurance, talk to your insurance provider to ask about coverage information. Talk to your doctor before receiving the vaccine to see if the vaccine is right for you. For more information about hepatitis A, please visit [CDC information](http://www.cdc.gov/HandHygiene).



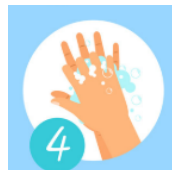
1 Wet palms with warm water and apply soap.



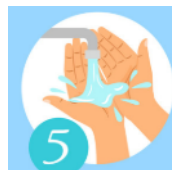
2 Rub palms together to create a lather. Scrub palms, fingers, and wrist. Wash your hands for 20 seconds or sing the Happy Birthday song twice.



3 Rub the back of hands, fingers, finger nails and back of wrist.



4 Interlace fingers and scrub in between fingers– including between thumb and forefinger.



5 Rinse thoroughly with warm water.



6 Use a clean and dry towel or paper towel to dry your hands well.

May Recipe

Crunchy Cucumber-Dill Salad

Recipe from American Heart Association

Ingredients

- 1 Tbsp. fresh lemon juice
- 2 tsp olive oil, extra virgin
- 1/4 tsp pepper
- 2 cucumbers
- 1/2 small red onion
- 1 Tbsp fresh chopped dill

Directions

1. In a small bowl, whisk together lemon juice, oil, and pepper.
2. Peel cucumbers and slice in half lengthwise. Thinly slice halves into half-moon shaped pieces and place in a medium bowl. Thinly slice onion and add to bowl. Sprinkle dill on top of cucumber mixture. Add lemon juice mixture and toss well to coat. Cover and chill 1-2 hours and serve.



Nutrition Facts: Calories: 37g. Total Fat: 2.5 g. Saturated Fat: 0.5g. Sodium: 3 mg. Total Carbohydrate: 2g. Fiber: 1g. Sugars: 2g. Protein: 1g.

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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