

SMART START Newsletter



Visit www.pcsb.org/wellness or contact Caleigh Bean, Employee Wellness Coordinator at 588-6031 or beanc@pcsb.org.

May 2018



Summer is a great time to earn *Go365* Points and Bucks for completing prevention activities!

Submit the [Prevention Activity Form](#), available online, within **90 days** to earn Points. Go365 members with Humana medical coverage will automatically earn Points once the claim has been received and processed.

- Biometric Screening (Adult children are not eligible to earn Points for Biometric Screening Completion)
- Colorectal screening (female or male, 50+ years)
- Dental exam (all ages)
- Flu shot (all ages)
- Mammogram (female, 40+ years)
- Pap test (female, 18+ years)
- Prostate check (male, 40+ years)
- Vision exam (all ages)

*** *August 31, 2018 is deadline to reach Silver Go365 Status in order to be eligible for the 2019 medical plan year wellness premium credit!***

Need help reaching Silver Go365 Status? See the below Go365 Get to Silver Status flyers!

[Go365 Get to Silver Status Guide](#)

[Go365 Get to Silver Status Adult Child Guide](#)



Join us for the June Member Webinar:
Live with Go365!

Date/Time	Register
Wednesday June 13 th 10 AM ET	Registration
Wednesday June 13 th 2 PM ET	



Register or sign in at Go365.com or on the App



Join the Go365 support community community.go365.com



May is...

Skin Cancer Awareness Month

Skin cancer is a serious threat for all Americans, especially living in the “Sunshine State,” which has the second highest rate of melanoma cases in the nation. The annual cost of treating skin cancers in the U.S. is estimated at \$8.1 billion dollars: about \$4.8 billion for nonmelanoma skin cancer and \$3.3 billion for melanoma.

Sun protection:

Sunburns or overexposure to the sun can increase risk of skin cancer.

- Use sunscreen with at least SPF 15 and UVA and UVB protection whenever you go outside, not just for the beach.
- Cover up. Wear protective clothing to help protect from UV rays.
- Plan outdoor activities in the morning or evening. The sun's rays are strongest between 10:00am and 4:00pm.
- Examine skin—head to toe—every month.
- See your physician every year for a professional skin exam.

Don't forget other ways you should protect yourself during summer:

Heat protection:

Heat-related illness is a serious condition and could lead to death or serious complications.

- Never leave infants, children, pets, or elderly individuals in a parked car, even if the windows are cracked open.
- Wear loose, lightweight, and light colored clothing.
- Plan outdoor activities in the morning or evening.
- Stay cool by swimming or taking a cool bath or shower.
- Seek medical attention immediately if you experience [symptoms of heat-related illness](#).

Mosquito protection:

Mosquitos and other insects can carry diseases like Zika, West Nile virus, and Lyme disease.

- Use effective insect repellent when outside.
- Make your backyard a [tick-safe zone](#).
- Check yourself and family for ticks.

Mental Health Awareness Month

- Since 1949, May has been observed as Mental Health Awareness Month in the U.S.
- Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable.
- 1 in 5 Americans are affected by mental health conditions in a given year.
- Depression is the leading cause of disability for people ages 15 to 44 in the United States.
- Even mild cases of depression can impact job performance.
- Depression is estimated to cause 400 million lost workdays each year.
- **Seek treatment early.** 56% of Americans with a mental illness do not receive treatment.
- **Prevent with healthy lifestyle.** A healthy lifestyle can help to prevent the onset or worsening of mental health conditions, as well as heart disease, diabetes, obesity and other chronic health problems. It can also help people recover from these conditions.
- **Nutrition.** New science is linking poor diet and mental illness. They show that people who eat a diet high in whole foods such as fruits, vegetables, nuts, whole grains, legumes, fish, and unsaturated fats are up to 35% less likely to develop depression than those individuals who eat less of these foods.
- **Exercise.** One study found that for people with anxiety, exercise had similar effects to cognitive behavioral therapy in reducing symptoms. Just one hour of exercise a week is related to lower levels of mood, anxiety, and substance use disorders.
- **EAP.** The Employee Assistance Program (EAP) for Pinellas County School Board is here to help support your life with free and confidential coaching, counseling and resources. For more information, visit www.pcsb.org/employee-assistance-program or call 877-240-6863 at any time to speak directly with someone.



Other Health Observations in May:

National Celiac Awareness Month, National ALS Awareness Month, Better Sleep Month, Bike Month, World Employee Health and Fitness Month, Healthy Vision Month, High Blood Pressure Education Month, Huntington's Disease Awareness Month, Lupus Awareness Month, Osteoporosis Month, and Stroke Awareness Month.

Tampa Bay Mobile Mammography

The Tampa Bay Mobile Mammography bus is wrapping up it's tour around PCS sites for this year. The bus will be coming back next year and will return to each site during the same month it came this year in order to have everyone eligible for a mammogram

- 40 or older, no prescription
- Under 40 requires a prescription
- Billed directly to major insurance, no charge for 3D

No more excuses



Question? Contact Gina DeOrsey at x6137 or at pcs.deorseyg@pcsb.org

Summer events at the Admin Building

June 21, 2018

July 9, 2018

For full schedule, appointments, and directions how to register, please visit

www.pinellasmammo.com



Tampa Bay Mobile Mammography
a/k/a Direct Medical Imaging, LLC

Recipe of the Month

Zucchini Ribbon Salad with Sweet Corn & Avocado

Recipe provided by Uf/IFAS Extension Pinellas County

Ingredients

- 1 tbsp olive oil
- 2 tbsp lime juice or vinegar
- Salt and pepper to taste
- 1 medium zucchini
- 1 medium yellow squash
- 1/4 cup red pepper, diced
- 3/4 cup fresh corn kernels, cooked and off the cob
- 1/4 cup chopped fresh basil
- 1/2 onion, sliced
- 1 medium ripe avocado, peeled, pitted, and sliced
- Goat cheese (optional)

Instructions

1. In a large bowl, whisk the olive oil and lime juice together. Season with salt and pepper, to taste
2. Trim the ends of the zucchini and yellow squash. With a vegetable peeler, shave lengthwise into long, wide strips about 1/16 inch thick. When you get to the center of the zucchini, turn the squash over and slice from the other side until you get to the center again.
3. Put the zucchini and yellow squash ribbons in a large bowl. Add sweet corn, basil, onion, and avocado slices to the squash ribbons. Pour olive oil and lime dressing over salad and toss until coated.
Optional: top with goat cheese.

Serves 4

1 cup serving: Calories: 138; Fat: 10.6 g; Saturated Fat: 01.1 g; Cholesterol 0 mg; Sodium: 8mg; Carbohydrate; 12 g; Fiber 4.6 g; Protein: 2.5g



have a happy and healthy summer!



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

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