

SMART START

Newsletter



EMPLOYEE WELLNESS NEWSLETTER



October is Breast Cancer Awareness Month

Every year, October is dedicated as Breast Cancer Awareness Month to raise awareness of the impact of breast cancer and the importance of routine screenings. About 1 in 8 women in the US will develop invasive breast cancer in their lifetime. Early detection through screenings such as mammograms, clinical exams, and self-exams are the best defense in catching breast cancer early and having the most effective treatment.

85% of breast cancers occur in women who have **no family history** of breast cancer. Meaning, all women should receive routine mammograms and/or screenings, regardless of family history.

Talk to your doctor about your screening options, today! Visit NationalBreastCancer.org to learn more about breast cancer and [early detection](#) including signs and symptoms, exam types, and healthy habits.

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Pinellas Goes PINK Thursday, October 20!

Mark your calendar! On **Thursday, October 20**, we are encouraging all PCS employees to wear **PINK** to help raise awareness of the importance of breast cancer screening! Get inspired with the [2021 Pinellas Goes Pink highlights!](#)



AdventHealth Mobile Mammography

PCS continues to partner with AdventHealth Mobile Mammography to provide 3D mammograms to employees. The Mobile Mammography bus will be visiting PCS worksites throughout the school year and will follow a similar schedule to last year. More information will be sent out directly to your site as your screening day gets closer.

Don't wait to earn points for Limeade!



March 1, 2022 - February 13, 2023

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 are eligible to participate in Limeade. Use [this guide](#) to help you register, learn more about the program, and see the incentives available to participants.

Participants can participate in new activities and lessons that focus on creating and enforcing positive habits. As participants complete activities, they will earn points. They will use these points to reach new levels and earn incentives (see table below). Employees who reach Level 3 before February 13, 2023 are eligible for the \$300 Annual Wellness Incentive. This incentive will be paid out directly to your paycheck after the program year ends in 2023. Employees must be an active PCS employee with the PCS medical insurance at the time of payout to receive this incentive.

Earn Points For Exams

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.

LEVEL	POINTS	Employee Reward	Spouse & Retiree Reward Including 2 Board Spouse
1	1,000 *	\$20 TANGO gift card	\$20 TANGO gift card
2	2,000	\$50 TANGO gift card	\$20 TANGO gift card
3	3,000	\$300 Annual Wellness Incentive <i>Paid directly in paycheck after program year ends in 2023. Employees must be an active PCS employee with the PCS medical insurance at the time of payout.</i>	\$20 TANGO gift card
4	4,000	\$75 TANGO gift card	\$20 TANGO gift card
*Well-Being Assessment is REQUIRED and set at 1,000 points All incentives will be considered taxable income			

2022-2023 Limeade Incentive Chart

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

Date	Webinar	Registration
10/12	Food Ingredients and Myths Explained Nutrition - Carolina Jantac, RD	Registration
10/19	Wellness for Busy People EAP - Darlene Rivers	Registration
11/09	Does portion size matter? Quality over quantity debate Nutrition - Carolina Jantac, RD	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!

Monthly Recipe

Slow cooker Harvest Beef Stew

Recipe provided by the American Heart Association

As the weather begins to cool off, opt for a warm hearty and healthy soup! Just toss all the ingredients into the crock pot and come home to a piping hot stew!

Ingredients

- 1 pound bottom round beef roast (cut into 1 inch cubes)
- 1 large russet potato (cut into 1/2 inch dice) about 2 cups
- 1/4 cup all-purpose flour
- 1 medium sweet potato (cut into 1/2 inch dice) about 2 cups
- 2 cups peeled, thinly sliced carrots
- 110-ounce package frozen pearl onions
- 114.5-ounce can no-salt-added diced tomatoes
- 114.5-ounce can fat-free, low sodium beef broth
- 1 cup water
- 3/4 tsp dried thyme
- 1/2 tsp ground pepper
- 110-ounce package frozen peas
- 2 tbsp dried parsley



Directions

1. Add the beef, russet potato, and flour to a 4 to 6-quart slow cooker, stirring well to combine.
2. Add the sweet potato and carrots to the slower cooker. Top with the onions, tomatoes, broth, water, thyme and pepper.
3. Cook, covered, for 10 to 12 hours on low heat or 5 to 6 hours on high heat. Just before serving, quickly stir in the peas and parsley. Recover. Cook for 5 to 10 minutes.

Quick Tips

When using a slow cooker, make sure the food that takes the longest time to cook, such as the beef potatoes, and carrots in this recipe, are on the bottom, which is closest to the heat source.

Serves 6 Serving Size 2 cups

Per serving: 311 Calories. 4.0g Total Fat. 45mg Cholesterol. 211 mg Sodium. 42g Carbohydrate. 7g Fiber. 11g Sugar. 24g 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.

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

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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