

March 2018

MARCH IS COLON CANCER AWARENESS MONTH

Colon Cancer Facts:

- Colorectal cancer is the 2nd leading cause of cancer related deaths in the United States.
- It can be successfully treated when detected early via screenings.
- There are often no signs or symptoms of colon cancer, which is why it's so important to get your preventative screenings.

The recommended timeframe for screenings:

- Your first colonoscopy screening* at age of 50 or age 45 if African American, at high risk, or recommended by your physician.
- Regular colonoscopies to follow your initial one in the time frame recommended by your physician.
- Strongly suggested to take at home screenings (like the EZ Detect Test) every year.

*More information about colonoscopy screenings and coverage through Humana on page 2.

FREE AT HOME SCREENING KIT AVAILABLE

How to request an EZ-Detect kit?

The PCS Employee Wellness Team is offering all employees a FREE at home screening test. This is an easy to use at home kit that detects blood in your stool (no handling of sample), with easy to read results within a few minutes. This screening kit does not replace a doctor recommended colonoscopy.

If you would like to receive an EZ-Detect Colon test kit, please email Dawn Handley at handleyd@pcsb.org, with **your name, worksite and the number of kits you would like**. You will receive the kit(s) via pony within 7-10 days of your request. Detailed instructions will be included as well as information about risk factors, symptoms and prevention of colon cancer. Your name will be entered into a weekly drawing throughout the month of March for gifts and one "[Squatty Potty](#)" winner per week. You will be notified via email if you are a winner.

Why get screened?

**IT'S YOUR BEST CHANCE TO STOP
COLON CANCER BEFORE IT STOPS YOU.**

Colon Cancer At-A-Glance*



Colon cancer is the second leading cause of cancer-related death in the U.S.



On average, your risk is about 1 in 20, although this varies widely according to individual risk factors.

50+

90% of new cases occur in people 50 or older.



People with a first-degree relative (parent, sibling or offspring) who has colon cancer have two to three times the risk of developing the disease.



There are currently more than one million colon cancer survivors in the U.S.

* Source: American Cancer Society

There are often no signs or symptoms of colorectal cancer, which is why it is so important to get your preventative screenings in the recommended time frame:

- Your first colonoscopy screening at age 50, or age 45 if African American, at high risk or recommended by your physician.
- A colonoscopy to follow your initial one in the time frame recommended by your physician.
- It is strongly suggested that you take an at home screening test every year.

A colonoscopy is a screening that examines the lining of the colon for abnormalities, such as polyps, ulcers, tumors, or damage to the tissue that causes bleeding or other issues. If abnormalities are found, the doctor will work to remove or treat the issue. A colonoscopy is one of the best things you can do to prevent colon cancer. If you are planning to have a colonoscopy soon, be prepared with [questions to ask your doctor](#).

The colonoscopy **procedure** is covered by Humana PCS insurance, however there may be office visit charges dependent upon your plan. If you have the HMO Staff plan you will need a referral from your primary to see a gastroenterologist. If you have the CDHP or NPOS plan, you can call a participating gastroenterologist directly. For questions about your coverage, please reach out to Janet Lang, PCS Humana On-Site Account Advisor, at jlang3@humana.com.

Mobile Mammography is coming to you!

"No More Excuses"

- 40 or older, 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, appointments, and directions how to register, please visit www.pinellasmammo.com

Congratulations to Melrose Elementary for winning the District Kick Ball league.



2018 District Kick Ball Champions. 1st Place in South County—Melrose Elementary.

Melrose Elementary and Pinellas Park High faced off on February 16 for the Pinellas County Schools kickball championship. Melrose elementary placed first for south county and Pinellas Park placed first for north county. Melrose became the new district kickball champions with a final score of 16-4. Pinellas Park High took home the second place.

Congratulations, Melrose and Pinellas Park High on a great season! Thank you to everyone who participated this season.



2nd Place in the District. 1st Place in North County—Pinellas Park High School.

For more information about the kickball league, visit www.pcsb.org/wellness. Stay tuned for information about next years league in the fall.

Recipe of the Month

Bell Pepper and Potato Frittata

Recipe adapted from SkinnyTaste.

Celebrate St. Patrick's Day with this fun and healthy four leaf clover frittata.

Ingredients

- 4 thin slices green bell pepper, sliced into 1/4-inch thin slices crosswise
- 4 large eggs
- 4 large egg whites
- kosher salt and pepper, to taste
- 1 teaspoon olive oil
- 1/4 cup minced shallots
- 1 (7 oz) medium peeled Yukon Gold Potatoes, diced into 1/2-inch pieces
- 1/4 tsp garlic powder
- 1/4 tsp paprika

Instructions

1. Preheat oven to 400 F.
2. Crack the eggs and egg whites in a large bowl. Add salt and fresh cracked pepper and beat until blended.
3. Heat a 10 inch nonstick oven safe skillet over medium heat. Add oil and shallots to the pan and cook until golden—2 to 3 minutes.
4. Add potatoes, season with salt, garlic powder, paprika and black pepper. Cover and cook potatoes over medium-low heat, stilling occasionally, until crisp and tender—12 to 15 minutes.
5. Pour egg mix into skillet. Carefully arrange the bell peppers on top to create a shamrock pattern (if desired). Reduce heat to low and cook until the edges are set—6 to 8 minutes.
6. Transfer the skillet to the oven and bake until frittata is completely set and cooked through—8 to 10 minutes.
7. Remove from oven and transfer onto a large plate. Cut and serve.



Serving Size: 4. Calories per serving: 144, Total Fat: 6g, Cholesterol: 186mg, Sodium: 127mg, Carbohydrates: 12g, Fiber 1g, Sugar: 1g, Protein: 11g.

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.



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



Go365- Humana members only

Go365 is a personalized wellness and rewards program. Getting healthier is easier-and lots more fun-with Go365. The program will reward you with Go365 Points and Bucks for achieving goals, staying active, and completing wellness and prevention activities. Shop the Go365 mall where you can spend your earned Bucks on merchandise like the latest activity tracker, or e-gift cards from top retailers like Amazon.com, Target, and Lowes. Visit Go365.com to register. **Health Coaching** is available through Go365. Want to move forward with meeting a personal goal? The health coaching program offered by Go365 can help! The Health Coaching program will give you expert support as you create a plan that works for you. Earn Go365 Points and Bucks for working with a Health Coach one on one. Ready to get started? You can call 1-855-852-9450 or sign up through the Go365 App, tap "More > Coaching > Call a coach"

Contact Us

Caleigh Bean

Employee Wellness Coordinator
727-588-6031/beanc@pcbs.org

Leslie Viens

Benefits & Wellness Consultant
727-588-6142/viensl@pcsb.org

Dawn Handley

Wellness Project Coordinator
727-588-6151/handleyd@pcsb.org

Darlene Rivers

EAP Coordinator
727-588-6507/pcs.riversd@pcsb.org

Janet Lang

Humana Account Advisor
727-588-6367/pcs.langj@pcsb.org

Gina DeOrsey, RN

Humana Patient Advocate
727-588-6137/pcs.deorseyg@pcsb.org

Jessica O'Connell, RN

Go365 Wellness Nurse
727-588-6134/pcs.oconnellj@pcsb.org