

# 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)

Nov. 1, 2016



## Register now for the PCS Holiday Maintain step challenge!

*Maintain 10,000 steps over the holidays and you could win!*

Did you know that Most Americans gain an average of about one pound during the holidays according to the National Institute of Health? While this might not seem like much, they usually don't lose it, and over time it adds up!

10,000 steps a day meets the Surgeon General's recommendation to accumulate 30 minutes of activity most days of the week. It should be enough to reduce your risk for disease and help you maintain your weight this holiday season. So grab a friend and join the PCS Holiday Maintain step challenge to maintain 10,000 steps per day!

### Challenge details:

Create a team of two people and work together to maintain a team average of 10,000 steps per day over 6 weeks from November 15—December 27. Steps will be capped at 12,000 steps per day.

All teams who maintain a team average of 10,000 steps per day at the end of the challenge will be entered into a drawing. Three teams will be randomly chosen from the drawing to receive a \$100 gift card for each team member.



+100 Humana Vitality Points!

### How to register:

**Humana Members:** Find 'PCS Holiday Maintain' on your Humana app or online under 'Sponsored Challenges'. Create a team of two people.

**Non-Humana Members:** Track your steps using any tracking device from November 15– December 27 and send a summary of your steps to [hagerk@pcsb.org](mailto:hagerk@pcsb.org) by December 29. If you maintain an average of 10,000 steps per day, you will be eligible for the prize drawing. You will not be able to join or create a team.

**Registration deadline:** November 14

**Challenge begins:** November 15

**Challenge ends:** December 27 at midnight

### Questions:

Call Jessica O'Connell, your HumanaVitality Representative: 727-588-6134 or [pcs.oconnellj@pcsb.org](mailto:pcs.oconnellj@pcsb.org)

## It's National Diabetes Awareness Month

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

Observed every November, American Diabetes Month is an important element in the American Diabetes Association's efforts to focus our nation's attention on the disease and the tens of millions of people affected by it.

Learn about the risks of diabetes, how to prevent it, and educate others.

### What is Diabetes?

Diabetes is the condition in which the body does not properly process food for use as energy. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugars to build up in your blood. This is why many people refer to diabetes as "sugar."

Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations. Diabetes is the seventh leading cause of death in the United States.

### What are the symptoms of Diabetes?

People who think they might have diabetes must visit a physician for diagnosis. They might have SOME or NONE of the following symptoms:

- Frequent urination
- Excessive thirst
- Unexplained weight loss
- Extreme hunger
- Sudden vision changes
- Tingling or numbness in hands or feet
- Feeling very tired much of the time
- Very dry skin
- Sores that are slow to heal
- More infections than usual

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If you experience any of these symptoms, see a doctor as soon as possible.

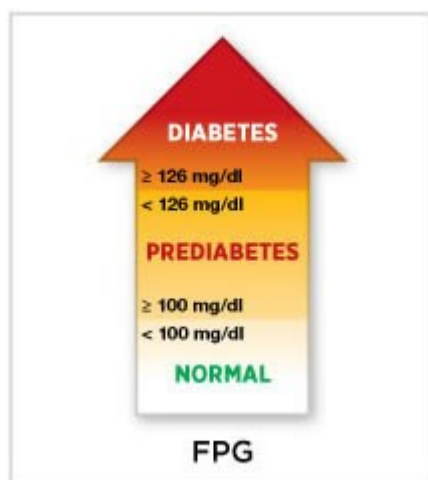
## Diagnosing Diabetes

There are several ways to diagnose diabetes. Each way usually needs to be repeated on a second day to diagnose diabetes.

### Fasting Plasma Glucose (FPG)

One way of testing for diabetes is through a Fasting Plasma Glucose test through a small sample of blood. This test checks your fasting blood glucose levels. Fasting means not having anything to eat or drink (except water) for at least 8 hours before the test. This test is usually done first thing in the morning, before breakfast.

Diabetes is diagnosed at fasting blood glucose of greater than or equal to 126 mg/dl



## What is Prediabetes?

Before people develop type 2 diabetes, they almost always have "prediabetes" — blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes.

There are no clear symptoms of prediabetes, so, you may have it and not know it.

Some people with prediabetes may have some of the symptoms of diabetes or even problems from diabetes already. You usually find out that you have prediabetes when being tested for diabetes.

If you have prediabetes, you should be checked for type 2 diabetes every one to two years. Although there are several ways to test for prediabetes, a fasting blood glucose of 100 – 125 mg/dl indicated prediabetes.

## Preventing Type 2 Diabetes

You will not develop type 2 diabetes automatically if you have prediabetes. For some people with prediabetes, early treatment can actually return blood glucose levels to the normal range.

Research shows that you can lower your risk for type 2 diabetes by 58% by:

- Losing 7% of your body weight (or 15 pounds if you weigh 200 pounds)
- Exercising moderately (such as brisk walking) 30 minutes a day, five days a week

Don't worry if you can't get to your ideal body weight. Losing even 10 to 15 pounds can make a huge difference.

Preventing type 2 diabetes can mean a healthier and longer life without serious complications from the disease such as heart disease, stroke, blindness, kidney failure, and amputations.

For more information visit [www.diabetes.org](http://www.diabetes.org).



Free diabetic supplies!

As a member of the Diabetes CARE program, you will get your prescription diabetes supplies at a zero co-pay for one year as long as all requirements are met in addition to:

- Coupons for free diabetes education courses at select facilities
- Access to Humana's 24/7 nurse line
- The best benefit of participation, however, is managing and controlling your diabetes and improving your health for life.

**CARE to take control of your diabetes!**

There are no participation fees. All you have to do is:

- **C**ommit to a healthier lifestyle
- **A**ttend an approved diabetes education program.
- **R**ecieve recommended annual screenings
- **E**nroll in Humana's Disease Management program

Gina DeOrsey, PCSB's Humana Patient Advocate (a.k.a. Nurse Gina) at [pcs.deorseyg@pcsb.org](mailto:pcs.deorseyg@pcsb.org) or by phone at 588-6137 for more details about how to enroll.



## We want to hear from you!

If you or your spouse/domestic partner has improved their life by making healthy changes, SMART START wants to feature and congratulate you! Follow this link to submit your story:

<https://goo.gl/forms/pfsFGxW1PD48udDC3>



**Meet your new  
EAP Coordinator/Trainer,  
Darlene Rivers!**

Phone: 727-588-6507  
Email: pcs.riversd@pcsb.org

Darlene comes to us from Jacksonville, FL and brings with her more than 30 years of HR and Organizational Development experience. She has worked with many Fortune 500 companies and was a Captain in the US Air Force. Darlene has more than 13 years of EAP experience with school districts, municipalities, and companies, and understands the unique stressors of the job associated with each.

Darlene is available to assist your with a wide range of training topics and any questions you may have about how the EAP works.

**EAP+Work/Life: Confidential Support for Personal & Work/Life Issues.**

*The PCS EAP+Work/Life program gives you access to Licensed Professional Counselors, who can provide confidential, short-term support with a wide range of personal issues. Up to 8 sessions per issue per year are available.*

**Who is covered?** You, your spouse, and family members living in your household.



**Free Weight Watchers for eligible employees!**

**Humana members:** See if you are eligible by logging on to your Humana.com account and completing your online health assessment. If you received a “Reduce your weight gradually” goal, you are eligible. Contact pcs.oconnellj@pcsb.org with questions about how to register.

**Non-Humana members:** Contact hagerk@pcsb.org for registration instructions.

**Why Weight Watchers?** Their new Beyond the Scale program helps you eat healthier, get active at your own pace, and discover new ways to define success. This program fits your life and is backed by real-time support. It focuses on you, not just a number on the scale.

- **Get fit at your own pace:** No matter how busy you are or what your level or goals may be, we have fun, easy ways to get you moving. The reason to move more is simple: it feels great, gives you more energy, and reduces stress. That’s a win-win-win.
- **Make the program yours:** Get started with a personal assessment to gain insight into your lifestyle, goals, and challenges. You’ll get a personalized SmartPoints Target, an activity goal, and content tailored to meet your unique needs.
- **Find and fuel your inner strength:** Significant, lasting change is built from the inside out. Beyond the Scale will help you tap into the confidence you need to start, the motivation you need to stay inspired, and the positive energy you need to keep going.

**Cauliflower Fried “Rice”**

(4 servings)

**Ingredients**

- 1 medium head cauliflower (about 2½ pounds) cut into large florets
- 1 tablespoon extra virgin olive oil
- 1 clove garlic, chopped
- 2 tablespoons fresh ginger, grated
- 1 red bell pepper, cut into ¼-inch pieces
- 1 yellow bell pepper, cut into ¼-inch pieces
- 2 tablespoons less sodium soy sauce
- 1 cup frozen edamame (shelled), thawed
- 4 scallions, thinly sliced
- 1 large egg, beaten
- ¼ cup chopped fresh cilantro

**Directions**

Put half the cauliflower florets into a food processor. Pulse until chopped into very small pieces and pour into a bowl. Repeat with the remaining cauliflower (approx. 6 cups total).

In a large, high-sided skillet or wide-bottomed pot, heat the oil over medium-high heat. Add the garlic and ginger and cook, stirring until fragrant, about 30 seconds. Stir in the red and yellow bell peppers, followed by the chopped cauliflower and soy sauce. Cook, stirring often, until the vegetables are just tender, 6 to 8 minutes. Add the edamame and scallions, and stir until heated through, about 1 minute.

Make a 5-inch wide well in the center of the vegetable mix and pour in the beaten egg. Use a silicone spatula to combine the vegetables with the egg. Fold in the cilantro and serve.

**Nutrition Info Per Serving:** 150 calories, 7 g total fat, 1 g saturated fat, 9 g protein, 17 g carbohydrate, 5 g dietary fiber, 5 g sugar (0 g added sugar), 48 mg cholesterol, 332 mg sodium





# PCS Celebrates Breast Cancer Awareness Month!



## 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 HumanaVitality 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.*