

SMART START Newsletter



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

Summer 2018

Summer Challenges

Get ready to test yourself this summer with Wellness Challenges. All employees are welcome to participate, even if you are not working this summer. Below is a list of the upcoming summer challenges. More details for each activity are on pages 2, 3, and 4. Before each challenge begins, please check pcsb.org/wellness for any updates to the challenges.

Challenge	Dates	Details
Summer Fun in the Sun: Skin Protection Challenge	June 4—August 3	Page 2
Keep it Clear: Hydration Challenge	June 18—July 1	Page 3
Summer Steppin': Step Challenge	July 16—July 29	Page 4



*Summer is a great time to earn Silver **Go365** Status!*



****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



Summer Fun in the Sun

Skin Protection Challenge

June 4 to August 3

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. It is important to protect your skin, especially during the summer. Challenge yourself this summer.

Details:

During your summer activities, make sure you are taking the right steps to protect your skin. Take a picture of how you are protecting yourself this summer— whether it be using an umbrella at the beach, wearing long sleeves while working outside, using a wide-brim hat on a walk, or applying sunscreen before you go out for the day. Email your picture to beanc@pcsb.org to be entered into a prize drawing at the end of summer. Multiple pictures are welcomed however, employees will only be entered into the drawing once.

Important Dates:

Challenge begins Monday, June 4.

All entries must be in by Friday, August 3.

Prize winners will be announced August 9.

Tips:

- There are various ways to protect your skin from damaging sun rays. Sunscreen, hats, umbrellas, protective clothing. Think about how you can improve your skin care every day.
- The sun’s rays can enter windows in buildings and cars.
- Use sunscreen daily even when you don’t think you’ll be outside. Choose a face lotion with SPF.
- Get Creative! We want to see innovative ways you’re protecting your skin. If you have a summer trip planned, show up what you do on vacation to make sure your skin is healthy.



Keep it Clear

Hydration Challenge

June 18 to July 1

Being hydrated is essential for good health. Water consumption is necessary for proper body functions, joint lubrication, brain function, digestion, immune health, and even weight loss. Increased water consumption is especially important in summer when we lose more fluids due to high heat and humidity.



Details:

Each day during the challenge you will track your water intake using the provided tracking sheets. The tracking sheet is below and on the PCSB Wellness webpage. At the end of the challenge you will send your tracking sheets to Caleigh Bean by email: beanc@pcsb.org or Pony to Caleigh Bean in Risk Management. The challenge will run from June 18 and the last day of tracking will be July 1. All entries must be in by July 5. Employees who submit a tracking log will be entered into a random prize drawing.

For this challenge you will only be tracking your water intake. Coffee, tea, sports drinks, or any other non-water drinks will not count towards this challenge. Sparkling water and water infused with fruits or herbs will count.

Important Dates:

Challenge Begins: June 18

Last day of tracking: July 1

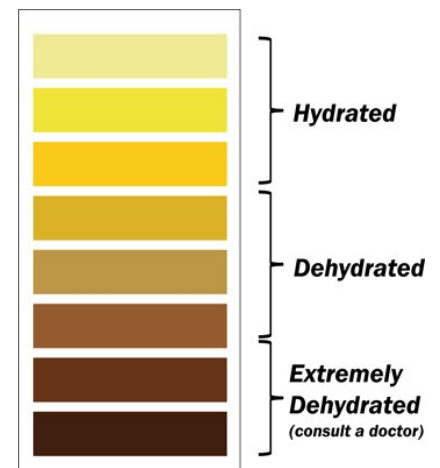
All entries must be in by July 5

Winners announced: Week of July 9

Tips:

- Use a reusable water bottle with the ounces listed on the bottle so you can easily know how much you are drinking. Make sure you refill as soon as you're done!
- Not a water drinker? Add fruit slices or herbs to your water to add flavor.
- Use a straw. Having a straw in your water can increase your intake – use a reusable straw to help decrease plastic waste.
- Track your steps. Increasing your water intake can lead to an initial increase in bathroom visits. This will increase your steps per day so embrace it!
- How do you tell if you're hydrated? One simple way is to check if your urine is clear. Use the scale below to see where you fall.

Water Challenge Tracking Log



Hydration Urine Chart



Summer Steppin'

Step Challenge

July 16—July 29

Join the 2 week step challenge this summer! Summer is a great time to be outside and enjoy your time off. Compete to see how many steps you and your team member can rack up!

Details:

Create a team of *two people total* and work together to increase your steps from July 16 to July 29. Participants must be PCS employees. There will be a cap of 15,000 steps per day per person that will count for the challenge. The team with the highest average will win.

Registration deadline: 11:00pm on July 15

How to register

Humana member: Find 'Summer Steppin' on your Humana app or online under 'Sponsored Challenges.' Create a team of two people. Track your steps using a device that syncs with Go365.

Non-Humana members: Track your steps using any tracking device from July 16 to July 29. In one email, send screenshots from your tracking device from the days of the challenge and the total number of steps for the challenge to beanc@pcsb.org by the end of the day on August 2. Non-Humana members can only compete individually and will not be able to join or create a team.

Important dates:

Registration opens: July 9

Register by: 11:00pm on July 15

Challenge begins: July 16

Last day of program (last day of tracking): July 29

For more details, updates, and FAQs, please visit pcsb.org/wellness.

Tips for walking in Summer weather:

- Start slow. Do multiple small walks during the day to avoid fatigue and excess heat exposure.
- Walk early in the morning or at night to avoid powerful sun rays and heat.
- Seek out shade when walking. It can cool you down and protect you from added sun damage.
- Get your steps in inside. Walk laps in the mall or grocery store to avoid heat and humidity.
- Wear a breathable long sleeve shirt if you are walking during the day to protect from sun damage.
- Listen to your body. If you become dizzy or weak, stop exercising and head for a cool place. Drink plenty of cool fluids, and rest.
- Talk with your doctor before increasing any physical activity.



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

Caleigh Bean

Employee Wellness Coordinator
727-588-6031/beanc@pcbs.org

Leslie Viens

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

Dawn Handley

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

Darlene Rivers

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

Janet Lang

Humana Account Advisor
727-588-6367/pcs.langj@pcsb.org

Gina DeOrsey, RN

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

Jessica O'Connell, RN

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