

SMART START Newsletter



September 16, 2016

Move

Kickball League POSTPONED until October 27th

Due to low registration numbers, the league is being postponed until October 27th. Registration will remain open until that time.

This league is open to all PCS employees and is completely free of charge to participate. You can join as an individual and be randomly placed on a team, or you can contact your worksite's Wellness Champion to see if they've formed a team for your worksite.

You have the choice to play at two different fields and each game will be 1 hour. *Please note the location change from Eddie C Moore to Pinellas Park High due to renovations at Eddie C Moore.*

Location 1: *LOCATION CHANGE******

Pinellas Park High School
6305 118th Ave, Largo, FL 33773
Thursdays starting 10/27 at 5pm and 6pm

Location 2:

Woodlawn Park
1450 16th St. North
St. Petersburg, FL 33704
Fridays starting 10/28 at 5pm, 6pm, and 7pm

Registration Instructions:



1. Follow the registration link:
<http://www.tampabayclubsport.com/league/14006/details>
2. Select the field you prefer to play at and click on "Individual"
3. Select "Create a new account"
4. Under "Play with Friends", select "Just me, thanks!" or "yes, I have one or more friends that are also playing", if you'd like to be teamed up with specific people and send them an invite.
5. Under Additional Info, type in the name of the team you would like to be placed on (check with your Wellness Champion to see if a team has been created for your worksite). If you choose to leave these fields blank, we will place you on a team.
- Want to create your own team?** If you wish to create your own team (10 people minimum), put your desired team name under "Additional Info" and let your team members know the team name so they can include it on their registration form.
7. Agree to the terms and conditions and select "Continue"

Once your registration is complete, you will receive an email confirmation.

Questions? Contact Carly Houman at carly@tampabayclubsport.com or call 877-820-2582

1 MOVE

2 EAT

3 THINK

4 HEALTHY LIVING


EAT













September is National Cholesterol Education Month!

Different fats can have different effects on the cholesterol levels in your body. Which ones should you be eating?

FATS

THE GOOD
THE BAD
& THE UGLY



<div style="display: flex; align-items: center;"> <div style="font-size: 24px; margin-right: 5px;">✓</div> <div style="font-weight: bold;">GOOD</div> </div>	<div style="display: flex; align-items: center;"> <div style="font-size: 24px; margin-right: 5px;">✗</div> <div style="font-weight: bold;">BAD</div> </div>	<div style="display: flex; align-items: center;"> <div style="font-size: 24px; margin-right: 5px;">✗</div> <div style="font-weight: bold;">UGLY</div> </div>
<p>Monounsaturated & Polyunsaturated Fats</p> <ul style="list-style-type: none"> • Can lower bad cholesterol levels • Can lower risk of heart disease & stroke • Can provide essential fats that your body needs but can't produce itself <p>SOURCE Plant-based liquid oils, nuts, seeds and fatty fish</p> <p>EXAMPLES</p> <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%; text-align: center;">  <p>Oils (such as canola, olive, peanut, safflower and sesame)</p> </div> <div style="width: 50%; text-align: center;">  <p>Avocados</p> </div> <div style="width: 50%; text-align: center;">  <p>Fatty Fish (such as tuna, herring, lake trout, mackerel, salmon and sardines)</p> </div> <div style="width: 50%; text-align: center;">  <p>Nuts & Seeds (such as flaxseed, sunflower seeds and walnuts)</p> </div> </div>	<p>Saturated Fats</p> <ul style="list-style-type: none"> • Can raise bad cholesterol levels • Can lower good cholesterol levels • Can increase risk of heart disease & stroke <p>SOURCE Most saturated fats come from animal sources, including meat and dairy, and from tropical oils</p> <p>EXAMPLES</p> <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%; text-align: center;">  <p>Beef, Pork & Chicken Fat</p> </div> <div style="width: 50%; text-align: center;">  <p>Butter</p> </div> <div style="width: 50%; text-align: center;">  <p>Cheese (such as whole milk cheeses)</p> </div> <div style="width: 50%; text-align: center;">  <p>Tropical Oils (such as coconut, palm kernel and palm oils)</p> </div> </div>	<p>Hydrogenated Oils & Trans Fats</p> <ul style="list-style-type: none"> • Can raise bad cholesterol levels • Can lower good cholesterol levels • Can increase risk of heart disease & stroke • Can increase risk of type 2 diabetes <p>SOURCE Processed foods made with partially hydrogenated oils</p> <p>EXAMPLES</p> <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%; text-align: center;">  <p>Partially Hydrogenated Oils</p> </div> <div style="width: 50%; text-align: center;">  <p>Some Baked Goods</p> </div> <div style="width: 50%; text-align: center;">  <p>Fried Foods</p> </div> <div style="width: 50%; text-align: center;">  <p>Stick of Margarine</p> </div> </div>

American Heart Association Recommendation

Eat a healthy dietary pattern that:

Includes

good fats

Limits

saturated fats

Keeps trans fats as

LOW as possible

For more information, go to heart.org/fats

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Earn up to **800 Vitality points** when you get your cholesterol checked!

Get a Vitality Check and earn **400 Vitality points** for getting your cholesterol checked and an additional **400 Vitality points** for being in healthy range (less than 200 mg/dL or an HDL greater than or equal to 40 mg/dL for males or an HDL greater than or equal to 50 mg/dL for females)! Learn more about your cholesterol [here](#).

Ready to get a Vitality Check? For more information, go to pcsb.org/Vitality

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Wellness App Review: Mindshift

Quieting an anxious mind can sometimes be a challenge. It's especially difficult if you're unsure of where to start! Mindshift is a free app that can help you learn to relax, stop anxious thoughts and develop strategies to help you overcome anxiety. This app, available for both Android and iOS, was developed to help teens with anxiety, but can also benefit adults.

How it works

After downloading, you have the option of going through a tutorial to help you learn how to navigate the app. You are able to skip it if you don't think you'll need it, but we recommend going through it to understand how the app works.

When you're ready to start using the app, choose a situation from the list of "My Situations." This will help the app develop a personal plan to help you with your anxiety. There are several to choose from including managing worry, tackling social fears, dealing with conflict, letting go of perfectionism and more. You can have multiple situations in your My Situations tab.

Once you select the situation you'd like to focus on, you can read through the introduction to understand the situation in more detail. It will explain background facts and then allow you to "Check Yourself." This feature allows you to explore how the situation you chose specifically affects you.

Next, you'll have the opportunity to change your thought patterns. The app provides you with different ways to reframe your situation. You can save those you like so you can access them easily at another time.

After that, you'll choose activities you think will help you to add to your "Chill Out Tools." These tools feature audio recordings of guided meditations and visualizations.

Finally, you will choose from a list of "Active Steps" to help you put your plan to action. After personalizing your situation, you can always review and change it, as well as reflect on the situation to see if it is helping you improve. You can easily access your selections from the app's home screen.

If you want information quickly, you can do so by accessing the "Quick Tips" and "Inspiration" sections, and all of the individual components of the situations, from the home screen. Accessing the "Check Yourself" section from the homepage gives you a little more freedom to really track and journal how you're feeling compared to using this feature by creating a situation.

Pros

You're able to access the tutorial at any time should you skip it after downloading.

While you don't need to register for the app, you have the ability to set a password to prevent others from seeing what you input into the app. You can set a password through the settings tab.

The quick tips and inspiration features are great for people who need assistance getting through their anxiety in the moment they're experiencing it.

Cons

The app could be organized better. There is a lot to select from, which can make the experience confusing.

While the app's design is decent, it isn't very engaging.

Some of the fonts are small and thin, making it difficult to read; there doesn't appear to be a way to enlarge them.

Overall Consensus

The Mindshift app has a wealth of information to help you manage and cope with anxiety. It can be helpful for people who don't know where to start in dealing with anxiety as well as those who may have been struggling for a while, but need a little extra support.



HealthAdvocateSM

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Call: 877-240-6863**

- Confidential support for personal & work/life issues
- There is no cost to use this service
- Your privacy is protected
- Can be access 24/7

Healthy Living



It's a new program year!

Get out of Blue Status—Take your Health Assessment

Once you retake your Health Assessment you will revert back to the status you were the previous year and will receive your previous mall discount. You will then have the entire year to earn enough points to keep that status.

Here are three steps to getting started with Vitality again in the new program year:

Step 1: Take your online Health Assessment

You can earn 250 bonus Vitality points by completing your health assessment by 11/30/2016 (first 90 days of the plan year) on top of the 500 points for taking the assessment.

Step 2: Get your Vitality Check (biometric screening)

There are three ways to get a Vitality Check:

- Get a Vitality Check by going to a participating Walgreens using the [Vitality Check Voucher](#)
- Check with your Wellness Champion to see if there will be a Vitality Check at your worksite.
- Visit your Primary Care Physician and have them complete the [PCP Vitality Check](#) form.

When you complete a Vitality Check, you can earn up to 4,000 points.

Step 3: Spend or Save Your Bucks

As of September 1, all of your unspent vitality bucks rolled over as well as 10% of your vitality points. Once you complete your Health Assessment, you can now start purchasing items at the mall! Some of the items you can get include:

- Amazon, Target, Macy's and Spafinder gift cards
- Movie tickets
- Biking gear (helmet, bike car rack, indoor bike trainer, light set, etc.)
- And more!

Exciting Vitality Mall Updates!

***NEW* Lowe's Gift Card now available in the HumanaVitality Mall!**



***NEW* Take advantage of the CASH DISCOUNTS available in the HumanaVitality Mall**

Discounts include The Biggest Loser Resort, Sprint, fitness gear, apparel & equipment, Seattle Sutton's Healthy Prepared Meals, FitRadio, Rock-n-Roll marathon series & more! Check it out under the "Cash" tab in the online HumanaVitality mall.



Healthcare Bluebook™

How do I earn Go Green to Get Green Rewards? You earn rewards by visiting green facilities/providers for rewards-eligible procedures. Bluebook does all of the processing, there are no additional forms to submit.

Procedure	Cash Reward
Knee Arthroscopy	\$100
Shoulder Arthroscopy	\$100
Colonoscopy (screening, with and without biopsy)	\$50
Upper GI Endoscopy (with and without biopsy)	\$50
Removal of Adenoids	\$50
Ear Tube Placement (Tympanostomy)	\$50
Tonsillectomy	\$50
Cholecystectomy (laparoscopic)	\$50
Lithotripsy	\$50
Most CT's	\$25



Visit
www.pcsb.org/healthcarebluebook
to get started

Do I need to submit any forms to be eligible for a reward? No, you are eligible for rewards simply by visiting a green provider for the procedures Healthcare Bluebook and your employer have determined to be eligible for rewards.

How will I receive my reward? How long does it take? Rewards are processed on a monthly basis and will be sent to your address on file with your employer. A letter of explanation will accompany the reward. We expect our rewards to be mailed the first week in October!

Can I earn multiple rewards? Yes, you may receive multiple rewards for procedures rendered on the same day. For example, if you had cataract surgery on both eyes, you would receive two separate rewards for using a high-value provider.

What is the benefit of visiting a green provider if I don't get a reward for my procedure? By visiting a green provider, you can be sure you are getting a fair price for your medical service. A Fair Price is the price that you should reasonably expect a medical service to cost if you shop for care. Visiting a green provider will save you money, but to earn an extra reward, you must have a rewards-eligible procedure.



*Your journey to better
health starts here.*

EMPLOYEE WELLNESS IS BACK FOR THE NEW SCHOOL YEAR!

1. Look for new program announcements throughout the year.
2. Talk to your Employee Wellness Champion about onsite programs and classes.

**Check out our website for a complete list
of programs and more!**

<http://pcsb.org/wellness>

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! Contact Kara Hager, Employee Wellness Coordinator, at hagerk@pcsb.org.

Read how one employee changed his life because our wellness programs!



Scan this code or visit
pcsb.org/wellness