

In this Issue

Pg. 2

-Important HumanaVitality Updates

Pg. 3

-Sunscreen Exposed!

Pg. 4

-Healthy Recipe!

Humana *Vitality*

Don't Lose Your Wellness Credit For 2017!

Don't miss out on the wellness credit for the 2017 medical plan year! The deadline to reach Silver Status is **August 31, 2016.**

Continued on page 2

“ Your only limit is you. ”

12 Foods To Eat When You're Totally Stressed Out

Under stress, it is common to reach for sugar, caffeine, or other guilty pleasures. These foods can actually decrease our body's ability to combat stress. By eating healthy whole foods, especially leafy greens, avocado, seeds, and blueberries, we can stabilize our blood sugar and send calming nourishment to brains, relaxing and clearing our minds. Here are some more foods to munch on when you are feeling stressed:

Turkey

Salmon

Dark Chocolate

Avocados

Yogurt

Pistachios

Cashews

Seeds

Oatmeal

Milk

Blueberries

Leafy greens

ATTENTION:

The deadline to reach Silver Status and earn your Wellness Credit is AUGUST 31, 2016

Don't miss out on the wellness credit for the 2017 medical plan year! Credits will end on November 30, 2016 if Silver Vitality Status is not obtained.

Employees who achieve silver status or above by August 31, 2016 will receive the following Vitality wellness premium credit for 2017 health insurance coverage beginning with the first payroll in December 2016*:

- Employee Only \$10 per pay period (\$200 annually)
- Employee + Spouse \$15 per pay period (\$300 annually)
- Employee + Children \$15 per pay period (\$300 annually)
- Employee + Family \$20 per pay period (\$400 annually)

*This Vitality Wellness premium credit will remain in effect through November 2017, while enrolled in PCS health insurance as an active employee policy holder.

HumanaVitality recommends the following three steps to help you achieve Silver Vitality Status:

- 1) Complete the Health Assessment (500 points)
- 2) Schedule a Vitality Check® (up to 2000 points)
- 3) Schedule your preventative screenings (up to 400 points)
- 4) Compete in athletic events (up to 500 points)
- 5) Activate a personal goals (earn 100's to 1000's of points)

Get closer to Silver Status with Personal Goals.

Activating a Personal Goal is rewarding. Not only will you rack up Vitality Points and be on the fast track towards achieving Silver Vitality Status, it's the key to getting and staying healthy!

Check this video out....

How to Set and Complete Your HumanaVitality Goals:

<https://youtu.be/m3EeYrTChTo>

For additional resources visit: <http://www.pcsb.org/vitality>

Sunscreen Exposed!

You're heading out for a nice day by the water and, as an afterthought, realize you might need some sunscreen. (That tube you have from years past is definitely expired!) So, you stop by the store and grab whichever sunscreen is on display or on sale. But what should you be looking for on those labels, marketing tactics aside?

Ultraviolet (UV) radiation is made up of three wavelengths – UVA, UVB and UVC - and is the main cause of skin cancers, including basal cell carcinoma and squamous cell carcinoma. UVC isn't a concern for skin cancer while UVA and UVB both play a role in its development.

UVA, while not as intense as UVB, penetrates the skin deeper and is thought to be a major contributor to skin aging and wrinkling. UVA can also penetrate glass and clouds, and is present during all daylight hours. New research suggests that UVA may be as damaging to the skin as UVB.

UVB causes more superficial damage to the outer layers of the dermis but is still thought to play a major role in the development of skin cancer. UVB intensity varies by season, location and time of day, with the most dangerous exposure between April and October, from 10 AM to 2 PM.

Fortunately, you can shield your skin from UV radiation with the right ingredients. Next time you walk down the sunscreen aisle, know what to look for on those labels to avoid long- and short-term skin damage.

FDA-approved active ingredients

Effective UVA/UVB coverage requires an SPF of 30 or higher and some combination of UVA/UVB absorbers/blockers.

- UVB absorbers/blockers: Padimate O (Octyldimethyl PABA), Homosalate Octisalate (Octyl salicylate), Octinoxate (Octyl methoxycinnamate or OCM)
- UVA absorbers/blockers: Avobenzone (Parsol 1789), Ecamsule (Mexoryl) and Zinc Oxide
- UVA and UVB absorbers/blockers: Octocrylene, Titanium Dioxide, Zinc Oxide



Multi spectrum, broad spectrum or UVA/UVB protection

These labels indicate that some UVA protection is provided, however, there is no general consensus on how much protection is actually being delivered. Make sure you check the sunscreen's ingredient list against the UVA/UVB absorbers and blockers above as these labels may be misleading.

Water resistance

The FDA ensures that any product labeled "water resistant" provides at least 40 minutes of swimming or sweating protection. However, experts claim that no sunscreen is 100% waterproof so make sure you're reapplying every 30 minutes to be safe.

Sun Protection Factor (SPF)

The SPF indicates your relative protection from erythema, or redness of the skin, caused by UVB. It does not, however, indicate the level of protection from UVA. To get adequate protection from both, buy a sunscreen with an SPF of at least 30 that contains UVA blockers such as Avobenzone, Ecamsule and Zinc Oxide.

If you're using sunscreen on a regular basis, it should never go bad. Each application should be about 1 ounce - the amount in a shot glass - to protect all exposed parts of the body. (If you have a four-ounce bottle, that's only four uses!) As a rule, throw out sunscreen that is more three years old, is past its expiration date or that has been exposed to high temperatures.

Sources

<http://www.skincancer.org/prevention/uva-and-uvb/shining-light-on-ultraviolet-radiation>
<http://www.geteyesmart.org/eyesmart/living/sun.cfm>
<http://www.mayoclinic.com/health/sunscreen-expire/AN01968>



Healthy, Easy Recipe

Perfect Guacamole with Pica de Gallo *Serves 10*



Ingredients:

1 serrano chile, chopped
Kosher salt
6¾ tablespoons fresh lime juice,
plus more as needed (100 ml)
5 avocados
3 1/3 tablespoons olive oil (0.05 Lt)
1/4 white onion, chopped
3 tomatoes, diced
1 bunch fresh cilantro, chopped,
plus more for garnish
1/4 cup cotija cheese, shredded
(50 g)
Tortilla chips, for serving

Directions:

1. In a clean bowl, mix the serrano chile with a pinch of the salt and lime juice.
2. After 5 minutes, add the avocados and mash all of the ingredients together. Taste the mixture. If it is too salty, increase the acidity with more lime juice if it is necessary and finish with the olive oil.
3. To create a pico de gallo, in a clean bowl, add the onions, tomatoes and cilantro with salt and lime juice.
4. To complete the preparation, serve the guacamole in a bowl, finishing it off with the pico de gallo, shredded cotija cheese and fresh cilantro, which represent the colors of the Mexican flag (green, white and red). Enjoy!!

Contact us, we'd love to hear from you!



For questions related to the Employee Wellness Program, contact your Employee Wellness Coordinator:

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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.