

# 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).

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## Aetna Health Promise Wrap Up!

**Deadline to submit missing credits: February 26, 2021**

Check that all of your credits are posted on your Aetna member website. Any missing credits must be submitted by **2/26/2021** to count towards the Aetna Health Promise Incentive. [Directions for how to check your credits.](#)

Employees with EE only or EE + children coverage could earn \$250 for completing 5 wellness activities. Employees with EE+ spouse, EE + family, or 2 board family plan could earn \$350 for completing 8 wellness activities. Employees and dependent spouses had between January 1, 2020 and December 31, 2020 to earn these credits. Dependent children cannot earn credits towards the incentive.

Incentives will be added to the employee's paycheck in the first quarter of 2021. Employee must be actively employed and insured through PCS at the time of payout to receive the incentive.

## Missing credits?

All credits must have been completed by December 31, 2020. Any missing credits must be submitted by Feb. 26, 2021. If you are missing credits, please contact Jessica O'Connell at [pcs.oconnellj@pcsb.org](mailto:pcs.oconnellj@pcsb.org) or Gina DeOrsey at [pcs.deorseyg@pcsb.org](mailto:pcs.deorseyg@pcsb.org) with your date of birth, the activity, and the date of the activity.

## Limeade Coming March 1, 2021!

As the Aetna Health Promise wraps up, we are excited to announce Limeade will be the new wellness program in the spring semester. This platform will offer a holistic and engaging approach to employee wellness, which is more important than ever, especially during these challenging times. The Limeade program will include an app with a variety of new activities and incentives, nutrition support, mental health tools, financial wellness programs and team challenges that we are excited to bring to our schools and supporting departments.

More details of the program will be coming soon.

[Limeade FAQs](#)



limeade

## Spring 2021 Wellness Webinar Series

Throughout the spring semester, we will be offering a variety of wellness webinars from nutrition, EAP, financial and meditation/yoga classes.

PLN credit available for Nutrition, EAP, and Financial *live* webinars.

Full list of Spring 2021 Webinars can be found on [District Campaigns](#).

[Directions for how to register and add the event to your calendar.](#)



### Upcoming Webinars

Date & Time	Topic & Registration
1/14 @ 5:30pm	<b>Guided Meditation: Yoga Nidra</b> <a href="#">Registration</a>
1/20 @ 5:00pm	<b>Nutrition Facts: Myth or Truth?</b> <a href="#">Registration</a>
1/21 @ 5:00pm	<b>Goal Setting   EAP</b> <a href="#">Registration</a>
1/26 @ 5:00pm	<b>Organize &amp; Simplify Your Life   EAP</b> <a href="#">Registration</a>
1/28 @ 5:30pm	<b>Guided Meditation: Yoga Nidra</b> <a href="#">Registration</a>
2/4 @ 5:30pm	<b>Guided Meditation: Yoga Nidra</b> <a href="#">Registration</a>
2/9 @ 5:00pm	<b>Heart Healthy Foods   Nutrition</b> <a href="#">Registration</a>

### The EAP is Here to Help!

The experiences of 2020 won't go away suddenly. Whether you are still coping with past situations, dealing with uncertainty, or tackling new changes, events, or goals for 2021, the EAP is here to help!

Resources for Living EAP is the employee assistance program for all PCS employees and their household. The EAP provides free and confidential resources and 24/7 support.

800-848-9392

[www.resourcesforliving.com](http://www.resourcesforliving.com)

Username: pcsb

Password: eap



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

**Attention Diabetics!** 2021 changes to covered diabetes test strips:

- One Touch Ultra and One Touch Verio covered and:
- Accu Chek will be excluded in 2021

Current Accu Chek users will be grandfathered through June 30, 2021

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](mailto:pcs.deorseyg@pcsb.org)

## Monthly Recipe

### Smoothie Breakfast Bowl

Recipe from American Diabetes Association

#### Ingredients

- 3/4 cup unsweetened almond milk
- 1/2 cup non-fat plain Greek yogurt
- 1 cup frozen mixed fruit
- 2 cup baby spinach
- 1 medium frozen banana sliced
- 1 KIND Maple Glazed Pecan & Sea Salt bar or 1/2 cup low sugar granola (crumbled)

#### Directions

1. Combine all ingredients except granola in a blender. Puree until smooth and thick, stopping to stir mixture in between blending at times. (Add a little more almond milk if needed).
2. Pour smoothie mixture into 2 bowls. Top each with half of the crumbled granola and serve.



Servings: 2. Per serving: Calories 260. Total fat 10 g. Cholesterol: 10 mg. Sodium 180 mg. Carbohydrates 34g. Fiber 7 g. Added sugars 2g. Protein 11g.

# 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](http://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](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 – 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](http://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](http://www.teladoc.com/aetna)

## Contact Us

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