

SMART START Newsletter



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

April 2018

Did you receive an EZ-Detect at home colon cancer screening kit? [Please take this survey.](#)

April is National Stress Awareness Month

The end of the year is quickly approaching which means testing, grades, deadlines, and paperwork. This can be one of the most stressful times of year for students, teachers, and school staff. Stress has been linked to many conditions from poor sleep to heart disease. This stress does not have to take over our lives or our health.

- **Stay positive.** We control how we react to situations so putting effort into viewing the glass as "half-full" can reduce the physical and mental impact of stressful situations.
- **Meditate and be mindful.** The practice of inward-focus has been shown to reduce heart disease risk factors like high blood pressure. Even the practice of taking a few deep breaths during a stressful day can have positive impacts on your health.
- **Exercise.** Endorphins are released during exercise which boosts your mood. It can help melt away stress and protect your body against heart disease.
- **Unplug.** Do not check your emails after work. Even social media and the news can cause stress. Turn off the TV and your phone and grab a book to destress for the day
- **Contact the EAP.** Health Advocate is the Employee Assistance Program (EAP) for all PCSB employees. The EAP can provide confidential help with personal issues; help with stress, anxiety, depression and family issues; support with grief and loss, anger and substance abuse; and many other services 24/7.

HealthAdvocate™

Call 877-240-6863 or visit pcsb.org/employee-assistance-program for more information.

Health Advocate's Stress & Mindfulness 3-part Training Session information on page 3.

National Walking Day

April 4, 2018

24 Hour Step Challenge

April 4, 2018

It appears there is an issue with the challenge showing on the Go365 App. Please log in to your Go365 account on the computer in order to register for the "PCS 24hr Step Challenge."

[How to register.](#)

National Walking Day is sponsored by the American Heart Association to bring awareness to the benefits of walking.

Challenge details:

Create a team of two people total and work together to log as many steps as possible (up to 30,000 steps per person) on April 4th. The challenge will last 24 hours—12:00am to 11:59pm on April 4th. The team with the highest average will win.

[More information about winning and prizes.](#)

Registration deadline: 11:00pm on April 3
How to register

Humana member: Find 'PCS 24hr Step Challenge' on your Humana app or online under 'Sponsored Challenges.' Create a team of two people.

Non-Humana members: Track your steps using any tracking device on April 4th. Send a screenshot of your steps from April 4th to beanc@pcsb.org by the end of the day on April 6th. You will not be able to join or create a team.

[Details and FAQs](#)

PCS Bluebook Challenge

April 2018 HCBB Challenge – beginning April 2nd.

Most people have no idea they've been overpaying for care just because they don't know the cost in advance. By using Healthcare Bluebook, you could save hundreds or even thousands on healthcare for you and your family. This also saves the health plan in claims dollars and assist with negotiating the renewal each year.

PCS is sponsoring the Bluebook Challenge, were you can qualify to win a \$25 Amazon gift card by simply navigating through the site, discovering value and answering some easy questions.

Join for the Healthcare Bluebook Challenge and be entered to win. Drawings will be held for 4 weeks giving employees an opportunity to win 1 of 4 gift cards given away each week.

[Begin the challenge today!](#)

Quit Tobacco Your Way

Stress causing you to smoke? Think again, smoking is actually adding to your stress.

Recent studies have shown that tobacco and the nicotine found within do not reduce stress. Quite the opposite, in fact. While it probably goes against everything you know and love about tobacco products, nicotine has actually been shown to increase stress rather than reduce it.

Quitting tobacco isn't easy. Finding help should be. PCS offers free tools and services to help you get started. Just pick the one that's right for you and get the support you need to begin your life, tobacco free. No judgements. Just help.

HOW TO QUIT?

Quitting is different for everyone. Area Health Education Centers (AHEC) partners with Tobacco Free Florida, Florida Health, and the Centers for Disease Control and Prevention to provide local group single sessions or 6 week classes. For a full schedule and more information, visit www.ahectobacco.com

GROUP CLASSES NOT FOR YOU? There are other ways to quit!

PHONE QUIT

Talk to a quit coach today to begin your journey to be tobacco free.

Call 1-877-U-CAN-NOW (1-877-822-6669)

WEB QUIT

For the do-it-yourselfers there's web quit. An online resource that gives you access to tools, tips and support to help you quit tobacco.

Visit tobaccofreeflorida.com/quityourway

April Schedule for Classes

[Quit Your Way: 6 Week Cessation Class](#)

[Quit Your Way: Single Session Class](#)

Humana

FREE NICOTINE REPLACEMENT THERAPY

Smoking cessation medications are covered 100 percent when they are prescribed. This means no copayments, coinsurance or deductibles when prescriptions are filled by the pharmacies in our plan's pharmacy network.

HEALTH COACHING WITH GO365

Certified health coaches are available to speak with you on a wide variety of topics – such as smoking cessation – to provide motivation, help you develop a plan for change, and support your efforts to live a healthier life. Call 1-866-671-4536, or sign up through Go365.

LIVING FREE COURSE

The Living Free course is an online self-management tool guiding you to quit smoking offered through you Go365 recommended activities.

HealthAdvocate

Always at your side

The HealthAdvocate Employee Assistance Program (EAP) provides between 1 and 8 free counseling sessions per year per issue, including quitting tobacco, for employees and their household members. Please call the free and confidential 24 hour Careline at 1-877-240-6863 for assistance.

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



Tampa Bay Mobile Mammography
a/k/a Direct Medical Imaging, LLC

Question? Contact Gina DeOrsey at x6137 or at pcs.deorseyg@pcsb.org

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

Stress & Mindfulness Training Series

This 3-part Training Series focuses on reducing stress and increasing mindfulness. Stress is the #1 health problem in America, costing organizations billions in absenteeism, doctor appointments, and lower productivity. How we deal with stressful events impacts our bodies, our minds and our actions. Mindfulness is about reducing stress by learning to be present in the moment.

Join us for education, resources, support, relaxation techniques and earn **3 component points**.

- Part 1: Understanding Stress - Tuesday, April 10, 2018
- Part 2: Mindfulness at Work - Tuesday, April 17, 2018
- Part 3: Stress Relaxation Techniques - Tuesday, April 24, 2018

WHERE: Admin. Bldg. Room D134/135
TIME: 5:30 – 6:30 pm
COURSE #: 27972 SECTION #: 86219

Please go to PLN to register. Course now open. Limited seats available.
Reserve your space now.



HealthAdvocate™

Recipe of the Month

White Bean and Quinoa Burgers with Avocado

Recipe from American Heart Association

Switch up the red meat for some plant protein burgers!

Ingredients	
1, 15.5 oz can of white (cannellini) beans—no salt added	1 tsp salt-free chili powder
1 medium avocado, halved and pitted	1/2 tsp ground cumin
1 large egg	Pinch of black pepper
1 tsp garlic powder	1 cup cooked quinoa
1 tsp paprika	5 whole-wheat hamburger buns
	Toppings to taste

Instructions

1. Preheat oven to 375 F. Line a baking sheet with aluminum foil. Lightly spray foil with cooking spray.
2. Put beans in medium bowl. Use potato masher or fork to mash them well. Add one half of the avocado. Mash well. Add egg, garlic powder, paprika, chili powder, cumin, and pepper. Stir well to combine.
3. Dice the remaining half the avocado. Gently fold it and the cup of quinoa into bean mixture.
4. Form bean mixture into 5 patties and place on baking sheet. Back for 30 minutes or until browned.
5. Build your patties on buns with toppings to taste.

Servings: 5. Serving Size: 1 burger, Calories per serving: 290, Total Fat: 9.5g, Cholesterol: 31mg, Sodium: 340mg, Carbohydrates: 52g, Fiber 12g, Sugar: 9g, Protein: 12g.



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 – *Humana members only*

Eligible employees can receive pharmacy prescription diabetic supplies at zero co-pay.



HumanaFirst Nurse Advice Line – *Humana members only*

For immediate health concerns or questions, you can call a registered nurse anytime (24/7) through Humana at 1-800-622-9529.



Healthcare Bluebook – *Humana members only*

Healthcare Bluebook can help you find high-quality medical care at the best cost. Visit www.pcsb.org/healthcarebluebook



Doctor on Demand – *Humana members only*

Participate in a live video doctor visit from a mobile device or computer 24/7. Visit www.doctorondemand.com/humana



Go365- Humana members only

Go365 is a personalized wellness and rewards program. Getting healthier is easier-and lots more fun-with Go365. The program will reward you with Go365 Points and Bucks for achieving goals, staying active, and completing wellness and prevention activities. Shop the Go365 mall where you can spend your earned Bucks on merchandise like the latest activity tracker, or e-gift cards from top retailers like Amazon.com, Target, and Lowes. Visit Go365.com to register. **Health Coaching** is available through Go365. Want to move forward with meeting a personal goal? The health coaching program offered by Go365 can help! The Health Coaching program will give you expert support as you create a plan that works for you. Earn Go365 Points and Bucks for working with a Health Coach one on one. Ready to get started? You can call 1-855-852-9450 or sign up through the Go365 App, tap "More > Coaching > Call a coach"

Contact Us

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