

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

September 2020

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Take Charge of Your Health with Wellness Webinars This Fall!

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.](#)

September Webinars:

Presenter/Topic	Date/Time	Register
Carolina Jantac RD Nutrition PLN credits available	Tues. 9/15 5:00-6:00pm	Stress & Anxiety: Foods that can help! Webinar Registration PLN Section #104549
Dr. Hays Estes Back Health	Wed. 9/23 5:00-6:00pm	Back Health and Pain Prevention Webinar Registration
Darlene Rivers EAP PLN credits available	Tues. 9/29 5:00-6:00pm	Resiliency: How to Bounce Back Webinar Registration PLN Section #104562

Can't attend the live webinar? Recordings of the webinar will be posted to [District Campaigns](#) for at least 1 week after the live event.

Aetna Health Promise

Don't wait! There is still time to earn credits! Employees have until 12/31/2020 to complete all 5 or 8 of their credits.

Employees with Aetna medical insurance through PCS can earn \$250 or \$350 for completing 5 or 8 credits in 2020. The amount of credits needed and the incentive earned is dependent on insurance coverage. Employees with employee only or employee + children coverage, need 5 credits to earn \$250. Employees with employee + spouse, employee + family, or 2 Board family coverage need 8 credits for \$350. Dependent spouses can earn credits, dependent children cannot.

Not sure where to start? Visit pcsb.org/wellness for all the details of the program.

Back & Body Works: Fall 2020

4 Week Virtual Program
Begins Week of October 5



Back & Body Works is back! If you missed the Back & Body Works program in Spring of 2020, you can now participate in the program this fall! If you finished the program in the spring, you do not need to complete the program again.

About 80% of adults will experience back pain at some point in their lives. One in two adults will experience musculoskeletal disorders; injury or pain to areas of the body including joints, ligaments, muscles, or nerves.

The good news: a majority of back and body pain can be prevented!

Join the 4 week Back & Body Works program to learn how to prevent back and body injuries in our day to day life.

To register, click the button below and fill out all the required information.

Register for the Fall Back & Body Works Program



Program is open to all PCS employees.

Employees with the Aetna medical insurance through PCS will receive **1 credit** towards their Aetna Health Promise incentive. Employees will only receive 1 credit *max* for completing one of the two offerings in 2020. Aetna members who completed the Back & Body Works program in spring, will see their credit on their Aetna member website.

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

To learn more about the Aetna Health Promise, visit pcsb.org/wellness

This is the last opportunity to earn the Back & Body Works credit towards your Aetna Health Promise incentive!

The EAP is Here to Help!

The EAP program is a confidential 24/7 resource for you and family members living in your household to obtain assistance with stress, depression, finances, and other personal concerns. You may contact Resources for Living (RFL) to set up **Virtual Visits** with a counselor, by calling 1-800-848-9392. In addition, their [website](#) has many useful resources.

Life happens. Get help with:

- Stress
- Relationships
- Grief
- Mood issues
- Estate planning
- Family and domestic issues
- Budgeting and credit
- Daily life assistance
- And more!

Resources for Living COVID-19 Resource Center: COVID-19 response is bringing a lot of changes to our lives, including stress and anxiety. RFL continues to put together resources to help you cope during this challenging time. This resource is provided FREE to all Pinellas County Schools employees.



Virtual Tobacco Cessation Classes Available

AHEC and Tobacco Free Florida offer free tools and services to help you quit. More than **DOUBLES** your chances of success!

[September Classes](#)

**DID YOU
GET YOUR
FLU SHOT?**

Where To Go?

Aetna members can go to any pharmacy counter for a FREE flu shot. Be sure to go to the pharmacy counter, not the pharmacy clinic. You can also check with your primary care's office to see if they carry the flu shot this season.

Additional Incentives for Flu Shots

Many major pharmacies are offering additional incentives to those who receive their flu shot. Below is a list of those incentives. Participation may vary, call your pharmacy to ask about available incentives.

CVS - \$5 off when you spend \$20 or more coupon.

Target - \$5 coupon for Target merchandise.

Publix - \$10 Publix gift card.

Earn 1 Aetna Health Promise Credit!

Employees with medical insurance through PCS can earn 1 credit towards their Aetna Health Promise incentive for receiving a flu shot!

To learn more, visit pcsb.org/wellness.

Why Get The Flu Shot?

With COVID-19 still active and the flu season around the corner, experts encourage everyone to get a flu shot to reduce the burden on hospitals this flu season and protect you, your loved ones, and your community.

Fact or Fiction: Flu Shot 101

You can catch the flu from the flu shot.

Fiction!

Fact: The flu shot is made from an inactive virus that can't transmit infection. People who get sick after receiving a flu vaccine were going to get sick anyway.

I got a shot and still got sick, the vaccine must not work.

Fiction!

Fact: You may have been exposed to a flu strain that wasn't included in this year's shot. Vaccinated people who do get sick with the flu normally experience milder symptoms than those who skip the shot.

I am young and healthy, I don't need a flu shot.

Fiction!

Fact: The CDC recommends everyone over the age of 6 months old receive a flu shot. Healthy people can spread the virus to others who are more at risk.

The flu vaccine has many side effects.

Fiction!

Fact: The flu shot has one of the best safety records of any vaccine and the majority of side effects are mild. The most common complaint after a flu vaccination is soreness or tenderness at the injection site.

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.

Top Foods to Boost Immune System

Our immune system works constantly to protect our body from viruses and bacteria. A strong system fights off common germs or infections that cause allergies, common colds, and even more severe viruses and bacteria that could cause serious illness. One way to keep your immune system strong is by keeping a well balanced diet. Below are some of the top foods to keep your body healthy and strong.



Vitamin A

Vitamin A is a micronutrient that has a critical role in enhancing immune function. Vitamin A-rich foods include:

- Carrots
- Sweet Potatoes
- Spinach
- Broccoli



Vitamin C

Vitamin C is a key nutrient to help create antioxidants, antibodies, and white blood cells to protect the body against infection. It also helps strengthen the skin which is the body's largest defense against the outside world. Vitamin C-rich foods include:

- Citrus Fruits
- Strawberries
- Red Bell Peppers
- Kiwis



Vitamin E

Vitamin E is an antioxidant and important nutrient to fight off bacteria and viruses. Vitamin E-rich foods include:

- Vegetable Oils
- Nuts (almonds)
- Seeds (sunflower seeds)
- Avocados
- Spinach



Protein

Protein is a macronutrient that is essential for cell function to protect the body in the most efficient and effective way. High quality protein rich food include:

- Fish
- Poultry (chicken and turkey)
- Dairy Products (milk, cheese, yogurt)
- Beans and Lentils
- Nuts and Seeds

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 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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