

SMART START Newsletter



Visit www.pcsb.org/wellness or contact Kara Gilman, Employee Wellness Coordinator at 588-6031 or gilmanka@pcsb.org Feb 13, 2017

Get healthier and maximize your Points with Go365™ Recommended Activities



Go365 can help you take steps to better health — starting today — with Recommended Activities. Recommended Activities are designed just for you, based on information you shared about your health when you completed your Health Assessment, along with your biometric screening results. Because they're tailored specifically to your health needs, they can have the greatest impact on your health.

Your personalized Go365 Recommended Activities may include:

- Reach or stay at a healthy weight by eating a more nutrition diet
- Exercise regularly
- Lower your blood pressure
- Make healthier lifestyle choices, such as quitting smoking

Make the most of your Recommended Activities:

You're challenged to complete your Recommended Activities in a certain timeframe. When you do, you'll earn extra Points. You'll also earn Points for completing everyday activities along the way that help you reach your goal. It's that easy. For example, you may receive a Recommended Activity to lose 10 pounds. Completing everyday activities like tracking your daily steps, taking an online course on healthy eating or checking in at your fitness facility can help you reach your goal—and earn you more Points. As you achieve your goals and improve your health, you'll receive new Recommended Activities. Remember, completing Recommended Activities can have big impact on your overall health and award you a lot of Points and Bucks.

Sign in to your Go365 account at Go365.com to see all of the activities you can do to earn Points.

February is American Heart Month!

February is National Heart Month! Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions.

Controlling and preventing risk factors is also important for people who already have heart disease.

Small Changes Make a Big Difference

- **Schedule a visit with your doctor to talk about heart health.** It's important to schedule regular check-ups even if you think you are not sick. Partner with your doctor and health care team to [set goals](#) for improving your heart health, and don't be afraid to [ask questions](#) and trust their advice.
- **Add exercise to your daily routine.** Start off the month by walking 15 minutes, 3 times each week. By mid-month, increase your time to 30 minutes, 3 times each week.
- **Increase healthy eating.** Cook heart-healthy meals at home at least 3 times each week and make your favorite recipe lower sodium. For example, swap out salt for fresh or dried herbs and spices.
- **Take steps to quit smoking.** If you currently smoke, quitting can cut your risk for heart disease and stroke. There are many ways to quit smoking. Quit smoking your way with [Tobacco Free Florida](#) by phone, group classes, web support, and more!
- **Take medication as prescribed.** Talk with your doctor about the importance of high blood pressure and cholesterol medications. If you're having trouble taking your medicines on time or if you're having side effects, ask your doctor for help, and consider enrolling in the Blood Pressure Control Program through Pinellas County Schools. See page 2 for more details.

*****New Program Available to all Humana Members, Spouses and Dependents (18 and older)*****



TAKE ACTION TO **IMPROVE** HEART HEALTH

If you are living with high blood pressure, taking action to keep it well-controlled will minimize your risk for complications like stroke, heart attack, and even death.

Participants will work with trained Healthy Heart Ambassadors for the duration of the four-month program. Just a few check-ins per month can yield big results. You will:

- Take your own blood pressure at least two times per month
- Attend two consultations with a YMCA Healthy Heart Ambassador per month
- Attend monthly nutrition education seminars

You will record your blood pressure readings using an easy-to-use tracking tool of your own choosing. The Y can provide options for participants who need a home blood pressure monitor.

A SMALL INVESTMENT PRODUCES BIG RESULTS

Participants pay \$50 upfront, which will be reimbursed to the employee in the form of a Publix gift card upon completion of 6 out of 8 consultations and 3 out of 4 nutrition seminars. Participants will also receive 100 Go365 Bucks if these minimum requirements are met.

The YMCA's Blood Pressure Self-Monitoring Program helps participants:

- Reduce their blood pressure by identifying patterns and trends on which to take action
- Better manage their blood pressure over time
- Increase their awareness of triggers that elevate blood pressure
- Improve their knowledge of heart-healthy eating habits
- Enrich communication with their health care provider by sharing self-monitoring results

REGISTER BY MARCH 1

Contact Jenn Jaye at
jjaye@suncoastymca.org
727-772-9622



Questions? Contact Gina DeOrsey at
pcs.deorseyg@pcsb.org or 588-6151

LOCATIONS

- North Pinellas YMCA Lansbrook (Healthy Living Office) : 4550 Village Center Dr., Palm Harbor, 34685, consultations available on Wednesday evenings
- Clearwater YMCA (Massage Lobby): Mondays 5-8pm, 1005 S. Highland Ave. Clearwater, consultations available on Monday evenings
- Windsor Charter School, St Pete: Wednesdays 6-9pm, 5175 45th St. N., St. Pete, 33714, consultations available on Wednesday evenings

FREE Weight Watchers

Humana Members:

Receive a free 6 month membership each calendar year to Weight Watchers when you receive a recommended activity "lose weight gradually" through Go365. To see if you are eligible, log into your Go365.com account and click "Activities".



To register:

https://wellness.weightwatchers.com/hs/hs_signup.aspx

Organizational code: 200000001

Non-Humana Members:

If you do not have Humana medical insurance and meet the eligibility requirements, you can receive a free 3 month membership to Weight Watchers online platform. Email gilmanka@pcsb.org for more information.

Visit pcsb.org/wellness for more information.

Partner Gym—Discount available!



0 (zero) Enrollment / Normally \$99.00

\$5.00 off on Monthly Dues

- 50% off Key Fee will also be applied to any additional membership promotion.

This pricing is valid at the following 4 locations...

1471 Main St. Dunedin, FL 34698

2522-B McMullen Booth Rd. Clearwater, FL

33761 1595 S. Highland Ave. Clearwater, FL 33756

6801 4th St. N. St. Pete, FL 33702

[See a list of Pinellas County locations.](#)

[See a complete list of partner gyms that offer discounts](#)

Happy
Valentine's
Day!

This Valentines Day
My promise to you,
is to keep my heart healthy
So I can love you all the
years through...



My weight I will watch, to
keep my risk low.
Blood pressure I'll test,
so my numbers I know.
I'll eat less fat,
and drink more
fruit smoothies,
to keep tryglycerides
from blocking my arteries!
So let's take a walk,
to enjoy this special day and
find more activities to do together
to keep us living longer
the healthy heart way!

About the BeSMART Employee Wellness Program

When it comes to wellness, PCS has you and your family covered! Whether you are earning Vitality Points (and spending your Vitality Bucks at the Humana Vitality Mall) or participating in one of the many Be SMART onsite wellness programs, there is something for everyone. When employees and their families are healthier, our student engagement increases. Go to pcsb.org/wellness to learn more!

This newsletter is not intended to substitute for informed medical advice. You should not use this information to diagnose or treat a health problem or condition. Always check with your doctor before changing your diet, altering your sleep habits, taking supplements, or starting a new fitness routine.

