

# SMART START Newsletter



Visit [www.pcsb.org/wellness](http://www.pcsb.org/wellness) or contact Kara Gilman, Employee Wellness Coordinator at 588-6031 or [gilmanka@pcsb.org](mailto:gilmanka@pcsb.org) March 1, 2017

## Join Humana for a Webinar to learn more about Go365!



**Topic:** Getting started with Go365

**When:** Wednesday, March 8<sup>th</sup>

**Time:** 4 PM

**Duration:** 30 minutes

**Where:** Online using an interactive webinar

**Who should join:** any new Go365 member ready to get started!

**Register today:**

<https://humana.webex.com/humana/k2/j.php?MTID=tc8da6ebf43581c68472f1a7b6957419c>

**Topic:** Maximize REWARDS with Go365

**When:** Wednesday, March 22nd

**Duration:** 30 minutes

**Where:** Online using an interactive webinar

**Who should join:** Active Go365 members ready to go above and beyond the basics.

**Register today:**

<https://humana.webex.com/humana/k2/j.php?MTID=t95f2e683af66da8c5d148a8e37b1d14c>

*The Go365 program is designed to reward members for making healthy choices with things like Amazon and Target gift cards, and fitness gear. If you are a Humana member, sign up now at [Humana.com](http://Humana.com).*

## If you are 50 or older, get screened for colon cancer

The CDC recommends getting a screening test every year and a colonoscopy every 10 years starting at age 50 or younger if you are at an increased risk. To see if you are at an increased risk, answer a few short questions on Page 2.



### Request a FREE

### Home Test from Risk Management!

#### Features of EZ DETECT™

- **Convenient, Sanitary** – Easy throw-in-the-bowl test. No messy handling of stool.
- **Quick, simple to use** – Just drop a test pad in the toilet after a bowel movement. See the results of the test in just 2 minutes. Repeat the test with the next two bowel movements.
- **Easy-to-read results** – Test area of pad will turn blue/green if blood is detected.
- **Reliable and Accurate** – FDA approved. Clinically proven. Used by hospitals and physicians worldwide.
- **Does not require lab processing.**

#### How the Test Works

Colorectal disorders such as cancer, cause blood to be present on the outside of the stool from irritated polyps that have formed in the colon. Test area of pad will turn blue/green if blood is detected.

#### Request one now!

Simply send an email to our on-site Humana Patient Advocate, Gina DeOrsey, RN, at [pcs.deorseyg@pcsb.org](mailto:pcs.deorseyg@pcsb.org) and we'll send you a test kit. You must be 50 years or older. You do not need to have Humana Insurance.

## Are you at high risk for Colon cancer?

If you are over 50 years old and you answer YES to any of the following questions, you may be at a higher risk for colon cancer. Consult your physician immediately about which test is most appropriate for you.

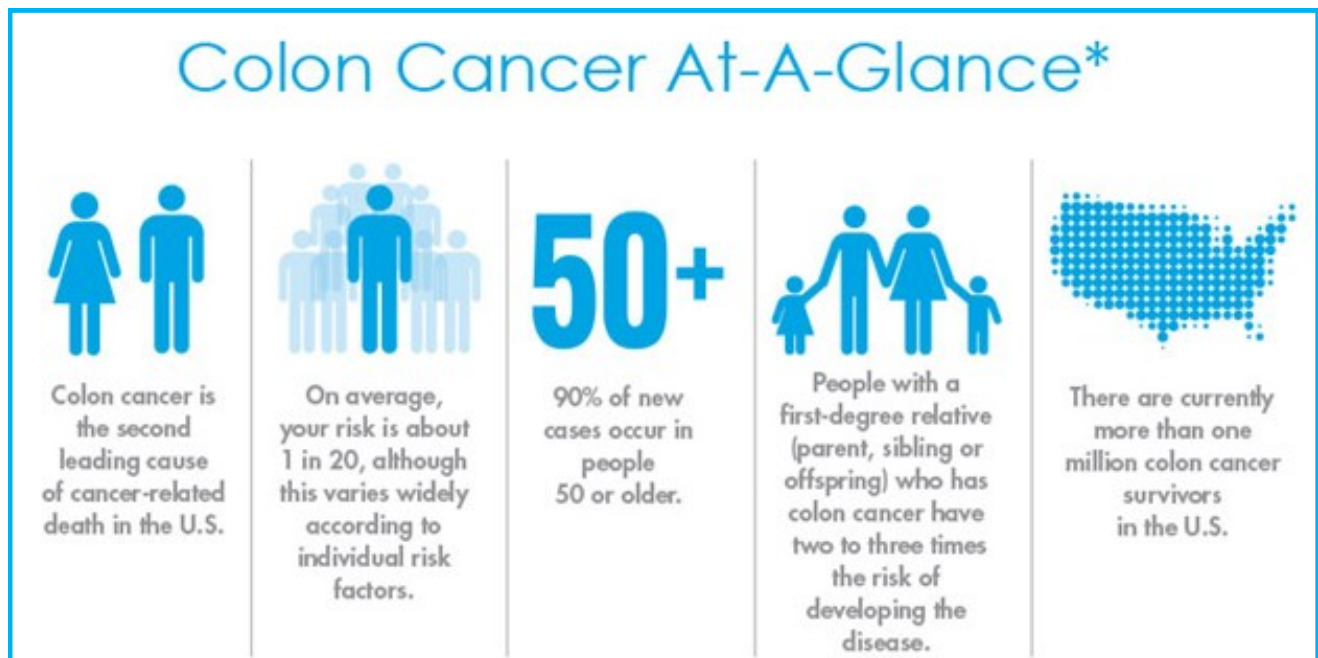
- 1) Have you ever been diagnosed with colorectal cancer or pre-cancerous polyps?
- 2) Has your mother, father, brother(s), sister(s) or child ever been diagnosed with colorectal cancer?
- 3) Have you ever been diagnosed with inflammatory bowel disease (ulcerative colitis or Crohn's disease)?
- 4) Are you currently having any of the following symptoms?
  - Unexplained, significant weight loss (10% or more of body weight)
  - Consistently narrow stools (for example: the size of a pencil)
  - Blood mixed throughout the stool (more than slight bleeding seen on tissue or in bowl)

## Humana

### NO COST TO YOU!

If you have Humana Medical coverage through PCS, your health plan provides full coverage for recommended colon cancer screening tests.

You will also receive +400 Go365 Points when you get a colonoscopy.



## Have you had a preventative screening that detected an illness at an early stage?

We are looking for employees to share their stories about the importance of preventative screenings, such as a colonoscopy, mammogram, or biometric screening. If you'd like to share your story, contact Kara Gilman at [Gilmanka@pcsb.org](mailto:Gilmanka@pcsb.org).



# TAKE ACTION TO IMPROVE HEART HEALTH



If you are living with high blood pressure, taking action to keep it well-controlled will minimize your risk for complications like stroke, heart attack, and even death.

Participants will work with trained Healthy Heart Ambassadors for the duration of the four-month program. Just a few check-ins per month can yield big results. You will:

- Take your own blood pressure at least two times per month
- Attend two consultations with a YMCA Healthy Heart Ambassador per month
- Attend monthly nutrition education seminars

You will record your blood pressure readings using an easy-to-use tracking tool of your own choosing. The Y can provide options for participants who need a home blood pressure monitor.

**+ 10,000 Go365 Bucks (~\$100)!**



## A SMALL INVESTMENT PRODUCES BIG RESULTS

Participants pay \$50 upfront, which will be reimbursed to the employee in the form of a Publix gift card upon completion of 6 out of 8 consultations and 3 out of 4 nutrition seminars. Participants will also receive 10,000 Go365 Bucks (equivalent to \$100) if these minimum requirements are met.

The YMCA's Blood Pressure Self-Monitoring Program helps participants:

- Reduce their blood pressure by identifying patterns and trends on which to take action
- Better manage their blood pressure over time
- Increase their awareness of triggers that elevate blood pressure
- Improve their knowledge of heart-healthy eating habits
- Enrich communication with their health care provider by sharing self-monitoring results

**REGISTER BY MARCH 8**

Contact Jenn Jaye at [jjaye@suncoastymca.org](mailto:jjaye@suncoastymca.org)  
727-772-9622



Questions? Contact Gina DeOrsey at [pcs.deorseyg@pcsb.org](mailto:pcs.deorseyg@pcsb.org) or 588-6137

## LOCATIONS

- North Pinellas YMCA Lansbrook (Healthy Living Office) : 4550 Village Center Dr., Palm Harbor, 34685, consultations available on Wednesday evenings
- Clearwater YMCA (Massage Lobby): 1005 S. Highland Ave. Clearwater, consultations available on Monday evenings
- Windsor Charter School, St Pete: 5175 45th St. N., St. Pete, 33714, consultations available on Wednesday evenings

## 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](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. Visit [pcsb.org/wellness](http://pcsb.org/wellness) for more information.

## Partner Gym—Discount available!



- \$10.00 Monthly Dues
- \$39.99 Annual Dues
- Month to Month Membership
- One Location Access Only
- Guaranteed membership rate

Multiple membership options are available. [Click here to view the flyer.](#)

[See a list of all the partner gyms that offer discounts to PCS Employees..](#)

## 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](http://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](http://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.*