

# SMART START Newsletter



Visit [www.pcsb.org/wellness](http://www.pcsb.org/wellness) or contact Kara Hager, Employee Wellness Coordinator at 588-6031 or [hagerk@pcsb.org](mailto:hagerk@pcsb.org)

Jan 5, 2017

## Go365 is here!



Go365 launched successfully on 1/1/17. We want to communicate some of the latest known issues that should be resolved by the end of the week. Please know, Humana's IT department has been working around the clock in order to minimize the impact to our members. We appreciate everyone's patience at this time. If you are still experiencing problems by next week, please call Humana support 1-800-708-1105.

- Delay for many apple users in steps being loaded.
- Apple users will still see a reference to milestones on the app
- Member's Go365 Status may show different on web vs mobile

### Get 1,250 Points For Logging Your First Workout!

With Go365, you are encouraged to stay active on a day to day basis. To reward you right out of the gate, you are able to earn some additional Points just for logging a verified workout. In fact, you can get 750 Points just for logging the first verified workout of your plan year with Go365! On top of that, you can earn an additional 500 Points for the very first verified workout of your lifetime! Since we are all experiencing Go365 for the very first time, we are ALL eligible for these additional Points! That means that the first time we log a verified workout with Go365 that we will get 1,250 Points!

Here's a chart to remind you what a verified workout is:

Workout Type	Point structure
Steps	1 Point per 1,000 steps
Heart Rate	5 Points for every 15 minutes above
Calories	5 Points per 100 calories if burn rate
Participating Fitness Facility	10 points per day

Any questions about Go365 can be directed to Jessica O'Connell at [pcs.oconnellj@pcsb.org](mailto:pcs.oconnellj@pcsb.org) or Humana support at 1-800-708-1105



## Congratulations to our PCS Holiday Maintain step challenge winners!

Congratulations to all 107 teams who met the challenge goal of walking an average of 10,000 per day over the holidays—that is a huge accomplishment! All of these teams were entered into a random drawing for \$100 Target gift card for each team member.

Three teams were randomly chosen, and the winners are:

- **Twins**
- **West Virginia**
- **19th East Wing**

To claim your prize, contact Kara Hager at [hagerk@pcsb.org](mailto:hagerk@pcsb.org).

If you would like to see the final results and how your team did, you can view this challenge in the Go365 app and online at [Go365.com](http://Go365.com). *Please note: some employees are having issues accessing Go365. These issues should be resolved by next week at the latest.*

Thank you to everyone who participated! We hope you enjoyed this challenge. If you have any feedback or ideas for future challenges, let us know!

We will have more challenges and chances to win coming soon. Keep an eye out for announcements in future SMART STARTs.

**Did you know?** You can receive up to 100 Go365 points per month by signing up for or creating your own challenge! Log into Go365 to view upcoming challenges or to create your own.



# YMCA Type 2 Diabetes Prevention Program Spring Session 2017



Classes begin the week of January 30, 2017

PCS has partnered with the YMCA to offer the YMCA Type 2 Diabetes Prevention Program to qualified employees for free (*over a \$429 dollar value!*). This offer will only be awarded to 60 employees—don't miss out on this opportunity, sign up today!

## Program overview

If you meet the minimum qualification (see below) and are serious about changing your lifestyle to improve your health and reduce your chance of developing type 2 diabetes, the Pre-Diabetes Prevention Program may be right for you. The YMCA's Diabetes Prevention Program is led by a trained Lifestyle Coach at local YMCA's and other locations throughout the area. Classes meet weekly for 16 weeks and then once per month for the remaining 8 months (one year total). By participating in the program, you will:

- Take control of your health and your life
- Learn how to eat healthier, increase your physical activity and lose weight
- Receive a FREE YMCA gym membership during the initial 16-week portion of the program
- Earn 16 PLN component points and 350 Go365 points/bucks

“ I am thrilled that my glucose level dropped as well as my weight. I am also proud to now have a regular exercise routine.

For more information on the program, visit [www.ymca.net/diabetes-prevention](http://www.ymca.net/diabetes-prevention)

- Program participant-17 lbs lost 🎧

## Qualify and commit to participate for FREE

### Qualifications:

You must meet one or more of these requirements to be qualified to participate:

- Overweight (BMI greater than or equal to 25 or 22 for Asian individuals)
- At risk for developing type 2 diabetes, or diagnosed with prediabetes\*

*\*If you have been diagnosed with type 1 or type 2 diabetes you do not qualify for this program. However, you do qualify for the Diabetes CARE program offered through PCS. Contact Gina Deorsey at 588-6137 or [gdeorsey@humana.com](mailto:gdeorsey@humana.com).*

### Your commitment

Once you are enrolled, you are required to pay \$50, which will be refunded to you in the form of a \$50 Publix gift card if you meet the program attendance requirements. You must participate in 12 out of the 16 sessions to receive your \$50 gift card. Those who do not complete the program will forfeit their initial \$50 payment.

## Class locations

- Bardmoor YMCA, 8495 Bryan Dairy Rd., Largo  
Mondays, 6:45p-7:45p, begins January 30th.
- St. Anthony's Hospital, 1st floor Educ. Center  
1200 7th Ave. N, St. Pete.  
Tuesdays, 6:15p-7:15p begins January 31st.
- Clearwater YMCA, 1005 S. Highland Ave., Clwr.  
Tuesdays, 7:00p-8:00p, begins January 31st.
- Palm Harbor YMCA, 1600 16th St., Palm Harbor  
Wednesdays, 6:30p-7:30p, begins February 1st.

Call today to register!  
Classes fill quickly.



Choose your location and contact the YMCA below to register for the program.

**Palm Harbor/Clearwater sites:** Summer Cruff/Joyce Chiavetta at 727-772-9622

**Bardmoor/St. Pete sites:** Kieran Gabel at 727-697-7155

Limited space available, do not delay in registering.

Questions? Contact Dawn Handley at [handleyd@pcsb.org](mailto:handleyd@pcsb.org) or 588-6151

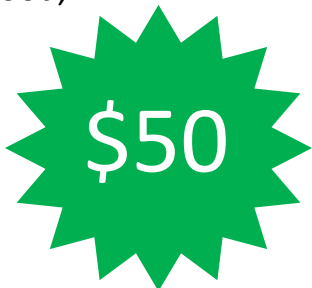
# Be a quitter! To give your body the ultimate holiday gift, stop smoking.

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

credit: BrianAJackson

## 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 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 gift card for completing the class

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

## 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

**Registration is required,  
please contact:**

Call: 813-929-1000 or

Email: [nkelly@gnahec.org](mailto:nkelly@gnahec.org)

