

# SMART START Newsletter



Visit [www.pcsb.org/wellness](http://www.pcsb.org/wellness) or contact Caleigh Bean, Employee Wellness Coordinator at 588-6031 or [beanc@pcsb.org](mailto:beanc@pcsb.org).

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## November is National Diabetes Month

Diabetes affects over 30 million people in the US. November is designated as National Diabetes Month to raise awareness of the severity of the disease and the importance of knowing your risk. Although very serious, diabetes can be effectively managed with medication, fitness, nutrition and lifestyle changes. In partnership with the National Heart, Lung, and Blood Institute this year's focus of National Diabetes Month is the link between diabetes and cardiovascular disease. Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes. Over time, high blood sugar from diabetes can damage blood vessels and the nerves that control your heart.

The good news is that the steps you take to manage your diabetes can also help lower your

chances of having heart disease or stroke:

- Stop smoking or using other tobacco products
- Manage your A1C, blood pressure and cholesterol levels
- Develop or maintain healthy lifestyle habits—be more physically active and learn ways to manage stress
- Take medicines as prescribed by your doctor.

To learn more, visit the [National Institute of Diabetes and Digestive and Kidney Disease](http://www.nid.nih.gov).

GOT  
DIABETES?

FREE Diabetic Supplies

Employees and dependents with PCS medical insurance can have their co-pays waived on their prescription diabetic supplies (medication not covered) by enrolling and participating in the PCS Diabetes CARE Program.

**Contact Gina DeOrsey at 727-588-6137 or [pcs.deorseyg@pcsb.org](mailto:pcs.deorseyg@pcsb.org) to get started.**

## Take a Hike Day - November 17

November 17, 2019 is National Take a Hike Day. Grab your best walking shoes and a buddy. Take a day to decompress from the day to day chaos and enjoy the peacefulness of nature. Hiking is not just good for your physical health, it can also improve your mental health. Hiking has been shown to reduce stress levels, improve mood, and enhance mental wellbeing. It has also been shown to lower blood pressure, control weight, improve bone density and much more!

Although Pinellas does not have many hills and mountains, there are a wide variety of trails and paths. Visit [pinellascounty.org](http://pinellascounty.org) to see all the trails and nature walks in our back yard!



# November 21—The Great American Smokeout

The third Thursday of every November is designated as The Great America Smokeout. Quitting smoking isn't easy. It takes time and a plan. You don't have to quit in one day, just start with day one!

The Great American Smokeout encourages smokers to take action. Whether it be making a plan to quit, taking the first steps, or even quitting just for *one day*.

Smoking remains the leading cause of preventable disease and death in Florida and the U.S. On average, smokers die 10 years earlier than nonsmokers. For every person who dies, at least 30 people live with a serious smoking-related illness. About 30 percent of cancer deaths in Florida are caused by cigarette smoking.

Smoking not only affects one's health, it also impacts individuals financially. A pack-a-day smoker in Florida can spend more than \$2,100 in just one year and more than \$10,500 in five years. Tobacco Free Florida's Quit Your Way program makes it easier than ever for tobacco users to access free tools and services to help them quit. More than 159,000 Floridians have successfully quit tobacco using one of these free services. For more information, please visit [tobaccofreeflorida.com/quityourway](http://tobaccofreeflorida.com/quityourway).

Smokers can also access Tobacco Free Florida's online Cost Calculator to find out how much money they could save by quitting at [tobaccofreeflorida.com/calculator](http://tobaccofreeflorida.com/calculator).

There are now approximately 451,000 fewer adult smokers in Florida than there were 10 years ago, and the state has saved \$17.7 billion in health care costs. To learn more about Tobacco Free Florida's Quit Your Way services, visit [www.tobaccofreeflorida.com](http://www.tobaccofreeflorida.com).

tobacco  
QUIT YOUR WAY



#GreatAmericanSmokeout

## Earn 1 Credit towards your Aetna Health Promise

Employees with medical insurance through PCS can earn 1 credit max towards their Aetna Health Promise for taking steps to quit tobacco by completing a Tobacco Journey *or* completing an AHEC Class.

### Tobacco Journey

If an employee identifies as a tobacco user on their Simple Steps Health Assessment, a tobacco Journey will be suggested for them. Members who complete the tobacco Journey will receive a 1 credit towards their Wellness Credit.

### AHEC Class

Members who are current tobacco users are eligible for FREE multi-session AHEC Classes. Visit [pcsb.org/wellness](http://pcsb.org/wellness) for a complete list of classes through AHEC. Employees must attend the Quit Smoking Now: 4-Week Class. The two hour single-session classes will *not* count towards a wellness credit.

For more information, please visit [pcsb.org/wellness](http://pcsb.org/wellness).

## New Tobacco Cessation Program Coming in 2020!

In 2020, PCS will be providing a NEW tobacco cessation program. This program will focus on practical ways to quit tobacco. More information will be sent out in upcoming Smart Start Newsletters.

# Pine<sup>ℓ</sup>as County Schools go pink!

On Friday, October 25, Pinellas County Schools went pink! All employees were encouraged to wear pink to raise awareness of the importance of breast cancer screening and honor those who have been impacted.



# Thank you for your participation!

# Check your Aetna Health Promise Wellness Credits

The end of 2019 is quickly approaching! Check to see the status of your Aetna Health Promise credits now.

[Directions for how to check your Aetna Health Promise Credits.](#)

For more information about the wellness program, please visit [pcsb.org/wellness](https://pcsb.org/wellness). Members will be able to track how many credits they have earned through [www.aetna.com](https://www.aetna.com).

## Missing credits?

Credits are automatically tracked through claims or tracking reports. If you do not see credits for activities you have completed, please contact Jessica O'Connell at [pcs.oconnellj@pcsb.org](mailto:pcs.oconnellj@pcsb.org) or Gina DeOrsey at [pcs.deorseyg@pcsb.org](mailto:pcs.deorseyg@pcsb.org).

Please note: Depending on the program, credits may take up to 30 or 60 days to post.

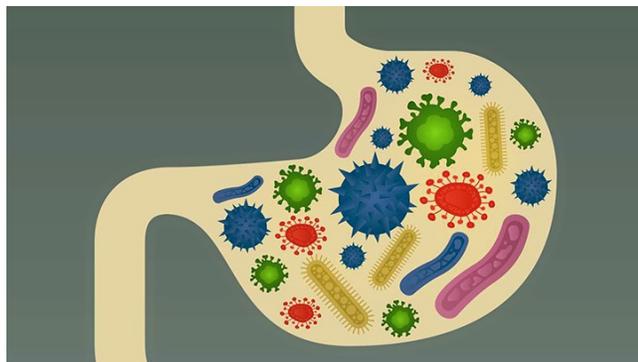
The Mindfulness Challenge credits are still being processed. If you completed the Mindfulness Challenge in Fall 2019, please allow 2-4 weeks for your credits to be posted.

## Monthly Challenge

### Healthy Gut: Try 4 probiotic foods

Challenge adapted from 102 Challenges: Become the Best You

The Healthy Gut Challenge invites you to feel good from the inside out by trying four different probiotic foods during the next 30 days. November is often seen as a month of eating with Thanksgiving and holidays around the corner, so take the time to keep your gut healthy. Probiotics are active microorganisms that live in your digestive system or 'gut.' They are referred to as "good bacteria" because they support your immune system, reduce allergies, prevent sickness and aid in digestion. Today's modern diet makes it harder to keep a thriving population of good bacteria. Consciously consuming probiotic-rich foods is a good habit.



There are probiotic supplements you can purchase, but the best way to get them is from natural food sources like unsweetened yogurt, raw cheeses, pickled vegetables, sauerkraut, kimchi, kombucha, raw apple cider vinegar, brine-cured olives, and more. You can find these foods in the refrigerated section of your grocery store. Challenge yourself to try 4 probiotic foods to keep your gut healthy.

# 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](http://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](http://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 – Aetna members only

Eligible employees can receive pharmacy prescription diabetic supplies at zero co-pay.



## Aetna Health Line – Aetna members only

For immediate health concerns or questions, you can call a registered nurse anytime (24/7) through Aetna at 1-866-253-0599.



## Healthcare Bluebook – Aetna members only

Healthcare Bluebook can help you find high-quality medical care at the best cost. Visit [www.pcsb.org/healthcarebluebook](http://www.pcsb.org/healthcarebluebook)



## Teladoc – Aetna members only

Participate in a live video doctor visit from a mobile device or computer 24/7. Visit [www.teladoc.com/aetna](http://www.teladoc.com/aetna)

## Contact Us

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