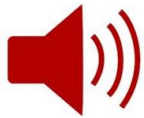


SMART START Newsletter



Visit www.pcsb.org/wellness or contact Kara Gilman, Employee Wellness Coordinator at 588-6031 or gilmanka@pcsb.org Jan 30, 2017

Go365 Update



ALL CLEAR!!



It's Go Time!! Thank you for your patience during the transition of HumanaVitality to Go365. All Pinellas County School Humana members should now have access to their Go365 account.

Please visit www.pcsb.org/go365 for more details on Go365. For question or concerns please reach out to Jessica O'Connell (Humana Wellness Nurse) at 727-588-6134 or pcs.oconnelli@pcsb.org. You can also contact Go365 support directly at 1-877-230-3318

What is Going on With my Bucks in Go365?

Did I lose my Bucks? No. With the launch of Go365, you did not lose any Bucks that were in your balance prior to January 1.

One-time Bucks adjustment: If you were Silver Status or higher with Bucks in your account on December 31st, you received a one-time Bucks adjustment equal to the buying power of your old Mall Status discount. On January 1st, your Go365 Dashboard reflected your new Bucks balance. In other words, what you could buy with your remaining Bucks on 12/31 will remain the same with the one-time adjustment.

Here is a sample of how many Bucks would be added to your account if you ended the program year with 8,000 unspent Bucks. Your 8,000 unspent Bucks would carry-over AND you would get additional Bucks added to your account based on your status.

To determine your one time Bucks adjustment, follow this calculation for your Status level:

Silver: Bucks balance ÷ .9 - Bucks balance

Gold: Bucks balance ÷ .8 - Bucks balance

Platinum: Bucks balance ÷ .6 - Bucks balance

For example:

You were at Platinum Status with 10,000 Bucks in your account. $(10,000 \div .6) - 10,000 = 6,667$ Transitional Bucks



This is your year!

No matter what your financial goals are, this is the year to make it happen.

Nearly 45% of Americans will set goals for 2017, and almost a third of those goals will be centered on money. Whether you want to save, get out of debt, or invest, SmartDollar has content and tools to help you achieve your money goals.

We want to help—that's why we are now offering SmartDollar, the best financial wellness benefit around, at no cost for the first 100 employees that register!

What is Smart Dollar?

SmartDollar is a step-by-step approach to handling money taught by the number-one authority in personal finance, Dave Ramsey. More than 2.5 million families have started Dave's plan and taken control of their money, and you can too! SmartDollar will help you to get out of debt, on a budget and on your way to a strong financial foundation.

The average family pays off \$3,300 in debt and saves \$5,000 in the first six months!

You'll Learn How To . . .

- Jump-start Your Money
- Knock Out Debt
- Retire in Style
- Do College Debt Free
- Secure Your Dream Home
- Demystify Your Credit Score

Enroll now! Limited space available!

Click the link below to register:

<https://www.smartdollar.com/enroll/pinellascounty3317>

For more information, visit <http://pcsb.org/Page/22929> or contact Kara Gilman at gilmanka@pcsb.org



credit: BrianAJackson

Be a quitter!

Free 6 week classes are now available throughout the county for any PCS employee, spouse or adult family member!

6 WEEK CLASSES:

Any PCS employee, spouse, or family member (18 yrs or older) who is ready to quit tobacco, can receive the tools and support needed to quit smoking for good, AND earn **\$50 Target gift card** for completing the program (must attend 5 out of 6 classes to receive the reward)!



WHAT'S IN IT FOR YOU?

- FREE Nicotine Replacement Therapy
- Group support and tools to become tobacco free
- Trained Facilitator and behavior change specialist
- \$50 Target gift card for completing the class

CLASS TIMES & LOCATIONS:

Wednesdays

January 25th – March 1st, 2017

5:30pm – 6:30pm

Lake Vista Recreation Center 1401

62nd Ave. S.

St. Petersburg, FL 33705

Tuesdays

January 24th—February 28th, 2017

5:00pm—6:00pm

Bardmoor YMCA

8495 Bryan Dairy Road

Largo, FL 33777

Tuesdays

January 31st – March 7th, 2017

5:00pm – 6:00pm

City of Clearwater Aging Well Center

1501 North Belcher Road Clearwater,

FL 33765

Please note: If the start date has passed, you can miss the first class and still be eligible to receive the gift card

Registration is required,

please contact:

Call: 813-929-1000 or

Email: nkelly@gnahec.org

99% of participants indicated they received the tools and resources needed to become and stay smoke free!





HealthAdvocate™

EARN COMPONENT POINTS ONLINE TOWARD YOUR TEACHING CERTIFICATE

**Health Advocate EAP Courses are Available on True North Logic
Receive One Component Point for Each Course**

Course: #20301 EAP Online Applying Emotional Intelligence in the Workplace

Participants will improve their capacity to be aware of, control, and express thoughts, feelings and behaviors, and to handle interpersonal relationships at home in in the workplace judiciously and empathetically.

Course: #20278 EAP Online Appreciating Personal Differences

Participants will build awareness of diversity and cultural competence to help create a safe, supportive and accepting learning and work environment.

Course #20280 EAP Online Conflict Intervention

Participants will understand causes and types of conflict, learn strategies to minimize and manage conflict and develop skills to better negotiate and broker resolutions to conflict.

Course: #20282 EAP Online Managing Change

Participants will learn strategies to cope effectively with change, how to develop a change management plan, and how to evaluate the effectiveness of change strategies.

Course: #20302 EAP Online Managing Stress

Participants will identify life stressors, develop a systematic stress management plan and improve healthy coping strategies.

Course: # 20283 EAP Online Motivating Employees

This class instructs how to build a motivational environment, personal and management styles that promote motivation, and skills and strategies used to motivate individuals and teams.

Course: # 20300 EAP Online Recognizing and Managing Anger

Participants will identify sources of anger, recognize physical and emotional cues, and learn to manage anger effectively and use anger for positive outcomes.

Course: #20297 EAP Online Valuing Diversity

Participants will understand and appreciate the value and advantages of diversity and inclusion, as well as how to support and promote diversity in the workplace.

EAP+Work/Life: Confidential Support for Personal & Work/Life Issues.

The PCS EAP+Work/Life program gives you access to Licensed Professional Counselors, who can provide confidential, short-term support with a wide range of personal issues. Up to 8 sessions per issue per year are available.

Who is covered? You, your spouse, and family members living in your household.

Questions? Contact your on-site EAP Coordinator, Darlene Rivers at pcs.riversd@pcsb.org / 588-6507

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.

New Partner Gym—9Round Kickboxing Fitness



Pinellas County School Employees receive a 20% discount!

- 30 minute total body workout combining boxing, kickboxing, core, cardio and weights
- 9 stations of high intensity interval training – delivers the ultimate body transformation
- The innovative workout changes daily - no boring routines
- A 9Round trainer is with you every step of the way for help and motivation
- A new workout starts every 3 minutes – you are never late for a class
- Unlimited workouts!

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

LIVESTRONG at the YMCA for Cancer Survivors

As a cancer survivor, you know the tremendous toll the disease and it’s treatment can take on your spirit, mind and body. You want to begin to heal and reclaim your health. But where do you start? LIVESTRONG at the YMCA can help.

In 2008, the YMCA partnered with LIVESTRONG to help cancer survivors begin the journey toward recovery with the LIVESTRONG at the YMCA program. Part of the Y’s commitment to strengthening community through healthy living, the program offers adults affected by cancer a safe, supportive environment to participate in physical and social activities focused on strengthening the whole person.

How does the program work?

LIVESTRONG at the YMCA focuses on you—the whole person—not the disease. The free, 12-week program meets twice a week for 90 minutes, using traditional exercise methods to ease you back in to fitness and help you maintain a healthy weight. You'll focus on:

- Building muscle mass and strength
- Increasing flexibility and endurance
- Improving confidence and self-esteem

How can I find out more?

YMCA OF THE SUNCOAST
2469 Enterprise Road
Clearwater, FL 33763
727-467-9622
Ymcasuncoast.org



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.