

# 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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## October is Breast Cancer Awareness Month

About 1 in 8 women will develop breast cancer in their lifetime. Breast cancer is the second leading cause of death among women. There is no way to prevent breast cancer so it is important to get screened early and often. Women over the age of 40 years old are recommended to receive a mammogram annually. A mammogram can detect groups of cells found in the breast that may be cancerous. In addition to annual mammograms, all women, regardless of age, should perform self examinations every month to check for any changes in their breast tissue. To learn more about self examinations, visit [nationalbreastcancer.org](http://nationalbreastcancer.org).

### Want to receive monthly reminders to self examine for breast cancer?



Opt into monthly text message reminders for self-examinations by texting BRIGHT to 59227. Bright Pink is a non-profit organization that is dedicated to women's health and helping women be proactive against breast and ovarian cancer.

Privacy Policy: <https://www.brightpink.org/privacy-policy/>  
Pinellas County Schools has no affiliation with Bright Pink.

## Get on the Bus!

For the second year, PCS has partnered with Tampa Bay Mobile Mammography to provide 3-D mammograms at worksites. Throughout the 2018-2019 school year the bus will be traveling to various schools and sites. Preventative 3-D mammograms are covered at 100% for most health insurances. For a full schedule and details how to register for an appointment visit [pinellasmammo.com](http://pinellasmammo.com).

- Must be a women who is 40 years or older.
- Women under 40 need a prescription from their Doctor.
- All major insurance accepted. (Medicare, AvMed, and BayCare will not cover this procedure)



# Go365 Renewed September 1st-- Available through December 31, 2018.



Get out of Blue Go365 Status today, and earn 250 bonus points for completing the Health Assessment within the first 90 days of the new Program year.

The Health Assessment is one of three ways to move out of Blue Go365 Status. Please note, members cannot redeem Bucks or make cash purchases through the Go365 Mall until Bronze Status or higher is achieved.

You have two options to complete the HA:

1. Online at Go365.com
  - Sign into [www.Go365.com](http://www.Go365.com)
  - Find the Health Assessment in your Dashboard
2. Sign into the Go365 App (available for download from the Apple Store or Google Play)
  - Android users: Tap Go365 Health Assessment from the App menu (menu icon is the three lines in upper left corner of App)
  - iOS users: Tap Go365 Health Assessment within "More Menu"

Go365 will end Dec. 31, 2018. Humana members can continue to earn Points and redeem Bucks through this date. The Go365 Program will end at midnight on December 31 and you will not be able to log in to your account to submit activities or redeem bucks.

**Wellness Credit:** If you reached Silver Status by August 31, 2018, you will receive the premium credit starting with your first paycheck in December 2018 for the 2019 plan year. Any status earned September 1 through the end of this calendar year will not apply to the 2020 plan year. However, you can redeem bucks through December 31, 2018.

We recommend that all manual activity claims be submitted by November 1st, to allow for sufficient time for your points or bucks to be posted to your account, which can take up to 8 weeks. Activity forms can be submitted manually through your Go365 account or can be faxed to 1-877-250-7814.

## Aetna Health Promise

Aetna Health Promise will replace Humana Go365. Effective Jan. 1, 2019, Aetna Health Promise<sup>SM</sup> will be our new wellness platform offering employees free biometric screenings, health assessments, Get Active challenges, and on-line coaching. More information will be coming on the new plan over the next few weeks.

# 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.**

## Recipe of the Month

### Halloween Stuffed Peppers

Recipe: The American Diabetes Association

Picture: Hungry Healthy Happy

#### Ingredients

- 1 cup red or brown lentils
- 2 cup water
- 1 tbsp fresh ginger (grated)
- 2 clove garlic minced
- 1 tsp turmeric
- 1 lbs lean ground chicken
- 1 tbsp cilantro (chopped)
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/4 tsp cayenne pepper
- 6 small bell peppers
- 1/2 cup broth

#### Direction

1. Preheat oven to 350 degrees F.
2. Add lentils, water, ginger, garlic, and turmeric to a medium sauce pan. Bring to a boil and reduce to a simmer, partially covered for 20 minutes. Set aside to cool.
3. While lentils cook, mix ground chicken, cilantro, salt, ground black pepper, and cayenne pepper in a medium bowl and set aside.
4. Cut the tops off of the peppers and cut out seed pods, save tops. Clean out the ribs and any seeds from inside. Carve jack-o-lantern faces into the sides of the peppers for a Halloween touch (optional). Line the peppers cut side up in a baking dish.
5. Once the lentils have cooled, stir them in to the chicken mixture and mix well to incorporate.
6. Fill each pepper with the chicken and lentil mixture but do not pack the mixture tightly.
7. Place each pepper top back on to the peppers, then pour the chicken broth into the bottom of the pan.
8. Bake for 1 hour or until the internal temperature of chicken mixture is 165 degrees.



Servings: 6. Serving size: 1 stuffed pepper. Calories: 230. Total Fat: 4.5g, Saturated Fat: 1.5g. Cholesterol: 55 mg. Sodium: 95mg. Total Carbohydrates: 23g, Dietary Fiber: 9g. Total Sugars: 4g. Protein: 25g.

# 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 – *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](http://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](http://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](http://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

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