

SMART START Newsletter



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

Summer 2021

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New! Talkspace Chat Therapy Available Through the EAP



Talkspace is an online behavioral therapy platform that allows you to communicate with a licensed therapist via text, audio, or video message on a smart phone or desktop computer.

Talkspace is free for all employees and their household through the EAP benefit. One week of Chat Therapy qualifies as one of the eight sessions employees are eligible for through the EAP. In addition, 25% self-pay discount is available after eight sessions are used.





Employees can visit pcsb.org/eap for more information and directions for how to register for Talkspace, along with other EAP information.

[Talkspace Fast Facts](#)

May is Skin Cancer Awareness Month

Skin cancer is the most common cancer in America. One in five Americans will develop skin cancer by the age of 70. Although skin cancer is prevalent, there are also ways to help prevent it! About 90% of non-melanoma skin cancer and about 85% of melanoma is related to exposure to UV radiations from the sun.

Protect your skin today!

-  • **Stay in the shade** especially between 10:00am-4:00pm
-  • **Cover up** with umbrellas, wide brim hats and even sun-protective clothing.
-  • **Protect your eyes** with sunglasses block 99-100% of UVA and UVB light.
-  • **Wearing sunscreen daily.** It is recommended to wear an SPF 15 sunscreen every day to prevent damage to your skin and lower your risk of skin cancer by 40-50%. Many face lotions and make up now contain SPF in their product. This will also help premature aging including wrinkles, sagging and age spots!
- **Avoid in-door tanning.** Using a tanning bed before the age of 35 increases your risk of melanoma by 75%!

Being Proactive Can Save Your Life!

Melanoma is the deadliest form of skin cancer and if left untreated can spread and be difficult to treat. However, if detected early, melanoma has a 99% 5 year survival rate. That's why it's so important to go to the dermatologist regularly, especially if a new or unusual spot appears.

Schedule your appointment now for your routine skin cancer screening. It can save your life.



limeade

Earn Limeade Points for Preventative Exams!

Employees with Limeade can earn 100 to 500 points for their preventative exams. Visit pcsb.org/limeade to learn more! Employees with Aetna medical insurance through PCS can visit aetnapcsb.com to find providers.



limeade

Step It Up This Summer Team Challenge

Reach 1,000,000 steps between June 1 & June 30.

100 points!

Are you ready to get stepping with your team? Kick off summer with a new step challenge.

Goal: Your team to reach 1,000,000 steps by June 30th.

When: June 1 - June 30, 2021

Teams: 1-5 people per team

To register, on **June 1**, those enrolled in Limeade can go to their Discover Page and find the Step It Up This Summer Challenge under Featured Activities. Click on the activity tile and click Get Started. Find or create a new team. Teams can be made up of 1 to 5 people. The activity will be posted on Tuesday, June 1 and will run through June 30. All participants will be entered into a random prize drawing over summer!

Stay Up to Date with Wellness this Summer!

Turn on Push Notifications through the Limeade ONE App

Over the summer, the district wellness team will continue to post new activities, challenges, and wellness information. To stay informed, turn on your Push Notifications on your Limeade ONE app.

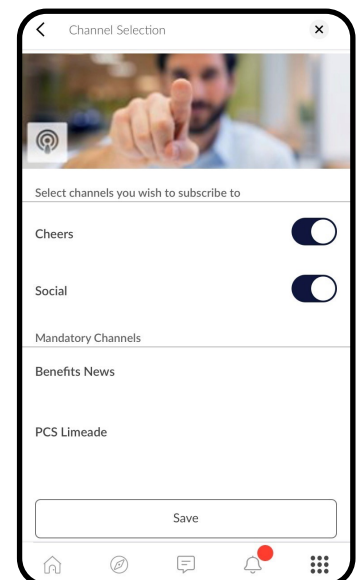
1. On your mobile device, open the Limeade ONE app and log in.
2. In the top left corner, click on your profile icon.
3. Then click on the gear icon in the top right corner.
4. Select Push Notifications.
5. Enable Push Notifications by click on the slide button. By turning this on (green), you will now receive communications sent by the District Wellness Team to keep you informed over summer!
6. You can turn off or on other notifications like comments, new chats, or mentions in a post depending on your preference.

Customize Your Limeade Channels

The Limeade Home page is designed as a newsfeed for you to receive information from the District and see social posts from your peers. The District wellness team will communicate through the PCS Limeade Channel and the Benefits News Channel. All members have access to post through the Social and the Cheers Channel.

Want to unsubscribe to the Social or the Cheers Channel?

When you are logged into your Limeade account, click on Services. On the mobile app, click on the 9 dots in the bottom right of the screen. Then select My Channels. From there you can unsubscribe or subscribe to the Cheers and Social channel to customize what you see on your newsfeed.



Limeade Support

888-984-3638 or support@limeade.com

For more information about Limeade, visit pcsb.org/limeade

Summer Mobile Mammography Bus Stops

AdventHealth Mobile Mammography is coming back to PCS Transportation Compounds, WPSC and the Administration Building this summer.

They will be offering 3D preventative mammograms. In addition to PCS Aetna insurance, they do accept other major insurances.

Make your appointment today!

To schedule an appointment, visit www.AdventHealthMobileMammography.com and click on Pinellas County School Board Locations or call 1-813-601-1925 for assistance.

- Women 40 and older do not need a prescription
- Under 40, prescription needed
- Accepts most major insurance

AdventHealth is following CDC guidelines to keep everyone safe.

Appointments will fill up quickly, make yours today!

Don't wait to do something that could save your life!

Summer 2021 Mobile Mammography Screening Locations 7:30 AM – 1:30 PM

WPSC	6/14/2021
Tarpon Springs Bus Compound.....	6/15/2021
49th Street Bus Compound.....	6/17/2021
Coachman Service Center.....	6/21/2021
WPSC.....	6/22/2021
Tarpon Bus Compound.....	6/23/2021
Administration Building.....	6/24/2021
49th St. Bus Compound.....	6/28/2021
Coachman Service Center.....	6/29/2021
Administration Building.....	7/14/2021
Administration Building.....	7/27/2021
Administration Building.....	8/25/2021

PCS contacts: Dawn Handley, handleyd@pcsb.org, 588-6151 and
Gina Deorsey, pcs.deorseyg@pcsb.org, 588-6137



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 to get started.

Attention Diabetics! Updated May 2021: changes to covered diabetes test strips

- One Touch Ultra, One Touch Verio and Accu Chek Guide will be the preferred.
- Please contact Aetna at 877-418-4746 to order a free meter. You will need to contact your physician to obtain a prescription for your diabetic supplies.

Any questions, please contact Gina DeOrsey at 727-588-6137 or pcs.deorseyg@pcsb.org

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



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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