Mindfulness Challenge has begun—There’s still time to register!

Mindfulness Challenge is a 4 week journey that will empower you with mindfulness to enhance well-being. You will learn how Mindfulness is a real-life way to forge relationships and foster healthy habits. You’ll be introduced to tools and practices that you can put to immediate use in your daily life. Every week you'll discover something new!

All PCS employees and their family members can participate in the Mindfulness challenge.

Only employees, with medical insurance through PCS will be receive 1 credit towards the Aetna Health Promise incentive. Dependent spouse can participate but will not earn credit. For more information about the Aetna Health Promise, please visit pcsb.org/wellness.

Registration is still open!
1. Visit Mindfulness Challenge
2. Fill out the Personal Information
   - Company name is pinellascountyschools
   - If you are a PCS employee, please use your PCS email to assist with incentive tracking.
3. Agree to the terms and conditions and select continue.
4. Login using the email and password you created.
5. Complete the Mindfulness Challenge Survey.
6. Starting April 1, you will have access to weekly tips, activities, meditations and more!

Every Week You’ll Discover Something New!

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
<th>Details</th>
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<tbody>
<tr>
<td>Week: 1</td>
<td>FOUNDATION</td>
<td>April 1st</td>
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<td>Week: 2</td>
<td>PHYSICAL</td>
<td>April 8th</td>
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<td>Week: 3</td>
<td>EMOTIONAL</td>
<td>April 15th</td>
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<td>Week: 4</td>
<td>SOCIAL</td>
<td>April 22nd</td>
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Multiple Email Issue Resolved
On Sunday 3/31/2019, a glitch in Aetna’s system caused participants to receive multiple emails regarding the Mindfulness Challenge. We apologize for the excessive amount of emails that were sent. Aetna connected with their web host as soon as they were notified and the issue has been fixed. You should receive future emails only once. Thank you for your patience and understanding. We hope you will enjoy and benefit from all the Mindfulness Challenge has to offer!
Step It Up To a Better You Winners!

Over 1,200 participants and 206 teams competed in the Step It Up to a Better You step challenge. The challenge began January 28 and participants tracked their steps for 8 weeks. Together, there were over 545 Million Steps tracked! Each member of a winning team and top steppers received a prize of a Publix gift card.

1st Place: Oakhurst Steppers—10,426,489 Steps
Anna Hauser  Brian Nelson  Brittany Spilker  Christina Lovejoy
Erika Meade  Gina Anderson  Jennifer Epperson  Jodi Ruscetta
Mary Smith Hart  Timothy Caughey

2nd Place: Oakhurst Steppers 2—9,424,078 Steps
Gregg Cuzzucoli  Kelly Kennedy
Lisa Annand  Marilyn Gars
Michelle Fulle  Natalie Lai
Tara Stegbauer  Tracey Sanders
Virginia Esposito  William Morrissey

3rd Place: FLE Fit and Fab—8,902,175 Steps
Amy Rossi  Genie Merrer
Karen Dublino  Kathleen Alongi
Kelly Hendrickson  Laurie Siech
Rachel Pages  Tim Dublino
Van Dang  Zoy Papamichael

Individual Top Steppers!

1st Place: 1,680,000
Princy Dorsainvil

2nd Place: 1,675,017
Janice Szablewski

3rd Place: 1,632,908
Tim Dublino

“My prize to myself is losing 40 pounds since we returned to work in January. Only about 30 more pounds to go (and hundreds and hundreds of miles to walk)...This has been amazingly motivating.”
-Step It Up To A Better You Participant

Next Team Challenge: US National Parks starts May 6th!
The next team challenge will start May 6 and registration will open April 22. The US National Parks is a 6 week team challenge. Challenges are open to all PCS employees regardless of insurance coverage.
To register:
1. Visit http://join.virginpulse.com/AetnaGetActive
2. Begin to enter ‘Pinellas County Schools’ into the search bar and select Pinellas County Schools.
3. Complete the information to sign up. You must enter in your PCS email using the domain @pcsb.org.
4. Follow the instructions to complete your account.
5. Employees will be able to invite friends and family once your account is created.

If you are having issues with Virgin Pulse, such as registration or connecting a device, please call 833-525-5786 or email aentagetactive@virginpulse.com.
Congratulations to the Winners of the Step Challenge Bi-Weekly Drawings

Every two weeks during one of the team challenges, 50 randomly selected participants will win a $10 Publix gift card. You must be a PCS employee to win and you must be tracking steps during the team challenge.

<table>
<thead>
<tr>
<th>Alison Harris</th>
<th>Deanna Richards</th>
<th>Jody Becker</th>
<th>Maria Smalios</th>
<th>Patricia Gaston</th>
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<tr>
<td>Allison Hackett</td>
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<td>Ana Quinones</td>
<td>Deneen Wyman</td>
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<td>Graham Zediker</td>
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<td>Hope Mauck</td>
<td>Kim Ruiz</td>
<td>Meredith Randall</td>
<td>Susan Fisher</td>
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<td>Jake Weininger</td>
<td>Kimberly Rubin</td>
<td>Michele Stetz</td>
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<td>Cathy Vogel</td>
<td>Jamie Wassermann</td>
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<td>Marc Allison</td>
<td>Nancy Fanning</td>
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<td>Darrick Barber</td>
<td>Jennifer Shuman</td>
<td>Margaret Williamson</td>
<td>Nathan Kmet</td>
<td>Yasha Yisrael</td>
</tr>
</tbody>
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Knock out Diabetes

April is Defeat Diabetes Month

Diabetes is a rising global epidemic. 1 in 3 people in the US either has diabetes or is at risk for developing diabetes. In order to combat this disease, individuals first have to know their risk level. Certain factors can determine higher risk, such as age, weight, gender and family history. Take this diabetes screening test to see your risk—only a doctor can tell if someone has diabetes or prediabetes. Visit defeatdiabetes.org to learn more.

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.
April Recipe

Mushroom Flatbread
Recipe from: American Diabetes Association

Ingredients
1 1/2 tablespoons extra-virgin olive oil, divided
1 small white onion, very thinly sliced
8 ounces sliced fresh mushroom mixture (3 cups)
1/2 teaspoon minced fresh rosemary
1/2 teaspoon sea salt, divided
2 (3-ounce) soft whole-grain naan or other whole-grain flatbreads
1/2 cup fresh part-skim ricotta cheese
1 large clove garlic, minced
1/4 cup shredded part-skim mozzarella cheese
1 teaspoon black sesame seeds
8 fresh basil leaves, torn

Directions
Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat. Add the onion and sauté until lightly caramelized, about 5 minutes. Add the mushrooms, rosemary, and 1/4 teaspoon of the salt and sauté until the mushrooms are wilted, about 5 minutes. Transfer to a bowl and set aside.

Preheat the oven to 450°F. Brush the entire top surface of each flatbread with the remaining 1/2 tablespoon oil. In a small bowl, stir together the ricotta, garlic, and remaining 1/4 teaspoon of the salt and spread mixture onto the flatbreads, leaving about a 1/4-inch rim. Top with the mozzarella cheese, mushroom mixture, and sesame seeds. Place both pizzas on a large baking sheet and bake until the cheese is fully melted and the crust is crisp, about 13–15 minutes. Remove from the oven. Let stand for about 5 minutes to complete the cooking process.

Cut each pizza into 4 pieces, sprinkle with the basil, and serve immediately.


Where to check your Aetna Health Promise credits?
Members will be able to track how many credits they have earned through www.aetna.com.

Directions:
1. Members will login to www.aetna.com.
2. Under ‘Stay Healthy,’ click on ‘Incentives.’
3. There will be two options: Wellness Package Incentive and 2019 Wellness Incentive Program.
   A. The Wellness Package Incentive will refer to the $50 gift card employees and their dependent spouse can earn by completing the Health Assessment and an online Journey (see page 4).
   B. The 2019 Wellness Incentive Program will refer to the 5 or 8 credits needed for the overall Aetna Health Promise Incentive. Certain PCS programs (The Y’s Diabetes Prevention Program and the Blood Pressure program) will not show under Incentives, but the credit will be rewarded to the employee or spouse.
4. You will be able to click on each incentive programs to see the details of credits earned.

Please note: depending on the program, credits may take up 30 or 60 days to post.

<table>
<thead>
<tr>
<th>Active Incentive Programs</th>
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<tr>
<td>Wellness Package Incentive</td>
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<tr>
<td>2019 Wellness Incentive Program</td>
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Stay Healthy >
Health Assessments
Personal Health Record
Incentives
Health Programs
Health Dashboard
Discounts
Complete your Assessment
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

Contact Us

Caleigh Bean
Employee Wellness Coordinator
727-588-6031/beanc@pcsb.org

Leslie Viens
Benefits & Wellness Consultant
727-588-6142/viensl@pcsb.org

Dawn Handley
Employee Wellness Specialist
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Darlene Rivers
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727-588-6507/pcs.riversd@pcsb.org

Janet Lang
Aetna Account Advisor
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Gina DeOrsey, RN
Aetna Wellness Representative
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Jessica O’Connell, RN
Aetna Wellness Representative
727-588-6134/pcs.oconnellj@pcsb.org

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 877-240-6863 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