

SMART START Newsletter



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

September 2017



Join the MOVEMENT and help CHALLENGE diabetes!

Go365 members, you are invited to join a community effort to benefit the American Diabetes Association. Upon reaching a collective 100,000,000 steps, our Florida Rises Step Challenge will deliver a \$10,000 donation in support of fighting an epidemic that affects nearly 10% of our population. Together we can make a difference, with Florida's first annual Challenge for a Cause!

CHALLENGE DATES: October 1, 2017 – November 30, 2017

Join By September 30, 2017

Are you ready to STEP UP for this higher purpose? Here's how to get started:

- Log in to Go365.com or your Go365 Mobile App
- Connect a Compatible Fitness Tracker
- Select the "Florida Rises" tile under Sponsored Challenges
- Follow the prompts to JOIN
- Walk for a purpose and earn 100 Go365 Bucks to reward yourself!

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!

Hurricane Irma Support

Communities across the Southeast continue to recover from the devastating impacts of Hurricanes Harvey and Irma. If you have been directly affected or have loved ones impacted in areas of concern, use your EAP to discover how to communicate with local authorities, find temporary shelter and support, and safely return to a potentially hazardous home.

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

Here is a list of resources you may find helpful:

[Key Facts About Hurricane Recovery](https://stacks.cdc.gov/view/cdc/10784/) (https://stacks.cdc.gov/view/cdc/10784/)

[Coping with Disaster](https://www.ready.gov/coping-with-disaster) (https://www.ready.gov/coping-with-disaster)

[Helping Others](https://www.ready.gov/helping-others) (https://www.ready.gov/helping-others)

After the Storm

FEMA

1-800-621-3362
www.fema.gov

Disaster Assistance

www.disasterassistance.gov

National Flood Insurance Program

www.FloodSmart.gov

Disaster Assistance and Emergency Relief Program

www.benefits.gov/benefits/benefit-details/4418

Disaster Legal Services

www.benefits.gov/benefits/benefit-details/431

“How Do I File My Flood Claim?”

www.fema.gov/nfip-file-your-claim

When applying it is helpful to have the following information handy:

1. Current telephone number;
2. Address at the time of the disaster and current address;
3. Social Security number, if available;
4. A general list of damages and losses;
5. If insured, the name of insurance company, agent and policy number;
6. Bank routing number for any direct deposit.

Call the FEMA Helpline or check online if you need additional help or have questions. You can also learn the status of an application, additional services, or the location of specific services.

Visit www.HealthAdvocate.com/members and enter *Pinellas County Schools (or PCS)* to access online services and resources.

What is EAP+Work/Life?

- Free counseling sessions with Licensed Counselors, up to 8 sessions per year per issue for employees and family members
- Confidential support for personal & work/life issues
- There is no cost to use this service
- Your privacy is protected
- Can be accessed 24/7

Questions? Contact Darlene Rivers, PCS EAP Coordinator at pcs.riversd@pcsb.org/588-6507 or call EAP directly at 877-240-6863.

Quit Tobacco Your Way



Quitting tobacco isn't easy. Finding help should be. PCS offers free tools and services to help you get started. Just pick the one that's right for you and get the support you need to begin your life, tobacco free. No judgements. Just help.



Announcing Fall Group Classes to Quit Smoking!

These classes are open to all PCS employees and family members (over the age of 18). Participants receive FREE nicotine support therapy!

Clearwater East Library

2251 Drew St. Clearwater, FL 33765

Mondays: 5-6 pm

Begins September 25

Bardmoor YMCA

8495 Bryan Dairy Rd, Largo

Tuesdays: 5-6 pm

Begins September 26

City of St. Petersburg Lake Vista Recreation Center

1401 62nd Ave. S, St. Petersburg

Wednesdays: 5:30-6:30 pm

Begins September 27

To register, contact:

Call: 813-929-1000

kmurphy@gnahec.org

The multi-session program meets weekly and will provide you with the valuable tools you need to help you quit tobacco. These include:

- Preparing to quit your use of tobacco
- Learning strategies and skills to quit and remain tobacco-free
- Having the opportunity to share your experience with others in a friendly, respectful and supportive group setting
- Four FREE weeks of patches, gum, or lozenges while supplies last.

GROUP CLASSES NOT FOR YOU?

There are other ways to quit!

PHONE QUIT

Talk to a quit coach today to begin your journey to be tobacco free.

Call 1-877-U-CAN-NOW (1-877-822-6669)

WEB QUIT

For the do-it-yourselfers there's web quit. An online resource that gives you access to tools, tips and support to help you quit tobacco.

Visit tobaccofreeflorida.com/quityourway



FREE NICOTINE REPLACEMENT THERAPY

Smoking cessation medications are covered 100 percent when they are prescribed. This means no copayments, coinsurance or deductibles when prescriptions are filled by the pharmacies in our plan's pharmacy network.

HEALTH COACHING WITH GO365

Certified health coaches are available to speak with you on a wide variety of topics – such as smoking cessation – to provide motivation, help you develop a plan for change, and support your efforts to live a healthier life. Call 1-866-671-4536, or sign up through Go365.

LIVING FREE COURSE

The Living Free course is an online self-management tool guiding you to quit smoking offered through you Go365 recommended activities.



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

Recipe of the Month

Blackened Salmon with Brown Rice Pilaf and Cucumber Yogurt

Yield: 4 servings

Ingredients:

1 tablespoon plus 1 teaspoon extra virgin olive oil
1 yellow onion, chopped
1 cup brown rice
3/4 cup 0% Greek yogurt
1/2 cup diced cucumber
1 scallion, thinly sliced
4 4-ounce pieces salmon fillet (about 1-inch thick)
1 teaspoon blackening seasoning
1/4 cup chopped fresh dill

Instructions

In a medium saucepan, heat 1 tablespoon of the oil over medium-high heat. Add the onion and cook, stirring often, until very tender, 8 to 10 minutes. Stir in the brown rice and 1 3/4 cups water. Let come to a boil, cover tightly, and reduce the heat to low. Simmer until the rice is tender and the water is absorbed, about 40 minutes. Fluff with a fork, remove from heat, and let stand, covered, for 5 more minutes.

In a small bowl, stir together the yogurt, cucumber, and scallion.

Heat the broiler to high with the oven rack about 4 inches from the top. Line a small sheet pan with foil.

Rub each piece of salmon with the remaining 1 teaspoon oil (1/4 teaspoon each). Sprinkle 1/4 teaspoon of the blackening seasoning over each piece of salmon. Broil to desired doneness, 5 to 7 minutes for medium.

Divide the rice among plates. Top with the salmon and a spoonful of the yogurt mixture. Sprinkle the dill over the top.

Nutritional facts per serving: 329 calories, 14.3 g total fat, 2.2 g saturated fat, 32.6 g protein, 15.6 g carbohydrate, 1.0 g dietary fiber, 4.0 g sugar, 0 g added sugar, 81.4 mg cholesterol, 100.2 mg sodium



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

Kara Gilman

Employee Wellness Coordinator
727-588-6031/gilmanka@pcsب.org

Leslie Viens

Benefits & Wellness Consultant
727-588-6142/viensl@pcsب.org

Dawn Handley

Wellness Project Coordinator
727-588-6151/handleyd@pcsب.org

Darlene Rivers

EAP Coordinator
727-588-6507/pcs.riversd@pcsب.org

Janet Lang

Humana Account Advisor
727-588-6367/pcs.janetl@pcsب.org

Gina DeOrsey, RN

Humana Patient Advocate
727-588-6137/pcs.deorseyg@pcsب.org

Jessica O'Connell, RN

Go365 Wellness Nurse
727-588-6134/pcs.oconnellj@pcsب.org

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.