

SMART START Newsletter



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

January 2018

It's a New Year!

Get healthier and maximize your points with Go365™ Recommended Activities.

Go365 can help you take steps to better health—starting today—with Recommended Activities.

Your personalized Go365 Recommended Activities may include:



Reach or stay at a healthy weight by eating a more nutritious diet



Lower your blood pressure



Make healthier lifestyle choices, such as quitting smoking

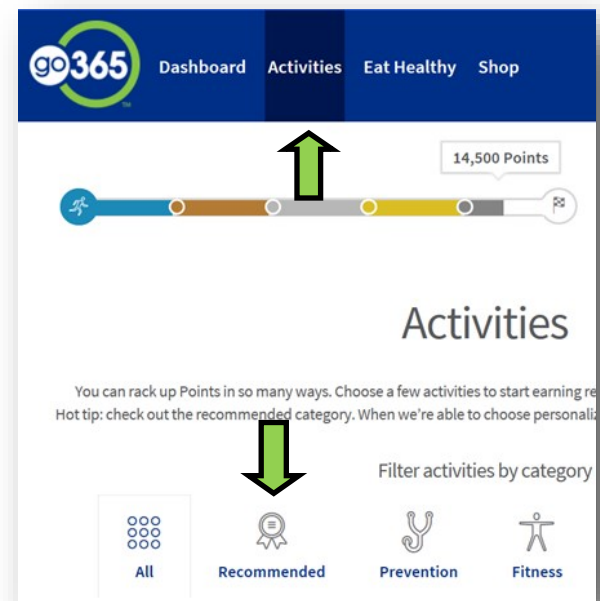


Exercise regularly

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!

Sign in to your Go365 account at Go365.com > select "Activities" in the top blue banner bar > click on "Recommended"



Mobile Mammography is coming to you!

"No More Excuses"

- 40 or older, 1 yr 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)



You're Invited!



PCS Health and Wellness Fair

Saturday, February 3, 2018
9:00am-2:00pm
Pinellas Park High
6305 118th Ave. N, Largo, FL 33773

OPEN TO ALL PCS EMPLOYEES AND FAMILY MEMBERS



Chance to WIN \$100 Gift Card Every Hour!



FREE SCREENINGS—Go365

Points available for select screenings!

- Go365 biometric screenings
- Mobile Mammography Bus
- Vision
- Skin Screenings

ACTIVITIES FOR KIDS

- Face painting
- Children's football obstacle course (10:00am)—every child receives a medal!
- School Safety Bus

ACTIVITIES FOR ADULTS

- Chair massages
- Fitness demonstrations
- Blood donation

Wear your

Favorite Team's Jersey!

PRIZES AND GIVEAWAYS

- Vendor giveaways and prizes!

FOOD TRUCKS

- Healthy options
- Kid friendly options

LOCAL VENDORS

- Horace Mann
- Metlife
- American Cancer Society
- American Heart Association
- LifeLink
- YMCA
- Tobacco Free Florida
- Taoist Tai Chi Society
- Busch Gardens
- AAA
- PCSO Canine Demo
- **And much more!**



[RSVP here!](#)

Quit Tobacco Your Way

Make a New Year's resolution to finally quit tobacco for good!

Quitting tobacco isn't easy. Finding help should be. PCS offers free tools and services to help you get started. Just pick the one that's right for you and get the support you need to begin your life, tobacco free. No judgements. Just help.

HOW TO QUIT?

Quitting is different for everyone. Area Health Education Centers (AHEC) partners with Tobacco Free Florida, Florida Health, and the Centers for Disease Control and Prevention to provide local group single sessions or 6 week classes. For a full schedule and more information, visit www.alectobacco.com

GROUP CLASSES NOT FOR YOU?

There are other ways to quit!

PHONE QUIT

Talk to a quit coach today to begin your journey to be tobacco free.

Call 1-877-U-CAN-NOW (1-877-822-6669)

WEB QUIT

For the do-it-yourselfers there's web quit. An online resource that gives you access to tools, tips and support to help you quit tobacco.

Visit tobaccofreeflorida.com/quityourway



Humana.

FREE NICOTINE REPLACEMENT THERAPY

Smoking cessation medications are covered 100 percent when they are prescribed. This means no copayments, coinsurance or deductibles when prescriptions are filled by the pharmacies in our plan's pharmacy network.

HEALTH COACHING WITH GO365

Certified health coaches are available to speak with you on a wide variety of topics – such as smoking cessation – to provide motivation, help you develop a plan for change, and support your efforts to live a healthier life. Call 1-866-671-4536, or sign up through Go365.

LIVING FREE COURSE

The Living Free course is an online self-management tool guiding you to quit smoking offered through you Go365 recommended activities.

HealthAdvocate™

Always at your side

The HealthAdvocate Employee Assistance Program (EAP) provides between 1 and 8 free counseling sessions per year per issue, including quitting tobacco, for employees and their household members. Please call the free and confidential 24 hour Careline at 1-877-240-6863 for assistance.

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.deorseyg@pcsb.org

Recipe of the Month

Green Chile Stew

Recipe provided by American Heart Association.

Ingredients

- 1 tbsp. corn or canola oil
- 1 lb. beef sirloin, beef round or flank steak, cut into 1/2 inch cubes, all visible fat discarded
- 1 small onion (yellow or white)
- 2 clove minced, fresh garlic
- 2 tbsp. whole-wheat flour
- 2 cups fresh tomatoes (chopped) or 14.5 oz canned, no-salt-added, chopped tomatoes
- 6 Hatch chilies (roasted, skinned) or 2-3 oz no-salt-added, canned green chilies
- 1 jalapeno or serrano pepper, chopped (optional)
- 1/2 tsp. black pepper
- 2 cups low-sodium, fat-free chicken broth



Instructions

1. In a stew pot, heat oil over medium-high heat and add beef. Stir occasionally, until browned—about 5 minutes.
2. Stir in onion and garlic, cooking 2-3 minutes until onions begin to be translucent.
3. Add flour, stirring until well mixed.
4. Add all remaining ingredients and stir well.
5. Reduce heat to medium-low and simmer for 1 hour.

Serves four

Serving Size: 4. Price per serving: \$2.45. Calories per serving: 217. Saturated Fat per serving: 1.5g. Sodium per serving 79 mg.

Weight Watchers Update!

The Weight Watchers Benefit through Humana has been discontinued as of 1/1/2018. The Wellness Team is currently looking at other options at this time and will provide that information when decided.



January is Cervical Health Awareness Month

January has been designated as Cervical Health Awareness Month to raise awareness of human papillomavirus (HPV) and cervical cancer among women. Nearly 13,000 women in the United States are diagnosed with cervical cancer each year. The disease can be prevented through vaccinations and appropriate screenings.

What can you do?

The U.S. Department of Health and Human Services recommend women age 21 to 65 years get a cytology (Pap smear) every 3 years to screen for HPV and cervical cancers. Screening early and often can identify cancer early and prevent complications and progression of disease.

Most insurance companies will cover the preventive screenings at 100%. Get check and encourage the women in your life to get screened.



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

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