

# SMART START Newsletter



Visit [www.pcsb.org/wellness](http://www.pcsb.org/wellness) or contact Caleigh Bean, Employee Wellness Coordinator at 588-6031 or [beanc@pcsb.org](mailto:beanc@pcsb.org).

December 2018

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## Go365 Reminder



**Go365 is ending December 31, 2018. All bucks must be redeemed by December 31<sup>st</sup>.**

Go365 will end December 31, 2018. Humana members can continue to earn Points and redeem Bucks through this date. The Go365 Program will end at midnight on December 31 and you will not be able to log in to your account to submit activities or redeem bucks after that time. The gift cards will be valid after December 31<sup>st</sup>, but the BUCKS must be cashed in by 12/31/2018.

## Aetna Health Promise New Wellness Programs in 2019!

Starting in 2019, employees insured through PCS medical will have access to a variety of new wellness programs provided by Aetna. Throughout the year, new programs will be rolled out that will focus on the overall health of employees by targeting specific areas of one's health such as blood pressure, cholesterol, BMI, stress management and more!

### New Aetna Health Promise Programs include:

Wellness Screening	Mindfulness Challenges
Small Bytes: Holistic Weight Management	Step Challenges
Healthy Habit Challenges	Simple Steps to a Healthier Life
New Aetna Health Promise Incentive	& more!



Stay tuned for more details in 2019!

Visit [pcsb.org/wellness](http://pcsb.org/wellness) in January 2019 for all the details.

# YMCA'S DIABETES PREVENTION PROGRAM

## Lose weight, gain health and reduce your risk for diabetes!



### Program Overview

The YMCA's Diabetes Prevention Program is led by a trained Lifestyle Coach at local YMCA's throughout the area.

- Take control of your health.... Learn how to eat healthier, increase your physical activity and lose weight
- Receive a **FREE YMCA gym membership** during the initial 16-week portion of the program
- **Earn 16 PLN component points** (component points will be posted after the below attendance requirements are met)



This \$429 program will be **FREE** for PCS benefit eligible employees who meet the attendance requirements of attending 12 out of the 16 initial classes and 3 of the maintenance classes by August 31, 2019.

**Please note..** \$100 will be deducted from the participant's paycheck at the end of the program if attendance requirements are not met.

The classes meet for one hour each week during the initial 16 weeks.

### Is this program right for you?

You must meet the following criteria to be eligible for this program:

- Have a BMI greater than or equal to 25  
**AND**
- At risk for developing type 2 diabetes (determined by a risk quiz) OR diagnosed with prediabetes. \* Please see the risk quiz on page 3.
- If you have a diagnosis of Diabetes, please contact Gina DeOrsey at [pcs.deorseyg@pscb.org](mailto:pcs.deorseyg@pscb.org) or 588-6137 to enroll in the PCS Diabetes Care Program.

**REGISTRATION**

➔ Contact the YMCA for more program information, dates, times and locations.

**YMCA locations:**

Greater Palm Harbor,  
Clearwater & North Pinellas

**Contact: Brooke Cockson**  
**727-379-2473**

[bcockson@suncoastymca.org](mailto:bcockson@suncoastymca.org)

**YMCA locations:**

Bardmoor, St. Anthony's  
& St. Petersburg

**Contact: Ashley Smith**  
**727-235-6472**

[ajsmith@stpeteymca](mailto:ajsmith@stpeteymca)

For general program information contact Dawn Handley at [handleyd@pscb.org](mailto:handleyd@pscb.org) or 727-588-6151

# IT'S NOT TOO LATE TO MAKE POSITIVE CHANGE!

## Risk Quiz for the YMCA Diabetes Prevention Program.

If you have a BMI greater than or equal to 25 AND scored a 9 or higher on the quiz, you may be eligible for this program.

### What is Prediabetes?

Prediabetes occurs when blood sugar levels are higher than normal but not high enough for a type 2 diabetes diagnosis. Risk for developing type 2 diabetes may be reduced or eliminated by weight loss, healthier eating and increased physical activity.

<b>ARE YOU AT RISK?</b>		
<b>For each "yes" answer, add the number of points listed.</b>	<b>YES</b>	<b>NO</b>
Are you a woman who has had a baby weighing more than 9 pounds at birth?	<b>1</b>	<b>0</b>
Do you have a parent with diabetes?	<b>1</b>	<b>0</b>
Do you have a brother or sister with diabetes?	<b>1</b>	<b>0</b>
Is your BMI over 25 or are you overweight?	<b>5</b>	<b>0</b>
Are you younger than 65 and get little to no physical activity in a typical day?	<b>5</b>	<b>0</b>
Are you between 45 and 64 years of age?	<b>5</b>	<b>0</b>
Are you 65 years of age or older?	<b>9</b>	<b>0</b>

If you scored a 9 or higher,\* you may be at risk or you may have prediabetes. This does NOT mean that you have diabetes. You'll need a blood test to confirm.





# Blood Pressure Program

Coming To The Local YMCA Locations in January & February

## Ready to take control of your high blood pressure?

*Participants will work with trained YMCA Healthy Heart Ambassadors for the duration of the four-month program. Just a few check-ins per month can improve your health!*

- *Meet one -on- one (10–15 min) with a healthy heart coach twice per month.*
- *Attend one nutrition seminar per month.*
- *Learn how to reduce and manage your blood pressure, be aware of triggers that increase blood pressure, and learn the importance of proper nutrition and exercise.*

*\*This is a free program as long as participants attend a minimum of 6 of the 8 consultations and 3 of the 4 nutrition seminars during the four month program.*

*Please note... \$50 will be deducted from participant's paycheck at the end of the program if attendance requirements are not met.*



**Where:** YMCA locations throughout Pinellas County

**Who:** All PCS Employees and their spouses with PCS medical insurance who have been diagnosed with high blood pressure.

\* **Please note:** You will not be eligible for this program if you had a cardiac event within the past 12 months. You must not have atrial fibrillation or other types of arrhythmias, and must not be at risk for lymphedema.

"My physician lowered both my blood pressure and cholesterol meds in half after I completed the program"

- 2017 PCS participant



**REGISTRATION**

➔ Contact the YMCA for date/time and locations:

**YMCA locations:**

Greater Palm Harbor &

Clearwater

Contact: Brooke Cockson

727-379-2473

[bcockson@suncoastymca.org](mailto:bcockson@suncoastymca.org)

For general program information contact Dawn Handley 588-6151, [handleyd@pcsb.org](mailto:handleyd@pcsb.org).

**YMCA locations:**

Bardmoor

& St. Petersburg

Contact: Ashley Smith

727-235-6472

[ajsmith@stpeteymca](mailto:ajsmith@stpeteymca)

# GOT DIABETES?

Get on track for the New Year!

## 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](mailto:pcs.deorseyg@pcsb.org) to get started.

## Recipe of the Month

### Healthy Holiday Tree Treats

Healthy doesn't have to be boring during the holiday! Replace decorating cookies with decorating watermelon trees—festive, fun, and guilt free!

Source: One Handed Cooks

#### Ingredients

1/4 watermelon

1/2 cup of Greek yogurt (smooth/creamy)

Optional

Chocolate chips

Nuts

#### Directions

Cut the watermelon into slices, and then cut each slice in half.

To make the bases of the tree, slice the watermelon rind into thirds and then trim off the pieces from either side so you are left with one “tree trunk” in the middle.

Place trees on a lined tray that will fit in freezer.

Add yogurt to a piping bag or a small plastic bag and cut a very small piece from the corner. Decorate the trees with designs.

Add any additional toppings. Place tray in the freezer to allow yogurt to freeze—1 to 2 hours.

Enjoy!





# 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.



## **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](http://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 – Humana members only**

Eligible employees can receive pharmacy prescription diabetic supplies at zero co-pay.



## **HumanaFirst Nurse Advice Line –**

### ***Humana members only***

For immediate health concerns or questions, you can call a registered nurse anytime (24/7) through Humana at 1-800-622-9529.



## **Healthcare Bluebook – Humana members only**

Healthcare Bluebook can help you find high-quality medical care at the best cost. Visit [www.pcsb.org/healthcarebluebook](http://www.pcsb.org/healthcarebluebook)



## **Doctor on Demand – Humana members only**

Participate in a live video doctor visit from a mobile device or computer 24/7. Visit [www.doctorondemand.com/humana](http://www.doctorondemand.com/humana)

## **Contact Us**

### **Caleigh Bean**

Employee Wellness Coordinator  
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### **Leslie Viens**

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