

# 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).

March 2020

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## March is Colorectal Cancer Awareness Month

March is National Colorectal Cancer Awareness month. This is the second leading cause of cancer related deaths in America. As you age, the risk of increases, with approximately 90% of cases occur in people who are over 50 years old.

Colon cancer does not always cause symptoms, especially early on. This typically develops from precancerous polyps. Routine screening test can detect and remove these before they turn into cancer. It's important to talk with your doctor about what screening is right for you and when you should get one.

### Know your risk factors

The following factor that may contribute to increased risk of colon cancer include:

- Lack of physical activity
- Unhealthy diet
  - Little fruits and vegetables
  - Low-fiber and high-fat diet
  - High-processed meat diet
- Alcohol consumption
- Tobacco use
- Overweight and obesity
- Conditions such as Crohn's or inflammatory bowel disease.
- Personal or family history of cancer or polyps.



Learn more about colon cancer: [Screen for Life](#)

## Wash Your Hands!

The world is paying close attention to the spread of COVID-19 or the Coronavirus. It is important to take the precautionary steps to keep germs at bay and focus on washing your hands! While it is still rare in the US to contract COVID-19, hand washing can also help prevent more common illnesses like a cold or the flu. Below are tips to help keep you healthy this cold and flu season.

### How to Wash Your Hands:

1. Wet your hands with clean running water, turn off tap, apply soap.
2. Lather hands—focus on back of hands, finger tips, in between fingers and palms.
3. Scrub hands for at least 20 seconds.
4. Rinse hands well with clean running water.
5. Dry hands with clean towel or air dry them.



### Tips:

- If you don't have access to soap and water, use hand sanitizer with at least 60% alcohol.
- Avoid touching your face especially your eyes, nose, and mouth.
- Sing the 'Happy Birthday' song or the chorus of 'Stayin' Alive' by the Bee Gees

Learn more at [cdc.gov](http://cdc.gov)

## Workplace Eye Wellness Month

March is also designated as Workplace Eye Wellness Month by the Prevent Blindness organization. The sun is the largest contributor of blue light, however there is growing concern over the long-term effects of the blue light we are exposed to from screen such as phones, computers, and TVs. Early research shows too much exposure to blue light could lead to digital eyestrain such as fatigue, dry eyes, sore or irritated eyes and difficulty focusing. It could also lead to more severe retina damage.

### Practical ways to protect your eyes:

- Wear sunglasses with UVA/UVB protection while outside
- Limit your screen time when you're not working
- Limit screen time an hour before bed
- Blink! When using a device, blink rate reduces significantly—keep blinking!
- Get regular comprehensive eye exams



## Want to workout for free?

Take advantage of your Peerfit incentive today!



### What is Peerfit?

Peerfit is national network of gyms and wellness studios (yoga, kickboxing, boot camp, etc.). PCS employees with medical insurance can earn 16 credits per month for up to 6 months by completing the Wellness Screening. Employees can use these credits to purchase and attend fitness classes (ex: yoga, kickboxing, cardio, etc) at no cost to the member. Credits will reset the first of every month.

Employees will continue to have access to their account after the initial 6 month period. They can enter credit card information to purchase additional classes at a discount rate.

### How to Earn Peerfit

Employee who have the medical insurance through PCS are eligible to earn Peerfit by completing a Wellness Screening through Quest. Employees must complete their Wellness Screening at an onsite event, a Quest Patient Service Center, or through a Physician Results form. Appointments at a Quest Patient Service Center and the Physician Results form *MUST* be scheduled through [My.QuestforHealth.com](http://My.QuestforHealth.com) in order for the screening to count as a Wellness Screening.

[Full registration guide.](#)

Employees will receive an email about Peerfit registration within a month after completing their screening. The email will be provided instructions of how to register and how to start Peerfitting!

## Studio Highlights

### Muddy Mantra



**Who:** Muddy Mantra is a yoga and fitness company dedicated to hosting the most unique, fun and soul satisfying events for everybody!

**What:** Muddy Mantra is a local yoga studio that specializes in a wide variety of yoga, including Tranquil, Restorative and Aerial Yoga. Various events throughout the year like candle-light yoga, glow in the dark yoga or more!

**Where:** 3460 Tampa Road Palm Harbor, FL 34684

**Credits:** 4-7 credits per class (memberships available)

# 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.**

### **Important:**

Effective 1/1/2020: the current preferred meter on the Aetna formulary is **Accu-Check**. To request a free Accu-Chek Guide meter, please contact Aetna at 1-844-286-2174 to place an order.

If you currently are utilizing a meter diabetic supplies that are not included on the formulary, you may be charged more at the pharmacy. We recommend you discuss any possible changes with your physician. If you plan to change meters or supplies to one on the preferred formulary, you will need a new script.

## Monthly Challenge

### **Holy Guacamole**

Challenge from *102 Challenges: Becoming the Best You*

The Holy Guacamole Challenge invites you to eat 10 servings of good fat, also known as unsaturated fat during the next 30 days. It's okay to eat fats! The goal of this challenge is to help you fit more good fats into your diet.

For this challenge:

Good fat: whole foods like avocados, olives, nuts, seeds or fish. Does not include animal fats (except fish) or oils (even extra virgin olive oil). It's not that oils are unhealthy, they just make it easy to eat too much fat.

Serving Sizes:

- 1/3 an Avocado
- 5 olives
- 24 almonds
- 4 ounces of raw fish



It is actually healthy to eat fats because they contain essential nutrients that our body cannot produce by itself. We need to be mindful of how much fat we eat because it has twice the calories of carbohydrates and proteins. We also need to watch out for too much animal fat and any hydrogenated fat (often found in baked goods).

Reduce the 'bad fats.'

The bad fats include trans and saturated fats. Trans fats are fats that should be avoided because it's been linked to heart disease, stroke and other chronic conditions. Trans fat can be found in baked sweets like cookies or doughnuts, packaged snack foods like crackers and fast foods.

Saturated fats are not as harmful as trans fat but can negatively impact your heart health and cholesterol. So try to reduce the amounts of saturated fats in your diet. Saturated fats can be found in red meat, chicken skin, whole-fat dairy products, butter, ice cream and other oils.

# 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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