

SMART START Newsletter



Visit www.pcsb.org/wellness or contact Kara Hager, Employee Wellness Coordinator at 588-6031 or hagerk@pcsb.org

Dec. 5, 2016

HumanaVitality is Getting a New Name!



HumanaVitality® will soon be Go365™ by Humana as of January 1, 2017. "Why?" you may ask? In 2014, HumanaVitality became wholly-owned by Humana and as part of their purchase agreement, they are required to change the brand name.

We can also expect some exciting innovations in tandem with HumanaVitality's name change to Go365. Below is an outline of what we can expect on day one of Go365:

- Redesigned member experience
- Improved Points and Bucks structure
- Increased member control
- More fun!

The important thing to remember is the key components we saw in HumanaVitality will remain in Go365; you'll still receive Points, Bucks and rewards for working on your health and well-being!

How do I access Go365 on January 1st?

There are two ways to access Go365, online or using the Go365 mobile app:

Online at Go365.com

Sign in using your HumanaVitality username and password. If you have Humana health insurance, you can access your Go365 account at Go365.com or through MyHumana.

The first time you sign into Go365 you will be asked to review and accept the Go365 program Terms and Conditions before accessing the site or App.

If you try to sign in at HumanaVitality.com you will be automatically redirected to Go365.com.

Go365 Mobile App

The Go365 App will be available for download on the App or Google Play stores starting on January 1st. Download the Go365 App and use your HumanaVitality username and password to sign in. The first time you sign into Go365 you will be asked to review and accept the Go365 program Terms and Conditions before accessing the site.

If you try to sign in on the HumanaVitality App you will be prompted to install the Go365 App and uninstall the HumanaVitality App

Questions? Visit www.pcsb.org/Vitality or contact Jessica O'Connell at pcs.oconnellj@pcsb.org or Kara Hager at hagerk@pcsb.org

Ready to learn more about Go365?

More information will be available on www.pcsb.org/wellness on January 1. Until then, you can learn more by:

- [Reading the FAQs](#)
- Visiting <http://www.go365.com/preview>
- Logging into your Vitality account at Humana.com



YMCA Type 2 Diabetes Prevention Program Spring Session 2017



Classes begin the week of January 30, 2017

PCS has partnered with the YMCA to offer the YMCA Type 2 Diabetes Prevention Program to qualified employees for free (*over a \$429 dollar value!*). This offer will only be awarded to 60 employees—don't miss out on this opportunity, sign up today!

Program overview

If you meet the minimum qualification (see below) and are serious about changing your lifestyle to improve your health and reduce your chance of developing type 2 diabetes, the Pre-Diabetes Prevention Program may be right for you. The YMCA's Diabetes Prevention Program is led by a trained Lifestyle Coach at local YMCA's and other locations throughout the area. Classes meet weekly for 16 weeks and then once per month for the remaining 8 months (one year total). By participating in the program, you will:

- Take control of your health and your life
- Learn how to eat healthier, increase your physical activity and lose weight
- Receive a FREE YMCA gym membership during the initial 16-week portion of the program
- Earn 16 PLN component points and 350 Go365 points/bucks

“ I am thrilled that my glucose level dropped as well as my weight. I am also proud to now have a regular exercise routine.

For more information on the program, visit www.ymca.net/diabetes-prevention

- Program participant-17 lbs lost 🎧

Qualify and commit to participate for FREE

Qualifications:

You must meet one or more of these requirements to be qualified to participate:

- Overweight (BMI greater than or equal to 25 or 22 for Asian individuals)
- At risk for developing type 2 diabetes, or diagnosed with prediabetes*

**If you have been diagnosed with type 1 or type 2 diabetes you do not qualify for this program. However, you do qualify for the Diabetes CARE program offered through PCS. Contact Gina Deorsey at 588-6137 or gdeorsey@humana.com.*

Your commitment

Once you are enrolled, you are required to pay \$50, which will be refunded to you in the form of a \$50 Publix gift card if you meet the program attendance requirements. You must participate in 12 out of the 16 sessions to receive your \$50 gift card. Those who do not complete the program will forfeit their initial \$50 payment.

Class locations

- Bardmoor YMCA, 8495 Bryan Dairy Rd., Largo
Mondays, 6:45p-7:45p, begins January 30th.
- St. Anthony's Hospital, 1st floor Educ. Center
1200 7th Ave. N, St. Pete.
Tuesdays, 6:15p-7:15p begins January 31st.
- Clearwater YMCA, 1005 S. Highland Ave., Clwr.
Tuesdays, 7:00p-8:00p, begins January 31st.
- Palm Harbor YMCA, 1600 16th St., Palm Harbor
Wednesdays, 6:30p-7:30p, begins February 1st.

Call today to register!
Classes fill quickly.



Choose your location and contact the YMCA below to register for the program.

Palm Harbor/Clearwater sites: Summer Cruff/Joyce Chiavetta at 727-772-9622

Bardmoor/St. Pete sites: Kieran Gabel at 727-697-7155

Limited space available, do not delay in registering.

Questions? Contact Dawn Handley at handleyd@pcsb.org or 588-6151

Free Classes to Quit Smoking

Free 6 week classes are now available throughout the county for any PCS employee, spouse or adult family member!

6 WEEK CLASSES:

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 (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

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

CLASS TIMES & LOCATIONS:

Wednesdays

January 25th – March 1st, 2017

5:30pm – 6:30pm

Lake Vista Recreation Center 1401

62nd Ave. S.

St. Petersburg, FL 33705

Tuesdays

January 24th—February 28th, 2017

5:00pm—6:00pm

Bardmoor YMCA

8495 Bryan Dairy Road

Largo, FL 33777

Tuesdays

January 31st – March 7th, 2017

5:00pm – 6:00pm

City of Clearwater Aging Well Center

1501 North Belcher Road Clearwater,

FL 33765

Registration is required,

please contact:

Call: 813-929-1000 or

Email: nkelly@gnahec.org

