

# 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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Flu shots will be offered at various PCS worksites from September 18 through October 10.

This year, over 50 PCS worksites will be offering flu vaccinations. If your worksite is not offering flu shots, keep in mind you can go to your primary physician's office or any pharmacy counter to receive a flu shot free of charge with your Humana insurance card.

[Full Flu Shot Schedule](#)  
[Flu Shot FAQ](#)

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



## September is National Preparedness Month

Hurricane season is already in full swing! Most Florida residents have seen at least one Hurricane threaten our state which leads to last minute panic to get supplies and stores running out of water, gas, and other storm supplies. So get prepared now before a hurricane hits.

### Quick tips for this Hurricane Season:

- Keep enough water for your household for 3 days (including pets)
- Have non-perishable food for 3 days
- Always have 3 days worth of medicines.
- Keep a full tank of gas.
- Keep flash lights and extra batteries on hand.
- Stay up to date on weather and storms.

[More tips and hurricane check lists.](#)

For more information, visit [www.ready.gov](http://www.ready.gov)

NATIONAL PREPAREDNESS MONTH 2018



PREPARE NOW

LEARN HOW





## New FALL Session

PCS has partnered with the YMCA to offer the YMCA Diabetes Prevention Program to benefit eligible employees for free with an initial commitment\* (over a \$429 dollar value!). This offer will only be awarded to 60 employees—don't miss out on this opportunity, sign up today!

\*Initial fee of \$75 dollars that will be reimbursed upon completion of program.

If you meet the minimum qualifications (see below) and are serious about changing your lifestyle to improve your health and reduce your chance of developing type 2 diabetes, the Pre-Diabetes Prevention Program may be right for you. The YMCA's Diabetes Prevention Program is led by a trained Lifestyle Coach at local YMCA's throughout the area. Classes meet weekly for 16 weeks and then once per month for the remaining 8 months (One year total).

### **Program Overview**

By participating in the program, you will:

- Take control of your health and your life
- Learn how to eat healthier, increase your physical activity and lose weight
- Receive a FREE YMCA gym membership during the initial 16-week portion of the program
- Earn 16 PLN component points

For full schedule, how to register, and more details visit [pcsb.org/wellness](https://pcsb.org/wellness).

[Diabetes Prevention Program Flyer.](#)



## HAVE HIGH BLOOD PRESSURE? TAKE ACTION TO IMPROVE IT

If you are living with high blood pressure, keeping it well controlled will minimize your risk for complications like stroke, heart attack and even death.

Participants will work with trained YMCA Healthy Heart Ambassadors for the duration of the four-month program. Just a few check-ins per month can yield big results.

Classes start the week of September 24th  
Limited spaces. Register early.

Full details for Blood Pressure Program can be found on [pcsb.org/wellness](https://pcsb.org/wellness).

[Blood Pressure Program Flyer.](#)

# 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

### Slow-Cooker Chicken Fajita Burritos

Source: The American Diabetes Association

#### Ingredients

- 1 lb skinless, boneless chicken strips
- 1 green pepper, sliced
- 1 red pepper, sliced
- 1 tbsp chili powder
- 1 tsp cumin
- 1 tsp garlic powder
- 1/2 cups salsa
- 1/3 cup water
- 1 can black beans, rinsed and drained
- 8 low carb large tortillas
- 1 cup cheddar cheese



#### Direction

1. Place chicken breast strips in a slow-cooker. Top with remaining ingredients except tortillas and cheese.
2. Cover and cook on low for 6 hours or until done. Shred chicken with fork, if needed.
3. Serve 1/2 cup chicken and bean mixture on each tortilla. Top with extra cheese. Fold into a burrito. Serve.

Prep time: 10 minutes

Cook time: 6 hours

Servings: 8. Serving size: 1 burrito. Calories: 250. Total Fat: 7g, Saturated Fat: 2.5g. Cholesterol: 40 mg. Sodium: 570mg. Total Carbohydrates: 31g, Dietary Fiber: 16g. Total Sugars: 4g. Protein: 28g. Potassium 430mg.

# 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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