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## Coming soon! Step Up for a Healthy Heart Challenge!

Join employees across the district when we *Step Up for a Healthy Heart!* In honor of Heart Month, we will be launching a walking challenge for PCS employees beginning in February (start date to be announced soon!).

You will have the opportunity to compete for the highest number of steps and walk away with awesome prizes...and a healthier heart! Stay tuned for an upcoming announcement and instructions on how to join.

“ Strive for progress, not perfection. ”



## Fitness Center Discounts for PCS Employees

We wanted to remind all employees that PCS has contracted with various fitness centers and have made arrangements for discounts on membership.

These programs are available to all school board employees and their families. All the centers offer a comprehensive fitness assessment, and one-on-one exercise plans with certified trainers. These centers have various hours, cost and memberships. You may choose the facility and plan that best meets your needs. You will personally have to contact the facilities for detailed information and you may also request a free (no obligation) onsite visit.

**Earn Vitality Points!**

**Get 15 Vitality Points each time you go to the gym!** Each of these fitness centers are also partnered with HumanaVitality, which means when you link your Vitality account with your gym membership, you'll start earning points when you go to the gym. Click on the links below to download the PCSB flyer:

- [Anytime Fitness](#)
- [Orange Theory](#)
- [YouFit](#)
- [BayCare Wellness Center](#)
- [Shapes](#)
- [YMCA](#)

## Vitality Points for Dental Exams

Completing prevention activities is a great way to earn HumanaVitality points!

HumanaVitality points for Dental Visits: HumanaVitality is looking for proof of a “dental exam”. Please note: A dental cleaning alone will not be sufficient and Vitality points will not be awarded.

200 Vitality Points!

**Dental Exam:** 200 points per exam (up to 400 points/program year)

**Kids Dental Exam:** 100 points per exam (up to 200/program year)

Please remember to include proof of completion, such as:

- A completed prevention activity form, and attach a copy of the Explanation of Benefits with the date of service
- The physician claim form indicating the relevant CPT codes of the dental exam.

To qualify for Vitality Points and Vitality Bucks, submit your proof of prevention activity within 90 days of the activity. You can submit the form online via your desktop or a supported smartphone/tablet or by downloading the PDF. You can also submit proof through the HumanaVitality App.

## Introducing the Youth Mental Health First Aid Program

350 Vitality Points!

In the United States, about 1 in 5 individuals suffer from mental illness. 89% of individuals with mental disorders are treatable with an array of services and supports, including treatment therapies and medication. As a result, Mental Health First Aid USA created a training to help people acknowledge that mental illnesses are real, common, and treatable and that it's OK to seek help.

**Earn 350 Vitality points by completing the Youth Mental Health First Aid (YMHFA) USA 8-hour education program.** Participants in YMHFA are introduced to the unique risk factors and warning signs of mental health problems in adolescents (ages 12-18), including anxiety, depression, psychosis, eating disorders, ADHD, other disruptive behavior disorders, and substance use disorder. YMHFA emphasizes the importance of early intervention, and teaches individuals how to help a youth who is in crisis or experiencing a mental health challenge. Participants learn a core five-step action plan, to support an adolescent that may be developing signs and symptoms of mental illness or experiencing an emotional crisis. The skills acquired are applicable in any setting whether it is school, home or community.

For more information or to schedule a training for your staff please contact: Vicki Koller, MSW (Project Manager) (727) 588-6040 or kollerv@pcsb.org

## Walmart Healthy Foods Program Discontinued

Effective 1/1/2016 the Walmart Healthy Foods Program was discontinued from Pinellas County Schools HumanaVitality Wellness Program. The decision to discontinue this offering was decided after weighing the cost verse utilization as well as the overall member experience. We will continue to explore additional offerings throughout the year in efforts to provide a comprehensive and engaging wellness program. We value the health of our team members and your input is invaluable to ensuring we are meeting the needs of you and your families.

Should you have any questions, please contact Jessica O'Connell at pcs.oconnellj@pcsb.org.

## Stay Positive to Make your Resolutions Stick

In the last edition of SMART START, we shared with you how to set SMART goals (specific, measurable, attainable, relevant, and time-bound) and other ways to make your New Year's Resolutions more attainable. This week, we look at the role positive psychology can play on sticking to your resolutions.

This is where positive psychology can help. Positive psychology frequently references the five pillars of well-being, or PERMA, which is a good tool when working on behavior change to help you focus on your strengths rather than your weaknesses.

### What is PERMA?

Here's a look at what PERMA stands for and how it can help you achieve your goals:

	Stands for ...	Ask yourself ...
P	Positive emotion	How can I make my action steps to reach my goal more enjoyable?
E	Engagement	How can my action steps become more interesting and challenging?
R	Relationships	How can I include others in supporting my action steps?
M	Meaning	What meaning do my action steps have for me? How could I bring more meaning to those steps?
A	Achievement	What one action would give me the greatest sense of accomplishment?

### PERMA in Action

Let's say your goal is to eat more fruits and vegetables. How would you use PERMA to reach this goal? Start by asking yourself the questions in the chart above. Your answers may look something like this:

Action step taken:		
P	Positive emotion	Add fruit to my morning cereal, which I already love doing!
E	Engagement	Learn new ways to cook fruits and vegetables by signing up for a cooking class.
R	Relationships	Pack fruits and vegetables in my partner's and children's lunches so everyone in my household is eating more fruits and vegetables.
M	Meaning	I know I am treating my body with respect and giving it the proper nutrients it needs.
A	Achievement	To see my high blood pressure drop, an issue that I've been having for quite some time.

Remember, it's important to set realistic goals that you can achieve. Check in with yourself along the way, too. Establishing small check points can help you stay the course. You'll also want to factor in any obstacles you may have to overcome along the way, such as an unsupportive spouse or a busy work schedule. Support is crucial during this time, so make sure to identify people who can hold you accountable.

Behavior change is possible as long as you set yourself up for success before taking the plunge. Use PERMA to help you identify the steps you need to take and the motivations that will keep you going. Once you've done that, you're well on your way to taking control of, not breaking, those resolutions.

### Sources

Caroline Smith, "The PERMA Model: Bringing Well-being and Happiness to Your Life," accessed September 2015, <https://www.mindtools.com/pages/article/perma.htm>

"New Year's Resolution Statistics," Statistic Brain Research Institute, accessed September 2015, <http://www.statisticbrain.com/new-years-resolution-statistics/>



## Healthy, Easy Recipes



### Wild Rice Mushroom Soup, Serves 4

#### Ingredients:

- 1 tablespoon olive oil
- Half a white onion, chopped
- 1/4 cup chopped celery
- 1/4 cup chopped carrots
- 1 1/2 cups sliced fresh white mushrooms
- 1/2 cup white wine, or 1/2 cup low-sodium, fat-free chicken broth
- 2 1/2 cups low-sodium, fat-free chicken broth
- 1 cup fat-free half-and-half
- 2 tablespoons flour
- 1/4 teaspoon dried thyme
- Black pepper
- 1 cup cooked wild rice

#### Directions:

Put olive oil in stockpot and bring to medium heat. Add chopped onion, celery and carrots. Cook until tender. Add mushrooms, white wine and chicken broth. Cover and heat through.

In a bowl, blend half-and-half, flour, thyme and pepper. Then stir in cooked wild rice. Pour rice mixture into hot stockpot with vegetables. Cook over medium heat. Stir continually until thickened and bubbly. Serve warm.

#### Nutritional analysis per serving , Serving Size: 1 1/2 cups

Total carbohydrate 23 g	Cholesterol 3 mg
Dietary fiber 2 g	Protein 8 g
Sodium 120 mg	Monounsaturated fat 3 g
Saturated fat 1 g	Calories 170
Total fat 5 g	Trans fat 0 g
Sugars 0 g	

Source:  
[Mayoclinic.org/healthy-lifestyle/recipes](http://Mayoclinic.org/healthy-lifestyle/recipes)



### 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](mailto:hagerk@pcsb.org)

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

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### 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](mailto:hagerk@pcsb.org).