

May 2021

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## May Is National Stroke Awareness Month

About 800,000 people have a stroke each year in the United States. A stroke occurs in two ways; when a blood supply to the brain is blocked or when a blood vessel in the brain bursts.

Strokes kill nearly 130,000 Americans each year and leave about 2 out of 3 survivors disabled. Strokes can happen to anyone at any age, including children. However, 80% of strokes can be prevented! Help prevent strokes by following the American Heart Association's Life's Simple 7 Tips:

- Manage blood pressure
- Control Cholesterol
- Reduce blood sugar
- Get active
- Eat better
- Maintain a healthy weight
- Quit smoking!

### Know the Signs

When it comes to strokes, every second counts! Millions of brain cells can die with each moment left untreated. Rapid access to medical treatment often makes the difference between full recovery and a permanent disability.

#### SPOT A STROKE™

# F.A.S.T.



**FACE** Drooping



**ARM** Weakness



**SPEECH** Difficulty



**TIME** to Call 911

Learn more at [stroke.org](http://stroke.org)

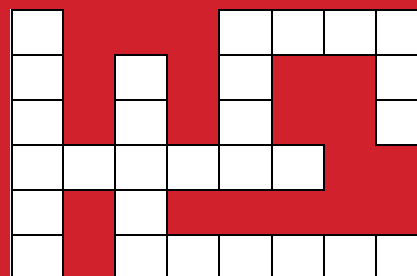
### Stroke Awareness Crossword Puzzle

Challenge and strengthen your brain by completing the crossword puzzle below. First, review [this fact sheet](#) to learn more about strokes. Then, complete the crossword puzzle. Send completed crossword puzzles to Dawn Handley by **May 27th** to be entered into a random gift drawing.

#### Stroke Fact Sheet

#### Stroke Awareness Crossword Puzzle

Return to Dawn Handley through email [handleyd@pcsb.org](mailto:handleyd@pcsb.org) or pony—Admin/Risk Management Attn: Dawn Handley.



## I Maxed Out on My Choice Activities Points. Now what?

Employees can earn up to 1,000 points by completing My Choice activities. These activities are recommended specifically for you!

To determine which activities are My Choice, on the desktop click on the activity tile and in the top right hand corner, there will either be a yellow box with “MY CHOICE” or there will not be a box. You will only be able to earn up to 1,000 points with My Choice activities. You can still complete the My Choice activities after you reach your max 1,000 points, but you will not earn points.

Activities can also be accessed via the My Results (desktop/web) and/or the My Results extension on the Services tab/app icon. There is no maximum amount of points that can be earned by non-my choice activities!

**New activities will be released throughout the year so there will be many opportunities to earn points from non-my choice activities through the end of the program year!**

### My Choice

MAR 1, 2021 – FEB 11, 2022

**What Makes You Awesome?**

To complete this, **journal your good qualities.**

**MY CHOICE**  
25 pts

### Non-My Choice

MAR 1 – MAY 16

**Stressed? Exercise to Release Tension**

To complete this challenge, **exercise when stressed** on at least 2 separate days each week.

15 pts/wk

## How Do I Submit my Preventative Exams?

There are two types of preventative exams you can earn points for: automatically reported and self-reported.

**Automatically reported exams** include Annual Physical, Mammogram, Well Women’s Exam, and Colonoscopy. These exams are automatically uploaded to your points. Aetna sends a report of which exam was completed. These points could take up to 60 days to post after your exam. If you do not see your points after 60 days, please contact Limeade Support at 888-984-3638 or [support@limeade.com](mailto:support@limeade.com).

**Self-reported exams** include Dental Exam, Vision Exam, Skin Cancer Screening, and Flu Shot. Participants must submit these credits on their own. To self-report, under the Discover page, scroll under Recommended by Pinellas County Schools. Choose which exam you’d like to self-report. Follow those directions to complete the form and submit your exam. These points will be rewarded automatically. These exams will be audited and participants may be asked to provide proof of exam.

All preventative exams must be completed between 1/1/2021 and 12/31/2021. Any exams done between 1/1/2021 and 2/28/2021 will count towards this program.

Automatically Reported	Self-reported
Annual Physical Well Women’s Exam Mammogram Colonoscopy	Dental Exam/Cleaning Vision Exam Skin Cancer Screening Flu Shot

To learn more about Limeade and how to get started, visit [pcsb.org/wellness](https://pcsb.org/wellness).

# Summer Bus Stops - Coming Soon!

Over summer, the Advent Health Mobile Mammography bus will be visiting various PCS locations for on-site 3D mammograms.

Schedule will be posted in an upcoming Risk Management Update and the next SMART Start Newsletter.



## Schedule Your Preventative Exams for Summer

Utilize your time off to put your health first! Summer is a perfect time to schedule your preventative exams with your doctor. By going to your doctor regularly, you can manage your health to prevent serious conditions from forming or detect conditions early. When detected early, treatments can be more effective and less costly!

Aetna members can use the link below to search for a provider for their needs.

[Aetna Provider Search](#)

All employees with medical insurance through PCS can earn points for their preventative exams towards their Limeade program. To learn more about Limeade, visit [pcsb.org/wellness](https://pcsb.org/wellness).

## Spring 2021 Wellness Webinar Series

The last few webinars for the school year are quickly approaching! Sign up today! Wellness webinars for May include nutrition and EAP.

PLN credit is available for Nutrition and EAP *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
5/4 @ 5:00pm	<b>Managing Your Time at Work   EAP</b> <a href="#"><u>Registration</u></a>
5/11 @ 5:00pm	<b>Mindful Eating vs. Mindless Eating</b> <a href="#"><u>Registration</u></a>
5/19 @ 5:00pm	<b>Speak Positives: Words Matter   EAP</b> <a href="#"><u>Registration</u></a>



# 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](mailto:pcs.deorseyg@pcsb.org) to get started.

**Attention Diabetics!** 2021 changes to covered diabetes test strips:

- One Touch Ultra and One Touch Verio is covered now.
- 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](mailto:pcs.deorseyg@pcsb.org)



## Monthly Recipe

### Avocado and Coconut Refresher Smoothie

Recipe provided by American Heart Association

3 ingredients and 3 minutes, you'll have the perfect silky smooth snack or breakfast full of fiber and nutrients!

#### Ingredients

- 2 small avocados, peeled and pitted
- 3 cups unsweetened almond-coconut milk
- 3 cups frozen mango cubes

#### Directions

1. In a food processor or blender, process all the ingredients until smooth.
2. Pour equally in 4 glasses and serve!

Servings: 4. Nutrients per serving: Calories 241. Total fat: 13.5g. Cholesterol: 0g. Sodium: 140 mg. Total Carbohydrates: 32g. Dietary Fiber: 9g. Sugars 22g. Protein: 3g.



# 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](http://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](http://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](http://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](http://www.teladoc.com/aetna)



## Limeade – Aetna members only

Participate in the wellness program Limeade to earn points, incentives, and take care of your health. To get started visit [pcsb.limeade.com](http://pcsb.limeade.com). For support call 888-984-3638.

## Contact Us

### Caleigh Bean

Employee Wellness Coordinator  
727-588-6031/[beanc@pcsb.org](mailto:beanc@pcsb.org)

### Dawn Handley

Employee Wellness Specialist  
727-588-6151/[handleyd@pcsb.org](mailto:handleyd@pcsb.org)

### Darlene Rivers

EAP Coordinator  
727-588-6507/[pcs.riversd@pcsb.org](mailto:pcs.riversd@pcsb.org)

### Janet Lang

Aetna Account Advisor  
727-588-6367/[pcs.langj@pcsb.org](mailto:pcs.langj@pcsb.org)

### Gina DeOrsey, RN

Aetna Wellness Representative  
727-588-6137/[pcs.deorseyg@pcsb.org](mailto:pcs.deorseyg@pcsb.org)

### Jessica O'Connell, RN

Aetna Wellness Representative  
727-588-6134/[pcs.oconnellj@pcsb.org](mailto:pcs.oconnellj@pcsb.org)