

SMART START Newsletter



Visit www.pcsb.org/wellness or contact Kara Gilman, Employee Wellness Coordinator at 588-6031 or gilmanka@pcsb.org

October 2017

Registration now open for the PCS Kickball League! Games begin October 26 and 27!



Register here: <http://www.tampabayclubsport.com/league/19430/details>

Questions? Contact Carly Houman at carly@tampabayclubsport.com

Either submit a complete team or sign up on your own and we'll find a team for you. Rules are designed to give everyone plenty of kicking chances and spread the fun. Participation is completely free. You MUST be a PCS employee to participate (family and friends are not eligible to join).

Locations/Times:

North County: Eddie C Moore Softball Complex

2780 Drew Street Clearwater, FL

Thursdays at 5:00 pm

South County: Woodlawn Softball Complex

1450 16th St N, St Petersburg, FL

Fridays at 6pm

HERE ARE 4 REASONS YOU MIGHT CONSIDER GIVING KICKBALL A TRY:

1. **Camaraderie.** Make new friends and meet new people.
2. **Competition.** Friendly competition will create motivation and help you reach your goals.
3. **Physical activity.** Guaranteed to increase the amount of activity you get each week.
4. **Fun.** Not only will you be more physically active, you'll have fun while doing it!

Complete your Health Assessment within 90 days and earn 250 bonus points!

September 1st started the new Go365 Program Year for PCS! Get out of the Blue Go365 Status today and earn 250 bonus points for completing the Health Assessment within the first 90 days of the new Program year.



The Health Assessment is one of three ways you can get started this program year. It's a simple survey and only takes a few minutes to complete. Plus it will personalize your Go365 experience with recommended activities based on your lifestyle.

You have two options to complete the HA:

1. Online at Go365.com
 - Sign into www.Go365.com
 - Find the Health Assessment in your Dashboard
2. Sign into the Go365 App (available for download from the Apple Store or Google Play)
 - Android users: Tap Go365 Health Assessment from the App menu (menu icon is the three lines in upper left corner of App)
 - Apple users: Tap Go365 Health Assessment within "More Menu"
 - If you haven't completed the HA, it shows as an option within the App Dashboard for both Android and iOS users as well.

October is Breast Cancer Awareness Month



About 1 in 8 Women in the US will develop breast cancer in their lifetime. One of the most important ways of detecting breast cancer is using a Mammogram. A mammogram is an x-ray that allows a qualified specialist to examine the breast tissue for any suspicious areas. The breast is exposed to a small dose of ionizing radiation that produces an image of the breast tissue. Mammograms can often show a breast lump before it can be felt. They also can show tiny clusters of calcium called microcalcifications. Lumps or specks can be caused by cancer, fatty cells, or other conditions like cysts. Further tests are needed to find out if abnormal cells are present.

Who can get a mammogram?

Recommendations for all women: Women 40 and older should have mammograms every 1 or 2 years.

Women who are younger than 40 and have risk factors for breast cancer should ask their healthcare professional whether mammograms are advisable and how often to have them.

Even women who have no symptoms and no known risks for breast cancer should have regularly scheduled mammograms to help detect potential breast cancer at the earliest possible time.

What is the difference between 3D and 2D mammograms?

3D Breast tomosynthesis allows radiologists to evaluate breast tissue one layer at a time. This exciting new technology has recently been FDA approved. 3D Breast tomosynthesis converts digital breast images into a stack of very thin layers or “slices” building what is essentially a three-dimensional mammogram. During the tomosynthesis part of the exam, the X-ray arm sweeps in a slight arc over the breast, taking multiple breast images in just seconds. A computer then produces a 3D image of your breast tissue in one millimeter layers. Radiologists can now see breast tissue in a more detailed way. Instead of viewing your breast tissue in a flat image, the tissue can be examined a millimeter at a time and fine details are more clearly visible.

By looking at the breast tissue in one millimeter slices, the radiologist can provide a more confident assessment. In this way, 3D mammography finds cancers missed with conventional 2D mammography. It also means there is less chance your doctor will call you back later for a “second look,” because now they can see breast tissue more clearly. 3D mammography significantly improves cancer detection by 40% and also reduces call back rates 20-40%. Early detection is key in fighting breast cancer, with 3D Mammography we have the ability to detect next year’s cancer today.



Introducing Mobile Mammography to PCS!

You will start seeing the Tampa Bay Mobile Mammography bus at many Pinellas County School locations. Talk to your Wellness Champion to see if the bus will be at your worksite and how to make an appointment! The bus is completely free and takes most forms of insurance.

Recipe of the Month

Pork Chops with Savory Apples

Recipe provided by Health Advocate, your EAP*

HealthAdvocate
Always at your side

Ingredients:

- 2 medium apples
- 1 medium onion
- 1 large clove garlic
- 4 pork chops, about 3/4-inch thick, with bone (about 1-1/2 pounds total)
- 1 teaspoon olive oil
- 1/4 cup water
- 1/4 cup fat-free sour cream

Instructions

Quarter and core apples. Peel if desired. Cut onion in half and then slice it. Use a large frying pan with a lid. Heat oil over medium-high heat and add chops and garlic. Brown quickly, about two minutes per side. Add cut-up apples, onion, and water. Cover and turn heat to low. Let cook for about 15 minutes, until pork is cooked through and apples are soft. Remove chops to a warm serving platter. Bring pan juices to a boil and turn off heat. Stir in sour cream and pour over chops. Serve immediately.

Serves four

Each contains about 271 calories, 24 g protein, 13 g fat, 71 mg cholesterol, 13 g carbohydrates, 1 g fiber, and 75 mg sodium.

*The HealthAdvocate Employee Assistance Program (EAP) provides between 1 and 8 free counseling sessions per year per issue for employees and their household members. Please call the free and confidential 24 hour Careline at 1-877-240-6863 for assistance.



FREE Weight Watcher Memberships Available!

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

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. Contact Kara Gilman at Gilmanka@pcsb.org for information.



About Us



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.



Free Weight Watchers

Qualified employees can receive 3 or 6 months of Weight Watchers for free depending on insurance coverage.



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.



Go365 – Humana members only

Go365 is a wellness that rewards you for making healthy choices with gift cards from top retailers, such as Target, Amazon and Macys, fitness gear, movie tickets, and more! Visit www.Humana.com to register.



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

Contact Us

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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.