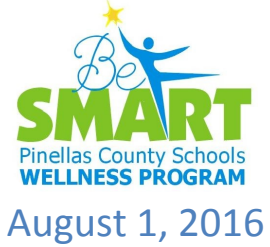


“The best way to predict the future is to create it.”
-Peter Drucker

SMART START Newsletter



MOVE

Registration opening soon for the PCS Kickball League!

Were you the king of the playground back in your glory days? Do you miss that big red ball? Then check out the PCS kickball league. Played on a softball field with umps, our coed kickball leagues are a blast. The season includes 7 regular season games with everyone making a single elimination playoff at the end. Either submit a complete team or sign up on your own and we'll find a team for you. Rules are designed to give everyone plenty of kicking chances and spread the fun.

Registration will open soon. Registration instructions will be announced in an upcoming issue of SMART START.

HERE ARE 4 REASONS YOU MIGHT CONSIDER GIVING KICKBALL A TRY:

1. **Camaraderie.** Make new friends and meet new people.
2. **Competition.** Friendly competition will create motivation and help you reach your goals.
3. **Physical activity.** Guaranteed to increase the amount of activity you get each week.
4. **Fun.** Not only will you be more physically activity, you'll have fun while doing it!

If you have questions, contact Kara Hager at hagerk@pcsb.org.

- Paid umpires
- FREE T-Shirts!
- Pick or create your own team!
- Prizes for the CHAMPS!
- Bragging rights!
- 2 locations!



Pinellas Park High School—Spring 2016 CHAMPS!

1 MOVE

2 EAT

3 DE-STRESS

4—6 HEALTHY LIVING

EAT

Healthy, Hassel-free Lunches

With a new school year ahead, some of us are looking to eat healthier, and perhaps save a little money while we're at it. With a goal like this, it can be hard to see the light at the end of the tunnel, let alone identify a starting point. Set yourself up for success by tackling just one meal a day, starting with lunch. When it comes to our midday meals, Americans spend approximately \$1,000 annually eating out, which is obviously the less healthy, more expensive option than bringing your lunch to work. So, the first rule of thumb is to eat out less often.

Just because you're not eating out doesn't mean you have to be bored with your food, nor does it have to take much time to pack a healthy lunch. What it does require is a little meal planning and a bit of knowledge about what foods to keep on hand. When you arm yourself with a well-stocked pantry and refrigerator full of fresh produce, you've already won half the battle.



What makes a lunch healthy?

A healthy lunch is a balanced one. A combination of protein from lean meat and/or beans, fiber from whole grains, and additional nutrients from nuts, veggies, and fruit will keep you fueled for longer, more focused and productive at work, and leave you feeling better all around. Make sure the amount you pack for lunch meets the USDA's MyPlate recommendations.

Quick and easy ideas

As long as you have certain ingredients on hand, you can make a variety of tasty lunch items. It's a good idea to cook and prep items on the weekend so you've got everything you need for a quick assembly during the week. Remember, in order to eat healthy, you must be prepared. Here are a few ideas to jump-start your new lunch venture.

Everything burritos

Start with whole grain tortillas and a low-fat cheese as your base. Then, add a combination of lean meat (turkey, chicken, or beef), veggies, beans (e.g., black, kidney, lentils, white, garbanzo) and you're done. Eat it cold or throw it in the microwave before eating. Not enough flavor? Keep hot sauce at your worksite to add pizzazz and give your health a boost in the meantime.

Super food salads

This delicious and nutritious lunch option is so versatile you can make it with just about anything, as long as you have some type of veggie for a base. Opt for varieties with darker leaves because those are the most nutrient-dense. Top your salad with a lean protein and/or beans, veggies or fruit of your choice, low-fat cheese or cottage cheese, and nuts or seeds for a little extra crunch. Sunflower seeds are a good addition, as are low- to no-salt almonds. Remember to pack dressing on the side to avoid a soggy salad, and opt for vinegar and oil-based options over creamy dressing varieties.



Scan this code or visit www.ChooseMyPlate.com to view the USDA MyPlate recommendations.



YOU CAN TAKE CONTROL

REDUCE YOUR RISK TODAY

YMCA's DIABETES PREVENTION PROGRAM



YMCA Diabetes Prevention Program—
REGISTRATION NOW OPEN FOR FALL!

- Reduce your weight
- Learn how to manage your sugar
- Get group support
- 3 locations around the county

Humana Vitality
+350 Vitality Points!

TO REGISTER:

Scan this code for registration information or visit pcsb.org/wellness



De-Stress

What is the Employee Assistance Program (EAP)?

HealthAdvocate™

Health Advocate is PCS' EAP provider and offers programs that are tailored to the needs of employees and your eligible family members. You can access services like their 24-hour CARELINE that has licensed counselors available for immediate assistance.

What's more, HealthAdvocate offers telephone, face-to-face, and web-based assistance for maximum convenience. An EAP is more than just a help line for stress, depression, and substance abuse. Its Solution Centers offer resources that are tailored to specific life situations, providing you with the right tools to help you through some of life's toughest challenges, including:

- **Adoption**
- **Alcohol**
- **Buying a car or house**
- **Cancer**
- **Child and elder care**
- **Diabetes**
- **Dieting**
- **Eating disorders**
- **Fitness**
- **Grieving**
- **Heart health**
- **Military life**
- **Pregnancy**
- **Smoking**
- **Student life**
- **Wills**
- **Debt and bankruptcy**
- **Divorce and child custody**
- **Post-traumatic stress disorder (PTSD)**
- **Financial planning**
- **Hurricane preparedness**
- **Marriage and living together**
- **Obsessive-compulsive disorder**

How does the EAP work?

EAP services include an initial clinical assessment by a licensed professional to determine if short-term counseling is appropriate. If short-term counseling is needed, you will receive up to eight (8) counseling sessions per incident to address your issues. Should the assessment indicate a need for longer-term therapy, you will be referred to qualified resources outside of the EAP.

What is the cost?

Your EAP is a free, confidential service provided as part of your employee benefits.

Will I be required to use the EAP?

The EAP is a voluntary program. However, your manager may refer you to the EAP if it is appropriate to use this service. Regardless of the situation, you will always make the decision when and if to use the EAP.

EAP Highlights

Your EAP was designed with your and your family's needs in mind. Some of the diverse services you'll benefit from include:

- 8 free sessions per year, per topic
- 24-hour CARELINE
- Counsel from licensed professional
- Multiple site locations
- Short-term problem resolution
- Referrals to community resources

To get the right help at the right time, call the

EAP at 877.240.6863

or go online:

<https://members.healthadvocate.com>

DID YOU KNOW PCS HAS AN ONSITE EAP COORDINATOR?

If you have questions about the EAP, contact your on-site EAP Coordinator. This individual also conducts many workshops and seminars throughout the year on topics related to stress reduction, resiliency and team building. Talk to your Employee Wellness Champion to find out if they will be visiting your worksite!

Your EAP Coordinator can be contacted at 588-6507.

Healthy Living



Want a way to **EARN** up to **\$400** next year?

Lock in your 2017 Premium Discount! Reach Silver Status by Aug 31!

Employees who achieve silver status by August 31, 2016 will receive the following Vitality wellness premium credit for 2017 health insurance coverage beginning with the first payroll in December 2016*:

- Employee Only \$10 per pay period (**\$200 annually**)
- Employee + Spouse \$15 per pay period (**\$300 annually**)
- Employee + Children \$15 per pay period (**\$300 annually**)
- Employee + Family \$20 per pay period (**\$400 annually**)

*This Vitality Wellness premium credit will remain in effect through November 2017, while enrolled in PCS health insurance as an active employee policy holder.

5 ways to achieve Silver Vitality Status:

1. Complete the Health Assessment (500 points)
2. Schedule a Vitality Check® (up to 2000 points)
3. Schedule your preventative screenings (up to 400 points)
4. Compete in athletic events (up to 500 points)
5. Activate a personal goals (earn 100's to 1000's of points)



NEW TO HUMANA VITALITY?

Scan this code or click here <https://goo.gl/t2MN8U> to watch a short video on how you can start earning rewards with Vitality.



Are you at Bronze or Blue Status?

You will lose your 2017 Premium credit if you don't reach Silver Status by **August 31st, 2016.**

Log into your account today to view your status!

www.Humana.com

What have employees purchased with their Humana Vitality Bucks?



Linda got a brand new bike with her bucks!

**What did you buy with your Bucks?
Let us know!**
Email hagerk@pcsb.org

Healthy Living

Break the Habit: Free classes to quit smoking

99% of participants indicated they received the tools and resources needed to become and stay smoke free!

Any PCS employee, spouse, or family member (18 yrs or older) who is ready to quit tobacco, can receive the tools and support needed to quit smoking for good, AND earn \$50 gift card for completing the program to be used for continuing your nicotine replacement therapy (must attend 5 out of 6 classes to receive the reward)!

WHAT'S IN IT FOR YOU?

- FREE Nicotine Replacement Therapy
- Group support and tools to become tobacco free
- Trained Facilitator and behavior change specialist
- \$50 gift card for completing the class



Class Times and Locations:

St. Pete YMCA

Wednesdays: 7-8 pm
September 7-12th

Bardmoor YMCA

Tuesdays: 6-7 pm
September 6-11th

To register, contact:

Nicole Kelly

Phone: 813-929-1000 ext. 204

nkelly@gnahec.org



"It always seems impossible until it's done."

-Nelson Mandela





Healthy, Easy Recipe

Broccoli, garlic, and rigatoni

Dietitian's Tip:

Broccoli is high in vitamins A and C, which are considered antioxidant vitamins. Broccoli also has isothiocyanates, indoles and flavonoids — phytochemicals that may help prevent cancer.

Ingredients

1. 1/3 pound rigatoni noodles
2. 2 cups broccoli florets (tops)
3. 2 tablespoons Parmesan cheese
4. 2 teaspoons olive oil
5. 2 teaspoons minced garlic
6. Freshly ground black pepper, to taste

Directions

Fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until al dente (tender), 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly.

While the pasta is cooking, in a pot fitted with a steamer basket, bring 1 inch of water to a boil. Add the broccoli, cover and steam until tender, about 10 minutes.

In a large bowl, combine the cooked pasta and broccoli. Toss with Parmesan cheese, olive oil and garlic. Season with pepper to taste. Serve immediately.

Nutritional analysis per serving

Serving size :About 2 cups

- Total carbohydrate 63 g
- Dietary fiber 5 g
- Sodium 111 mg
- Saturated fat 2 g
- Total fat 7 g

- Cholesterol 4 mg
- Protein 14 g
- Monounsaturated fat 4 g
- Calories 355
- Added sugars 0 g
- Trans fat 0 g

“Don’t eat less, eat right.”



Your journey to better health starts here.

EMPLOYEE WELLNESS IS BACK FOR THE NEW SCHOOL YEAR!

1. Look for new program announcements throughout the year.
2. Talk to your Employee Wellness Champion about onsite programs and classes.

Check out our website for a complete list of programs and more!

<http://pcsb.org/wellness>

Share your story!



Have you been successful in meeting a wellness goal because of a PCS Wellness Program? Have a recipe you’d like to share or topic you’d like to see in an upcoming issue? We’d love to hear about it! Contact Kara Hager, Employee Wellness Coordinator, at hagerk@pcsb.org.

Read how one employee changed his life because our wellness programs!



Scan this code or visit pcsb.org/wellness