

SMART START

Newsletter



EMPLOYEE WELLNESS NEWSLETTER



Limeade Year Ends February 13, 2023

The Limeade program year ends February 13, 2023. During these last 3 months of the program year, get involved with new activities and lessons to create healthy habits!

All preventative exams must be completed by 12/31/2022.

You can earn Limeade points for completing several preventative exams in 2022. All preventative exams must be completed between 1/1/2022 and 12/31/2022 to count for this year's Limeade program. Any exams done in 2023 will count towards the following Limeade program year.

In this issue

Limeade.....	1
Flu Shot at CVS.....	1
National Diabetes Month..	2
Diabetes CARE Program..	2
District Webinars.....	3
Monthly recipe.....	3
About us.....	4

Check your points!

There are 4 exams that will be automatically tracked through claims: Annual Physical, Well Woman's exam, Mammogram and Colonoscopy. These exams could take up to 60 days to process, however, if you do not see your points within 60 days OR by 12/31/2022, you *must* email hillca@pcsb.org to report those missing points.

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

Other exams, including, dental exams, vision exams, skin cancer screenings with a dermatologist, flu shot and covid-19 vaccine must be self-submitted on your limeade account.

[Directions for how to self-submit exams.](#)



Earn A \$10 Gift Card When You Get A Flu Shot At Select CVS HealthHUBs

Flu season is upon us. Get your flu shot to protect yourself and your loved ones this season! Certain CVS HealthHUBs are offering a \$10 gift card to employees and adult dependents with the Aetna insurance through PCS when they get a flu shot. For details, registration, dates, and participating locations; view [this CVS Flu Shot flyer!](#)

Earn 100 Limeade points by getting your Flu Shot in 2022

If you receive your flu shot in 2022, you can earn 100 points by completing the Flu Shot activity. Learn more about the program by visiting pcsb.org/limeade.

The Center for Disease Control and Prevention (CDC) recommends everyone six months and older get a flu vaccine every season, with rare exceptions. Vaccines are especially important for children, people who work in settings with high infection rates, older adults, and anyone with a health condition or weakened immune system. Talk to your doctor about if you should receive the flu shot this season!

November is National Diabetes Awareness Month

November is designated as National Diabetes Awareness Month to raise awareness of prevention, detection, management and learning to thrive despite your diabetes! Be sure to talk to your doctor about your risk level and complete routine blood work!

Types of Diabetes

There are three main types of diabetes: type 1, type 2 and gestational diabetes (diabetes while pregnant).

Type 1 Diabetes

Type 1 usually develops early in life and is believed to be caused by an autoimmune reaction where your body is not able to make insulin on its own.

Type 2 Diabetes

Type 2 diabetes is caused when your body doesn't use insulin well and can't keep blood sugar at normal levels. 90-95% of people with diabetes have type 2. Type 2 develops over the course of many years and is often impacted by lifestyle factors.

Gestational Diabetes

Gestational diabetes develops in pregnant women who have never had diabetes and usually goes away after the baby is born. Gestational diabetes can put your baby at higher risk for health problems.

Diabetes Facts & Prediabetes

More than 37 million people in the US have diabetes and 1 in 5 do not know they have it. Over 1 in 3 US adults have prediabetes and more than 80% of them don't know they have it.

Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Prediabetes puts you at increased risk of developing type 2 diabetes, heart disease and stroke.

The good news is that if you have prediabetes, you can make lifestyle changes to prevent or delay type 2 diabetes and other serious health problems.

Could you have prediabetes?

[Take the Quiz Today!](#)



Side Effects & Management

Diabetes is a very serious condition that impacts many areas of the body. Common complications include heart disease, chronic kidney disease, nerve damage, foot health, oral health, hearing loss, vision loss, and mental health.

However, diabetes can be managed with lifestyle changes, monitoring your blood sugar and being compliant with medication. When you manage your diabetes, you can prevent or delay complications. People with diabetes should be receiving routine screenings to monitor these conditions. Talk with your doctor today about what screenings are right for you! [Visit the CDC to learn more about preventing diabetes complications.](#)



Diabetes CARE Program

Join the revitalized 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!

Diabetes CARE Program is available to all members with the Aetna medical insurance through PCS with a type 1 or type 2 diabetes diagnosis.



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 a 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. All webinars will be held from 5:30pm-6:30pm.

Date	Webinar	Registration
11/09	<i>Does portion size matter? Quality over quantity debate</i> Nutrition - Carolina Jantac, RD	Registration
11/16	Importance of Saying "No" EAP - Darlene Rivers	Registration
12/7	Organize Your Life to Reduce Stress EAP - Darlene Rivers	Registration



Monthly Recipe

In honor of National Diabetes Month, this month's recipe is provided by the American Diabetes Association. You can be conscious of your blood sugar while still enjoying dessert on a special occasion.

Ingredients

- 6 mini Hershey's Sugar-Free Special Dark Chocolate bars (chopped)
- 2 cups plain nonfat Greek yogurt
- 2 tbsp honey or 4 packets of stevia
- 1 tsp vanilla extract
- 1/4 cup skim milk
- 6 tbsp nonfat whipped topping
- 2 cup fresh raspberries

Directions

1. Add chopped chocolate to a microwave-safe bowl. Microwave the chocolate on high for 1 minute, then stir. If not completely melted, microwave for 30 more seconds, then stir until all chunks are melted. Do not overcook.
2. In a medium mixing bowl, whip the Greek yogurt with an electric mixer until fluffy. Add honey, vanilla, and milk, and beat some more. Then add chocolate, a small amount at a time, beating in between additions.
3. Once all of the chocolate is mixed into the yogurt, divide the mousse into 6 portions and top each portion with 1/3 cup raspberries and 1 tablespoon whipped topping (one serving).



Nutrition per serving: 130 calories. 4g total fat. 17 g total carbohydrate. 3g fiber. 11g total sugar. 9 g protein. 5mg cholesterol. 35 mg sodium.

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.

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

Contact Us

Caleigh Hill

Employee Wellness Coordinator
727-588-6031/hillca@pcsb.org

Dawn Handley

Employee Wellness Specialist
727-588-6151/handleyd@pcsb.org

Darlene Rivers

EAP Coordinator
727-588-6507/pcs.riversd@pcsb.org

Janet Lang

Aetna Account Advisor
727-588-6367/pcs.langj@pcsb.org

Jessica O'Connell, RN

Aetna Wellness Representative
727-588-6134/pcs.oconnellj@pcsb.org



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