

# 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).

May 2020

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## May is Mental Health Awareness Month

Since 1949, May has been designated as Mental Health Month to raise awareness and break the stigma of mental health. While 1 in 5 people will experience a mental illness in their lifetime, everyone faces challenges that will impact their mental health.

Due to COVID-19 and social distancing, putting your mental health first is more important than ever. Whether it be waves of frustration, constant stress and worry, or sudden feelings of isolation; nearly everyone is struggling in one way or another. Don't be afraid to reach out for help.

## Mental Health America - Tools 2 Thrive

- [Connecting with Others](#)
- [Creating Healthy Routines](#)
- [Owning Your Feelings](#)
- [Find Positive After Loss](#)

YOU ARE  
**NOT  
ALONE**

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need.

## The EAP is Here to Help!

Resources for Living EAP is available for all PCS employees who need assistance. The EAP provides up to 8 free counseling sessions per issue per year for employees and their household members. Call 1-800-848-9392 for free and confidential assistance 24 hours a day, 7 days a week. Visit

[www.resourcesforliving.com](http://www.resourcesforliving.com) to access online services.

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

Login: pcsb

Password: eap



## COVID-19 Resources

- [New Webinar! Work/Life Balance During COVID-19](#)
- [Adjusting to working remote through the COVID-19 Pandemic](#)
- [Coping with COVID-19](#)
- [Ways to stay connected without leaving your home](#)
- [Things to do with your kids while you're home together](#)

# Summer Mobile Mammography Bus Stops

## Having trouble getting your annual mammography scheduled due to COVID-19?

If you have not had your mammogram in the last 12 months or your appointment was cancelled due to COVID-19, this is a great opportunity to have your mammogram done! AdventHealth Mobile Mammography will visit PCS Transportation Centers & the Administration Building this summer for convenient and quick 3D preventive mammograms.

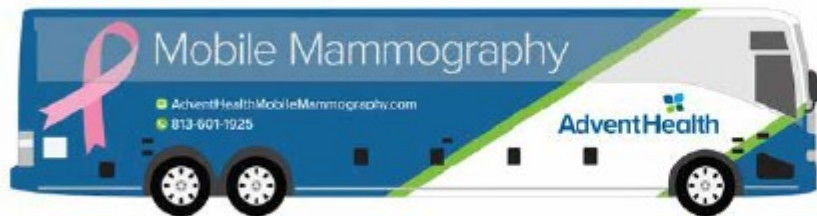
### Make your appointment today!

To schedule an appointment, visit [www.AdventHealthMobileMammography.com](http://www.AdventHealthMobileMammography.com) and click on Pinellas County School Board Locations or call 1-813-601-1925 for assistance.

- Women 40 and older do not need prescription
- Under 40, prescription needed
- Accepts most major insurance

AdventHealth is following all CDC guidelines to keep you safe on the bus.

Don't wait to do something that could save your life!

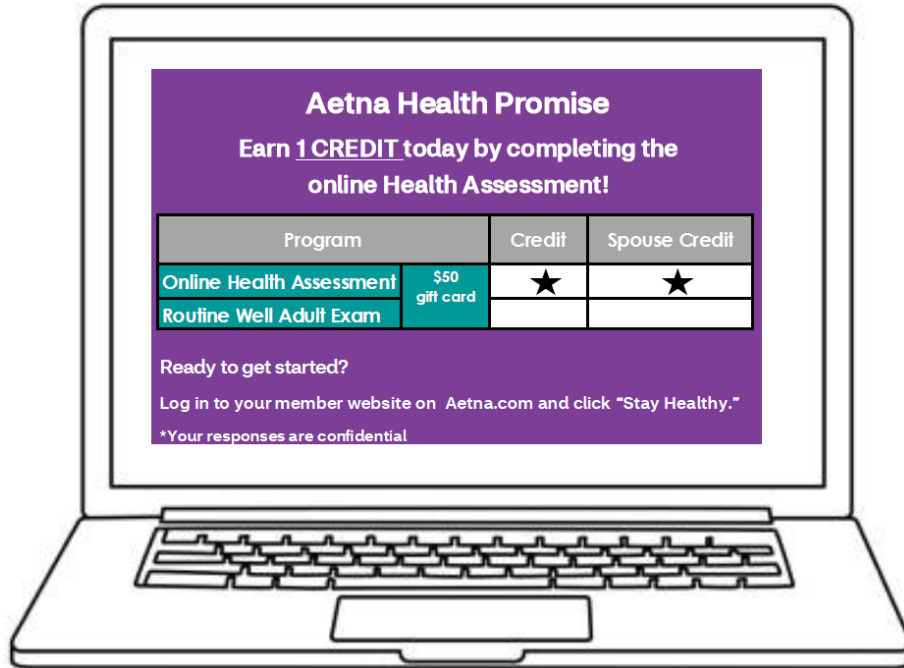


## Summer, 2020 Mobile Mammography Screening Locations 7:30 AM – 12:30 PM

Tarpon Springs Bus Compound.....	6/8/2020
WPSC .....	6/9/2020
Coachman Service Center.....	6/10/2020
49th Street Bus Compound.....	6/11/2020
WPSC .....	6/15/2020
Coachman Service Center.....	6/16/2020
49th St. Bus Compound.....	6/17/2020
Tarpon Springs Bus Compound.....	6/18/2020
Coachman Service Center.....	6/22/2020
ADMIN BLDG.....	6/23/2020
49th Street Bus Compound.....	6/23/2020
Tarpon Springs Bus Compound.....	6/24/2020
WPSC.....	6/25/2020
ADMIN BLDG.....	7/15/2020



# Complete Your Online Health Assessment



Employees and dependent spouses with Aetna medical insurance through PCS, can earn 1 credit towards their Aetna Health Promise incentive for completing their online health assessment.

**Earn an additional \$50 gift card!**

**Health Assessment + Routine Well Adult Exam = \$50**

In addition to the \$200 or \$300 Aetna Health Promise Incentive, employees and dependent spouses can earn a \$50 gift card each (\$100 family max) for completing a **Health Assessment** and completing a **Routine Well Adult Exam** with your Primary Care Physician. Both activities will be tracked automatically. Once both activities have been processed, the member will receive an email within 45 days with instructions for how to redeem the gift card.

If you do not receive the email within 45 days of when the activities are processed on Aetna.com, you can contact 877-922-4483 or [support@AetnaRewards.com](mailto:support@AetnaRewards.com).

**For more information about the Aetna Health Promise, please visit [pcsb.org/wellness](http://pcsb.org/wellness).**

## Use Your Peerfit Credits to Stream Workouts From Home

Employees who earned Peerfit for completing their biometric screening can now use their credits to stream fitness classes remotely. [Click here to view a full list of Peerfit studios streaming classes online](#)— these are studios from all over the country, so you now have access to take a class in Texas, New York or other states!

Peerfit also offers online streaming services for 6 credits per month through Bernalong and Forte – two streaming services with hundreds of different exercise classes. Visit <https://peerfit.com/digital-fitness> for more information. For more details about Peerfit, please visit [pcsb.org/wellness](http://pcsb.org/wellness).



# 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-Check 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 Recipe

### Overnight No-Cook Banana Oatmeal

#### Recipe from American Heart Association

Tired of cooking breakfast while staying at home? This easy recipe will allow you to prep breakfast for the whole week!

#### Ingredients

- 2 1/2 cups skim milk
- 1 Tbsp. honey
- 1 tsp. vanilla extract
- 3 1/2 cups rolled oats (not instant or quick-cooking)
- 2 bananas, halved lengthwise and sliced
- 1/4 cup chopped, unsalted pecans or walnuts

#### Directions

1. In a large bowl, add milk, honey, and extract. Stir to combine, adding oats and stirring to combine. Seal in bowl or container or divide equally in 4 jars. Place in refrigerator and let sit overnight.
2. The next day, peel each banana. Halve each one lengthwise and slice. Divide sliced banana and nuts over each oatmeal portion. Serve.



#### Tips

- Play around with the combination of oats to milk ratio. If you like your oatmeal thicker, use more oats. If you like it liquidy, add more milk.
- Keep it healthy. Adding toppings can keep your oatmeal interesting. Use chia seeds, pumpkin seeds, coconut shavings, or other fresh fruit before eating.
- Baking raw, dry oats for 1 hour at 250F can help make sure foods are safe and prevent food-born illness.

Servings 4. Per serving: 443 Calories. 18g Protein. 9.7g Total Fat. 74g Carbohydrate. 10g Dietary Fiber. 21g Sugar.

# 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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