

SMART START Newsletter



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

October 2020

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October is

Breast Cancer Awareness Month

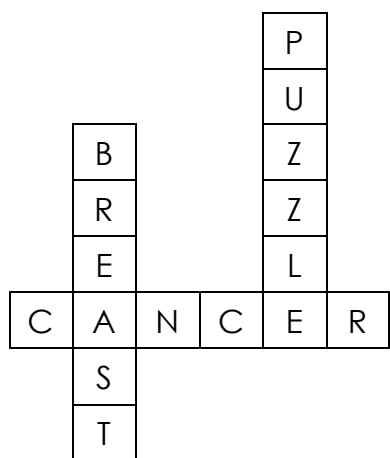


About 1 in 8 women will develop breast cancer in their lifetime. Breast cancer is the second leading cause of death among women. There is no way to prevent this disease so it is important to get screened early and often. Women over the age of 40 are recommended to receive a mammogram annually. This screening 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.

Crossword Puzzle

Complete the Breast Cancer Awareness crossword puzzle by October 30, 2020 to be entered into a random prize drawing! Submit crossword puzzle to Dawn Handley via pony (Admin/Risk Management) or email (handleyd@pcsb.org).

1. Use this [fact sheet](#) to learn about Breast Cancer,
2. Complete this [Crossword Puzzle](#),
3. Submit the puzzle to Dawn Handley (pony or email) to be entered into a random prize drawing!



Moffitt Cancer Center Breast Cancer Awareness



All month long, join Moffitt experts for a series of free educational webinars about breast cancer screening and prevention, current treatments and topics for patients.

For more details and registration, visit Moffitt.org/BreastCancerAwarenessWebinars.

Get on the Bus!

The AdventHealth Mobile Mammography bus will be coming around and visiting Pinellas County School sites to provide 3D mammograms. Preventative 3D mammograms are covered at 100% for most health insurances. For full schedule and details to register, visit

www.AdventHealthMobileMammography.com.



Fall 2020 Wellness Webinar Series

Throughout the fall semester, we will be 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.

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	Presenter/Topic	Registration
Tues. Oct. 13 5:00pm	Carolina Jantac RD <i>Grocery Shopping: Plan it to Work for You</i>	Registration for the webinar.
Wed. Oct. 14 12:00pm	Darlene Rivers (EAP) <i>Staying social During Physical Distancing</i>	Registration for the webinar.
Tues. Oct. 20 5:30pm	Gentle Yoga Movements Class	Registration for the webinar.
Thurs. Oct. 22 12:00pm	Darlene Rivers (EAP) <i>Managing Your Emotions under Pressure</i>	Registration for the webinar.
Tues. Oct. 27 5:00pm	Darlene Rivers (EAP) <i>Stay Positive Release Stress</i>	Registration for the webinar.



With COVID-19 still spreading and flu season upon us, it is important, now more than ever, to get your flu shot this season! Flu shots help protect you, your loved ones, and your community from the flu.

[Earn \\$\\$\\$ for getting your flu shot.](#)

More incentives? Employees with Aetna medical insurance through PCS can earn 1 credit towards their Aetna Health Promise for getting their flu shot. To learn more, visit pcsb.org/wellness.

Check Your Aetna Health Promise Credits

The end of the year is quickly approaching. Check your Aetna Health Promise credits. If you are missing any credits please email pcs.oconnellj@pcsb.org or pcs.deorseyg@pcsb.org with your name, date of birth, and the date of the activity. For more information about the Aetna Health Promise, visit pcsb.org/wellness.

[Directions for how to check your credits.](#)

Important Dates Regarding Aetna Health Promise Credits

- November 1, 2020—last day to earn a credit for the *wellness screening* through Quest Labs.
- November 9, 2020—Last team step challenge begins.
- December 31, 2020—last day to earn credits.
- First Quarter of 2020— incentives will be distributed directly into employee's paycheck if earned. Employees must be actively employed and enrolled in medical plan at time of pay out.

GOT DIABETES?

FREE Diabetic \$upplies

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.

NEW Diabetic Refresher Course

October 19th, October 26th, and November 2nd at 5:30

October Challenge

Coming Soon Challenge

Anticipate Today

The Coming Soon Challenge invites you to write something down you're anticipating in the next 24 hours, each morning (or evening) for the next 30 days. If you don't have anything you're looking forward to, adjust your schedule a bit and plan to do something you will enjoy each day. Set up a virtual coffee date with a distant friend or family member. Choose to eat one of your favorite meals for dinner. Set aside to work on a project you really enjoy. Think of something during your work day you enjoy, like working with a certain person or doing a certain type of work. Your anticipation will be more fun and much greater if you make your plan a few days or even weeks in advance.

Virtual Coffee
Date with Addison
Sunday @ 9:30am

Simply anticipating something you're looking forward to can be just as satisfying as actually experiencing it. So why not anticipate many good things in your life? This way you get to enjoy them twice— once in anticipation and then again when you actually have the experience! Having something to look forward to makes life more enjoyable. It's simple: look ahead, anticipate, and then enjoy!

Challenge adapted from 104 Challenges: Become the Best You by Tad Mitchell

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—On hold for Fall 2020

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

1-800-848-9392 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

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