

SMART START Newsletter



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

November 2020

In This Issue:

Mindfulness Challenge..	1
Fall 2020 Webinars.....	1
Check your Credits.....	2
The Great American Smokeout.....	3
Diabetes CARE program	4
November Recipe.....	4
About us.....	5

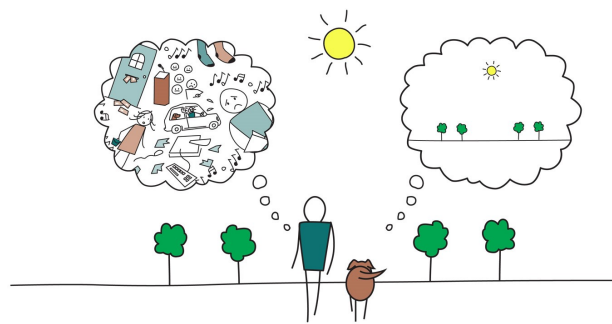
The Last Aetna Get Active Challenge for 2020 The Mindfulness Challenge

November 9—December 20

Mindfulness is the ability to be fully present and aware of what is happening around us. Although it sounds simple, people often get lost in the busyness of the day. Practicing mindfulness has been shown to reduce stress, boost memory and focus, and control reactivity. Registration is now open and the challenge begins November 9.

[Directions for how to register.](#)

This will be the final Get Active challenge for 2020 and will replace the team step challenge.



Mind Full, or Mindful?

If you complete the program, you will earn 1 Aetna Get Active credit. Employees can earn 1 credit max for an Aetna Get Active Challenge. If you have already completed an Aetna Get Active Challenge (1 team step challenge) earlier in the year and have earned the credit, you will not be eligible for an additional credit in the challenge category.

Fall 2020 Wellness Webinar Series

Throughout the fall semester, we are offering live wellness webinars on various health topics. Use the associated links to register for each webinar you are interested in attending. Registration is required and limited.

PLN credit available for Nutrition, EAP, and Financial *live* webinars. Recordings will be available but will not be eligible for PLN credits. Full list of fall 2020 webinars can be found on [District Campaigns](#).

[Directions for how to register and add the event to your calendar.](#)

Upcoming Webinars

Date & Time	Topic & Registration
11/5 @ 5:30pm	Chair Yoga <u>Registration</u>
11/10 @ 1:00pm	Managing Your Time at Work & Home <u>Registration</u>
11/10 @ 5:00pm	The Great Protein Debate: A Better Approach to Eating <u>Registration</u>

Date & Time	Topic & Registration
11/17 @ 5:00pm	Back Health & Pain Prevention <u>Registration</u>
11/18 @ 6:00pm	Mindfulness at Work: EAP <u>Registration</u>
11/19 @ 5:30pm	Guided Meditation <u>Registration</u>

Check Your Aetna Health Promise Credits!

The end of the year is quickly approaching. Check your Aetna Health Promise credits today to know where you stand!

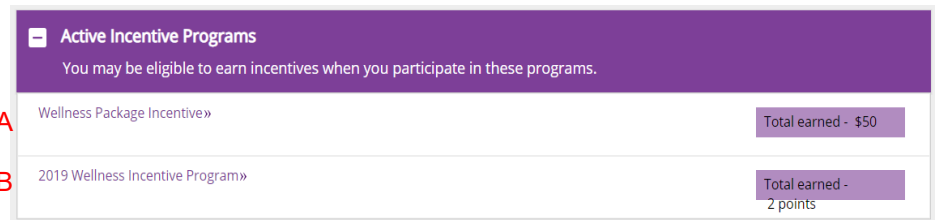
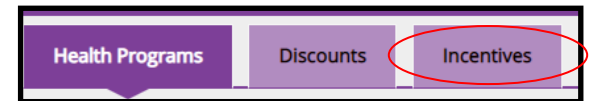
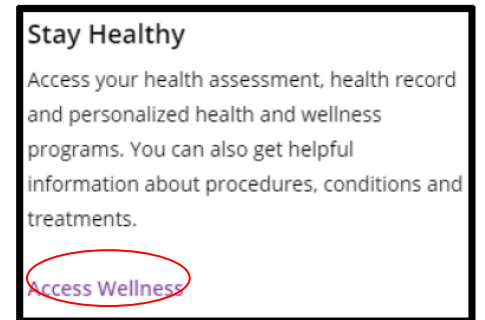
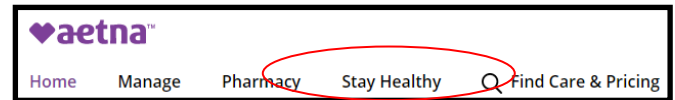
Employees with employee only or employee + children coverage can earn \$250 for completing 5 wellness activities. Employees with employee + spouse, employee + family, or 2 board family plan can earn \$350 for completing 8 wellness activities. Employees and dependent spouses have between January 1, 2020 and December 31, 2020 to earn these credits. Dependent children cannot earn credits towards the incentive. Incentives will be added to the employee's paycheck in the first quarter of 2021.

For a full list of programs available to earn credits, please visit Aetna Health Promise.

How to Check Your Credits

Directions:

1. Members will login to www.aetna.com.
2. Click on the Stay Healthy tab.
3. Then under Stay Health, click Access Wellness.
4. Click the Incentives Tab.
5. There will be two options: Wellness Package Incentive and 2019 Wellness Incentive Program.
 - A. The Wellness Package Incentive will refer to the \$50 gift card employees and their dependent spouse can earn by completing the Health Assessment and an online Journey (see page 4).
 - B. The 2019 Wellness Incentive Program will refer to the 5 or 8 credits* needed for the overall Aetna Health Promise Incentive (*credits needed will depend on your insurance plan– for more information, visit pcsb.org/wellness) . *Certain PCS programs (The Y's Diabetes Prevention Program and the Blood Pressure program) will not show under Incentives, but the credit will be rewarded to the employee or spouse.*
4. You will be able to click on each incentive programs to see the details of credits earned.



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 or Gina DeOrsey at pcs.deorseyg@pcsb.org with your date of birth, the activity, and the date of the activity. Please note: Depending on the program, credits may take up to 60 days to post.

November 19—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.

Although the rate of death are still serious, 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.

Ever done the math?

If you smoke a pack of cigarettes a day, you could save:

\$10,950.00 in 5 years by quitting today.

Based on average price per pack.

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.

tobacco

QUIT YOUR WAY

Tobacco Free Florida is Here to Help You Quit!

In the wake of the COVID-19 pandemic, quitting is more important than ever! Let Tobacco Free Florida help you get the support you need from the comfort of your own home.

FREE Virtual Tools to Quit Classes

BENEFITS:

Nicotine replacement patches, gum or lozenges.

(if medically appropriate for those 18 years of age or older)

More than **DOUBLES** your chances of success!

Pre-registration is required!

To register, call: 1-813-929-1000

For more information, visit us at: www.tobaccofreeflorida.com/quityourway



#GreatAmericanSmokeout

It's 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.

**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 to get started.

Monthly Recipe

With the holidays around the corner, try this easy and healthy appetizer everyone will love!

Creamy Spinach Feta Dip

Recipe from the American Heart Association

Ingredients

- 10.5 ounces frozen, chopped, packaged spinach
- 1/2 cup fat-free, plain yogurt
- 1/2 cup reduced-fat sour cream
- 1/2 cup fat-free feta cheese crumbled
- 1 tsp garlic (minced)
- 1/3 cup fresh chopped parsley or dill
 - OR 2 tsp dried parsley or dill
- 1/2 tsp black pepper
- 6 whole wheat pitas (quartered)



Directions

1. Cook the spinach according to the package directions. Drain well, pressing down with a fork to remove as much liquid as possible.
2. In a medium bowl, stir together the spinach and all the remaining ingredients except the pita. Refrigerate for 1 hour. Serve with pita.

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 – 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



Teladoc – Aetna members only

Participate in a live video doctor visit from a mobile device or computer 24/7. Visit www.teladoc.com/aetna

Contact Us

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