

SMART START

Newsletter



EMPLOYEE WELLNESS NEWSLETTER



Mental Health Resources are Here!

September is National Suicide Prevention and Awareness Month. Millions of Americans live with a mental illness and/or struggle with their mental health. Untreated mental health issues can lead to suicidal thoughts. It's important to raise awareness of the stigma associated with mental illness and provide education and resources to help. Just like your physical health, it's important to take care of your mental health.

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Resources Available through EAP & Aetna

PCS employees and their household have access to free counseling sessions, in-the-moment support, and more resources through the [Resources for Living Employee Assistance Program \(EAP\)](#).

In addition, employees with the Aetna medical insurance through PCS can use their medical benefit to access mental health resources. Use this [Ways to Access Emotional Well-being Support guide](#) to decide which benefit is best for you!

Visit the [Emotional & Mental Health Resource page](#) for a list of all resources available to employees, including community resources.

September is Cholesterol Awareness Month!

Cholesterol is an important waxy substance our body needs to make hormones and digest fats. Our body naturally produces all the cholesterol it needs to function, however, we also consume cholesterol from eating certain foods like eggs, meats and other animal products. Too much cholesterol can lead to plaque buildup in the arteries, putting you at risk for heart disease and stroke. High blood cholesterol doesn't have any symptoms so it's important to get your levels checked regularly! Below are resources to help you learn more about cholesterol.

- [Cholesterol Education Handouts](#)
- [Cholesterol Myths & Facts](#)

March 1, 2022 - February 13, 2023

We are about half way through the PCS Limeade program year. If you're not involved in Limeade yet, there's still time to join, earn points, and claim incentives!

Limeade provides resources and activities to support a healthy lifestyle and improve habits throughout the year. Employees and spouses with the Aetna medical insurance through PCS have access to participate in Limeade. Use [this guide](#) to help you register, learn more about the program and see the incentives available to participants.

Earn Points For Your Preventative Screenings

Limeade participants can earn points for completing routine preventative exams. Exams must be done in 2022, any exams done after 2022 will count towards the next Limeade program. For details about eligible exams and how to earn the points, visit pcsb.org/limeade.

Limeade Year 1 Recap

In the first year of Limeade, 50% of the eligible population registered for the Limeade program and 50% of those registered were Monthly Active Users.

By the end of the program year, 22.3% of eligible employees earned the \$300 Annual Wellness Incentive by completing the Level 3 and 11% completed all 4 levels and earned all of the available incentives! On average, users rated their satisfaction with Limeade 4.5 out of 5.

Learn how to get involved in Limeade this year, by visiting pcsb.org/limeade.

District Wellness Webinars

PCS's district wellness team will be hosting live webinars each week on various topics. Below is a list of upcoming webinars. Visit pcsb.org/wellness for complete list. Nutrition and EAP webinars will count as 1 component credit in PLN. Participants MUST register using the links below - NOT on PLN. The PLN credits will be entered based off the attendance list of the live webinar. Employees will also receive Limeade points for attending a live webinar. To learn more about Limeade, visit pcsb.org/limeade.

Date	Webinar	Registration
9/21	Taking Sleep Seriously EAP - Darlene Rivers	Registration
10/12	Food Ingredients and Myths Explained Nutrition - Carolina Jantac, RD	Registration
10/19	Wellness for Busy People EAP - Darlene Rivers	Registration





Diabetes CARE Program

Join the revised PCS Diabetes Care Program today and receive FREE diabetic testing supplies. For more information and eligibility, contact Jessica O'Connell RN at pcs.oconnellj@pcsb.org or 727-588-6134
We are here to support you!

2021-2022 Employee Wellness Program Report

Want to learn more about PCS Employee Wellness Program? Check out the 2021-2022 Employee Wellness Program Report to see the programs completed by the District team and the Wellness Champions last year and the overall goals!

Monthly Recipe

Air Fryer Crispy (Un)fried Chicken

Recipe provided by the American Heart Association

Want the taste of fried chicken without the extra saturated fat and calories? Try our super-easy, super-scrumptious unfried version – tender and juicy on the inside and crispy on the outside.

- Ingredients
- 1/2 cup all-purpose flour
- 2 tbsp minced fresh parsley or 2 tsp dried parsley
- 1/2 tsp ground oregano
- 1/4 tsp pepper
- 1/4 tsp cayenne or crushed red pepper flakes (optional)
- 1/2 to 1 cup low-fat buttermilk
- 1/2 tbsp red hot-pepper sauce (optional)
- 1/3 cup finely crushed whole-grain crispbread or whole-grain cracker or whole-wheat panko
- 1/3 cup shredded or grated parmesan cheese
- 4 boneless, skinless chicken breasts (about 4 oz each). Flattened to 1/4 inch thick, patted dry
- Cooking spray



Directions

Preheat air fryer to 390F. *If you do not have an air fryer, you can bake this in a standard oven- please note, traditional oven may need longer cook time.*

In a shallow dish or pie pan, whisk together the flour, parsley, oregano, pepper and cayenne.

In a separate shallow dish or pie pan, whisk together the buttermilk and hot sauce. In a third shallow dish or pie pan, stir together the crispbread crumbs and parmesan. Set the dishes in a large plate in a row, assembly-line fashion. Dip the chicken in the flour mixture, then in the buttermilk mixture and finally in the crumb mixture, turning to coat at each step and gently shaking off any excess. Using your fingertips gently press the crumb mixture so it adheres to the chicken. Place the chicken on the plate, cover and refrigerate 30 minutes to 4 hours. Lightly spray the chicken with cooking spray. Arrange the chicken in a single layer in the air fryer basket. Don't overcrowd. Cook for 10-15 minutes or until the chicken is no longer pink in the center and the top coating is golden brown, turning once halfway through and lightly spray with the cooking spray.

Serves 4. Per serving: 219 calories. 5g fat. 2g saturated fat. 13g carbs. 1g sugars. 2g fiber. 29g protein.

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.adventhealthmobilemammography.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



Limeade – Aetna members only

Participate in the wellness program Limeade to earn points, incentives, and take care of your health. To get started visit pcsb.limeade.com. For support call 888-984-3638.

Contact Us

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