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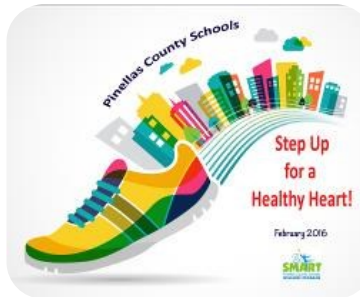
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We've walked over 90 million steps in the first week!

Over 1200 employees from across the district committed to increasing their physical activity over the next 4 weeks by joining the *Step Up for a Healthy Heart*

challenge! **So far we have taken over 90 million steps—that's approximately 45,000 miles, which is equivalent to traveling around the earth...twice!** See page 2 for our first weekly winners and leaderboard!



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“ The groundwork of all happiness is health.
—James Leigh Hunt ”

7 Ways to increase your daily steps

1. Take the stairs as often as possible: If you have to go up or down three floors or less, opt for the stairs.
2. Drink plenty of water: If you drink plenty of water, you'll need to get up and take a walk to the bathroom more often!
3. Park as far away from the front door as possible: Whether you are at the mall, work, or school, park your car at the edge of the parking lot.
4. Clean your home regularly: Most people don't realize what a good workout cleaning can be, especially if you have a large home. Cleaning involves plenty of walking, lifting, and stretching – all of which are very good for your body.
5. Gardening and yardwork: Yardwork is great because not only does it increase your physical activity, but it also gives you an excuse to be outside.
6. Go for a family walk after dinner: It's another chance to spend some time together, get outside, and get some exercise all at the same time. And don't forget to include your pets if you have them, they need exercise too!
7. Take breaks from your desk: Taking breaks from your desk throughout the day and walking either outside or around the building will not only increase your steps but will help with your stress levels too.

Congratulations to our first weekly winners!

As a reward just for committing to increasing your physical activity and joining the *Step Up for a Healthy Heart challenge*, we are choosing 3 random participants each week to win wellness prizes. Below are our first 6 winners. Please contact Kara Hager at hagerk@pcsb.org to claim your prize!

Last week's random winners: This week's random winners:

- | | |
|---------------------|--------------------|
| 1. Nilsa Holmes | 1. Dawn Blumberg |
| 2. Katherine Watson | 2. Christina Floyd |
| 3. Heidi Fletcher | 3. Cynthia Wall |

Leaderboard— Are you close to our top steppers?

This Week's Top 3 Steppers—as of 2/24

Name	Step Count
1. Doug Krieg	281,871
2. Jan Kubek	272,142
3. Thomas Feeley	270,349

This Week's Top 3 Teams—as of 2/24

Top Teams (Average Steps)	Total Average Step Count	Top Teams (Total Steps)	Total Step Count
1. StepLikeNoTomorrow wG&N	20,506	1. PPHS_HEART	1,424,546
2. Nina Harris "Step" Sisters	18,298	2. FLE Fit and Fab	1,334,788
3. Dolphin Dominators	17,223	3. Gibbs R.E.P.S.	1,199,408



What can you win?

In addition to weekly prize drawings, grand prizes will be awarded to every team member on the top 3 teams with the highest steps (team prizes only available for Humana participants) AND the top 3 teams with the highest average step count*:

- 1st place: \$50 Target gift card for every member on your team
- 2nd place: \$25 Target gift card for every member on your team
- 3rd place: \$10 Target gift card for every member on your team

Any Individual (Humana and non-Humana participants) with the highest steps will win:

- 1st place stepper: \$100 Target gift card
- 2nd place stepper: \$50 Target gift card
- 3rd place stepper: \$25 Target gift card

*Please note: We originally communicated that team prizes would be awarded based on TOTAL step count. However, we realize that the HumanaVitality leaderboard is calculating team rankings based on total AVERAGE steps. Due to this misunderstanding, we will now be awarding top teams based on total steps AND average steps.

A note from your On-site Humana Representatives

Pharmacy Benefits Rx4 Traditional replaces Rx3

We all know that the keys to healthy living are eating right, exercising, annual exams and preventive screenings, and taking our medication as prescribed. For some of us, this is easier said than done. As your Humana onsite patient advocate and Humana onsite account advisor we are here to help you. If you do not understand your medical or pharmacy benefit, please give us a call or send us an email. We can't help with the rising cost of medical care and prescription medications but we can help you utilize your benefits effectively and provide you with additional resources so you get the care you deserve. Pinellas County Schools Risk Management Benefits website has a lot of new information regarding your 2016 health benefits, so be sure to check it out: <http://www.pcsb.org/page/3921>

- Do you know that there is a list of Top 20 utilized generic medications that have changed tiers for 2016 and some alternative medications? They can be found here: <http://pcsb.org/cms/lib8/FL01903687/Centricity/domain/200/health%20insurance/Humana%202016%20Drug%20List%20Changes.pdf>
- Do you know that even though your generic medication may have gone up in tier levels/co-pay, that if the cost of medication is less than your co-pay you would pay the lesser cost?
- Do you know that there is NOT a deductible for Tier 2 medications this year?
- Do you know that there is a drug search tool where you can type in your drug name and it will list the estimated cost of the drug, tier level, and brand/generic alternatives?

So remember we are here for you. If after reviewing your BENEFlex Guide and the website you still have questions, please call Heather Keegan, RN at 588-6137 or hkeegan@humana.com or Janet Lang, at 588-6367 or jang3@humana.com.



Walmart



Pay two co-pays for a 90 day supply at a participating pharmacy or mail order through Humana Pharmacy (after deductible on Tier 3 & Tier 4 medications).

RightSource Rx is now Humana Pharmacy

Tier 1 Lowest Cost	Tier 2 Higher Cost	Tier 3 Higher Cost	Tier 4 Highest Cost
\$20 co-pay	\$50 co-pay	\$90 co-pay	\$120 co-pay
No deductible		Deductible applies: \$250/individual \$500/family	
The least expensive generic and select brand-name medications.	Higher cost generics and some brand-name medications that have proven to be most effective in their class.	Higher cost, mostly brand names and some self-administered injectable medications. There may be generic or brand-name alternatives in Tier 1 or Tier 2 that can save you money.	Often more expensive, high-technology and self-administered injectable medications that are not available on other tiers.

Check our website for manufacturer programs that help with Rx costs!



Heart-Healthy, Easy Recipe

Salmon is an excellent source of heart-healthy omega-3 fatty acids!



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Grilled Asian Salmon

Ingredients:

- 1 tablespoon sesame oil
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon fresh ginger, minced
- 1 tablespoon rice wine vinegar
- 4 salmon fillets, each 4 ounces

Directions:

In a shallow glass dish, combine sesame oil, soy sauce, ginger and vinegar. Add the salmon and turn to coat all sides. Refrigerate for 30 to 60 minutes, turning occasionally. Lightly oil grill and then heat to medium-high heat. Place salmon on grill and cook 5 minutes a side. Fish is ready when a knife blade inserted into the center reveals that the pink flesh is almost opaque. Serve warm.

Source: <http://www.mayoclinic.org/healthy-lifestyle/recipes/grilled-salmon/rcp-20125129>

Nutritional analysis per serving , Serving Size: 1 fillet	
Total fat 9 g	Monounsaturated fat 3 g
Calories 185	Saturated fat 2 g
Protein 26 g	Sugars 0 g
Cholesterol 57 mg	Sodium 113 mg
Total carbohydrate 1 g	Trans fat: Trace
Fiber: Trace	

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! Please contact Kara Hager, Employee Wellness Coordinator, at hagerk@pcsb.org.

Contact us, we'd love to hear from you!



For questions related to the Employee Wellness Program, contact your Employee Wellness Coordinator:

Kara Hager, Phone: 727-588-6031, Email: hagerk@pcsb.org

For questions related to Humana health insurance programs, contact your Humana on-site personnel:

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