

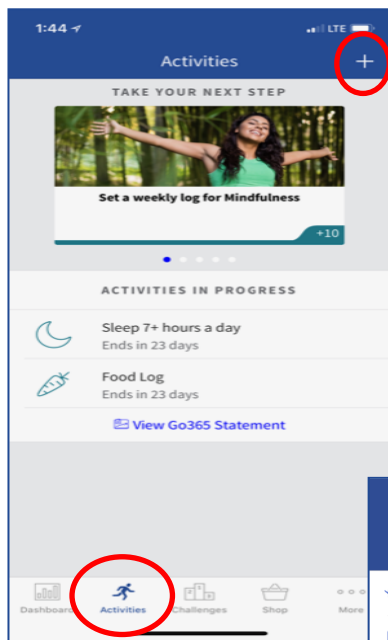
SMART START Newsletter



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

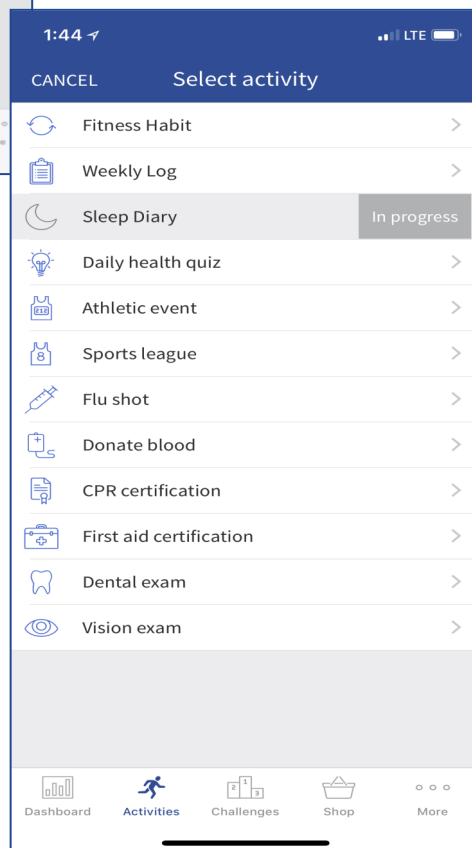
February 2018

Continue achieving your wellness goals with the Go365 App!



Activities Dashboard

- See activities in progress
- Check days remaining
- Easily add more



★ Fitness Habits

- Walking breaks
- Take the stairs
- Park farther away
- Stretching
- Visit a park
- Walking your dog



February is American Heart Month



February has been designated as American Heart Month to help raise awareness of the leading cause of death in the US—heart disease.

Small Changes, Big Impacts

- **Quit smoking.** After only 24 hours of quitting smoking, the risk of a heart attack begins to decrease. After one year, a person's risk of coronary heart disease decreases by half. After 15 years of having quit smoking, the likelihood of developing coronary heart disease is equivalent to that of a non-smoker.

If you are looking to quit, visit pcsb.org/wellness for local classes and more resources.

- **Talk with your doctor.** It's important to identify conditions, like high blood pressure, early enough to help monitor and improve heart health. If you need medications, take them as prescribed.
- **Move more.** Start by just getting up every hour and stretching or going for a small walk and overtime, increase the time and frequency. Short bursts of movement throughout the day can improve your health and heart condition.
- **Eat healthier.** The American Heart Association recommends a variety of fruits and vegetables, whole grains, fish and skinless poultry, and nuts and legumes. Limit saturated fat, trans fat, sodium, red meat, and sugar-sweetened beverages.



Thank you for attending the 2018 Health and Wellness Fair!

Last Saturday, February 3, PCS hosted a Health and Wellness Fair for all employees and their families at Pinellas Park High. Activities included biometric screening, mammograms, vision screenings, chair massages, food trucks, prizes and much more! Kids were able to participate in face painting, obstacle courses, bike giveaways, and watch a K-9 demonstration from the Pinellas County Sheriffs Office.

Thanks to everyone who came to the event and to all our vendors who made the Health and Wellness Fair full of family, fun, and wellness!



Wunder Farms provided fresh produce and education about local urban gardens.



Yoga demonstration.



Busch Gardens brought an owl and python to the fair.



Zumba demonstration from the YMCA.



Pinellas County Sheriffs' K-9 demonstration.



Humana Go365 on-site helping people earn points and learn about all the programs available.



Face painting.

Mobile Mammography is coming to you!

"No More Excuses"

- 40 or older, 1 year from last mammogram, no prescription
- Under 40 requires a prescription
- Billed directly to major insurance, no charge for 3D



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

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

[Make your appointment today at www.pinellasmammo.com](http://www.pinellasmammo.com)

Get the **FLU SHOT** not the flu!

This flu season is the one of the worst seasons in almost a decade. Experts anticipate the season can last through spring, so it's not too late to receive a flu shot— it takes about 2 weeks to fully kick in. This vaccine will protect you against certain strains of the flu virus and will also strengthen your immune system, decrease the chance of contracting the flu, and decrease the severity of the flu, if contracted.

An annual seasonal flu vaccine is the best way to reduce your risk of getting sick with seasonal flu and spreading it to others. When more people get vaccinated against the flu, less flu can spread through that community.

Humana members can go to their Primary Care Physician, or to any pharmacy counter and it will be billed directly to Humana under their pharmacy benefit at no cost to the member. Go to the **pharmacy counter**, not the pharmacy clinic.

[Not insured through Humana? You can still get a flu shot at local pharmacies.](#)

Flu Facts, Tips & Myths

Fact: Regardless of the flu shot's effectiveness, the shot will still help strengthen your immune system against the flu and lessen the severity of flu symptoms.

Tip: Stay hydrated. Staying hydrated can ward off the flu and can help you recover quicker. Drink *at least* 8 cups of water per day.

Tip: To help prevent the flu wash your hands, avoid touching your face, disinfect all surfaces and objects, and stay home If you are sick!

Myth: You can catch the flu from the flu shot.

- **Fact:** The vaccine is made from an inactivated virus that can not transmit infection. If you get sick after the shot, you were going to get sick anyways. The shot takes up to 2 weeks to become effective.

FLU OR COLD?

Signs and Symptoms	Influenza (flu)	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to Moderate
Headache	Common	Rare

Flu season is in full swing. If you are feeling under the weather, check your symptoms with this chart, adapted from the Centers for Disease Control and Prevention (CDC).

Flu symptoms tend to come on very quickly and usually include a fever and chills. If you think you have the flu, go to your doctor as soon as possible. Some medications, like Tamiflu, can only be used in the first 48 hours of symptoms.



Cover your cough.



If you're sick, avoid public gatherings.



Wash your hands.



Avoid touching your eyes, nose or mouth.

Attention Diabetics!

If you are a diabetic who is interested in learning about healthy cooking, there is a new course available just for you! Dining with Diabetes is a 4 week course led by a Registered Dietitian who will provide participants with:

- ◆ Healthy meal preparations with live cooking demonstration!
- ◆ Food samples of healthy, tasty food!
- ◆ Learn skills to cook your favorite foods with more healthy ingredients!



Dates: February 20th, February 27th, March 6th, and March 13th.

Time: 5:00pm– 6:30pm

Where: Largo Administration Building, Room B213
301 Fourth St. SW, Largo, FL 33770

Register now! Limited space available.

To see if you qualify and to register for this course please contact:
Gina DeOrsey at 727-588-6137 or pcs.deorsey@pcsb.org

Recipe of the Month

Lemon-Garlic Salmon Foil Pack

Recipe provided by American Heart Association.

Ingredients

- 1 lb new potatoes (halved, thinly sliced)
- 2 tsp garlic (minced)
- 1 lb green beans (trimmed ends)
- 2 tbsp. canola oil
- 1/4 tsp salt
- 1/4 tsp black pepper
- 4 (6-oz) skinless salmon filets
- 1 to 2 lemons, sliced into wheels

Instructions

1. Preheat the oven to 400 degrees. Make 4 sheets of aluminum foil about 30 inches long. Fold the foil in half widthwise (into almost a square) so it's extra sturdy.
2. Cut each potato into half lengthwise. Thinly cut each half in 1/8 inch slices and place into a heatproof container. Stir in the minced garlic, cover, and cook the potatoes in the microwave until halfway tender, around 90 seconds to 3 minutes, depending on microwave's power. Transfer mixture to a bowl, along with green beans, oil, salt, and pepper. Mix to combine.
3. Divide potato mixture into 4 equal portions into the center of each foil square. If possible, nudge green beans to face same direction. Top each portion with salmon fillets in the same direction as green beans for easier folding. Sprinkle garlic powder onto each salmon piece; top with 2 lemon wheels.
4. Securely seal the top and sides of each foil packet. Place each foil packet onto a large baking sheet and bake into the preheated oven. Cook until salmon is cooked through, about 20 minutes.
5. Remove from oven and place each foil packet onto a plate. Carefully open each packet to serve.

Serves four

Serving Size: 4. Calories per serving: 394. Saturated Fat per serving: 2g. Sodium per serving 286 mg.



About Us



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.



Go365 – Humana members only

Go365 is a wellness that rewards you for making healthy choices with gift cards from top retailers, such as Target, Amazon and Macys, fitness gear, movie tickets, and more! Visit www.Humana.com to register.

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

Contact Us

Caleigh Bean

Employee Wellness Coordinator
727-588-6031/beanc@pcbs.org

Leslie Viens

Benefits & Wellness Consultant
727-588-6142/viensl@pcsb.org

Dawn Handley

Wellness Project Coordinator
727-588-6151/handleyd@pcsb.org

Darlene Rivers

EAP Coordinator
727-588-6507/pcs.riversd@pcsb.org

Janet Lang

Humana Account Advisor
727-588-6367/pcs.janetl@pcsb.org

Gina DeOrsey, RN

Humana Patient Advocate
727-588-6137/pcs.deorseyg@pcsb.org

Jessica O'Connell, RN

Go365 Wellness Nurse
727-588-6134/pcs.oconnellj@pcsb.org