

SMART START Newsletter



Visit www.pcsb.org/wellness or contact Kara Gilman, Employee Wellness Coordinator at 588-6031 or gilmanka@pcsb.org

August 2017

Humana members, reach Silver Status by August 31, 2017 to EARN up to \$400 in 2018!

Employees with Humana medical insurance who achieve Silver Status by August 31, 2017 will receive the following Go365 wellness premium credit for 2018 health insurance coverage beginning 12/8 for instructional/PTS employees and 12/15 for support employees:

- Employee Only \$10 per pay period (**\$200 annually**)
- Employee + Spouse \$15 per pay period (**\$300 annually**)
- Employee + Children \$15 per pay period (**\$300 annually**)
- Employee + Family \$20 per pay period (**\$400 annually**)



Download a complete list of ways to get to Silver Status: [Ways to Reach Silver Status & Points Values](#). For additional information about the Go365 program, visit pcsb.org/go365

Our Go365 Program Year is about to Renew—What You Need to Know for 2019

Our Go365 program year renews on **Sept. 1, 2017** and there are a few things to keep in mind as we approach that date.

Status – Your Status is based on the current program year with Go365. When our program year renews, your Status will revert to Blue until you do one of the following actions in Go365:

- Complete a section of the Health Assessment online or on the Go365 App
- Get a biometric screening
- Log a verified workout

You will want to earn more Points to attain your previous Status (or a higher one) in the new program year.

Points – You'll carry over 10 percent of your points into the new program year if you attain Bronze status or higher. You also automatically receive Points in the Healthy Living and Prevention categories for all metrics in range for this year's biometric screening, except for BMI, if you're not in Blue Status at the end of this current program year.

Bucks – Your unspent Bucks carry over if you end the year in Bronze or higher. You also have the opportunity to earn Bonus Bucks and Double Bonus Bucks in the new program year when you achieve the same Status as the prior year (or at Silver if your prior year Status was Blue or Bronze). You won't be able to spend them though until you get out of Blue Status in the new program year.

So let's end the year strong and attain Silver or higher before the new program year! If you don't, you'll miss out on these Points and Bucks opportunities!

Questions? Contact Jessica O'Connell at pcs.oconnellj@pcsb.org/588-6134

YOU'RE INVITED!

PCS Health and Wellness Fair



Saturday, September 16, 2017

9am-2pm

Pinellas Park High

6305 118th Ave. N, Largo, FL 33773



FREE HEALTH SCREENINGS ~ FAMILY FUN ~ FOOD ~ PRIZES

FREE SCREENINGS—*Go365 Points available for select screenings!*

- Go365 biometric screenings
- Mobile Mammography Bus
- Vein Screenings
- Vision Screenings
- Skin Cancer Screening
- Hearing Screening

ACTIVITIES FOR KIDS

- Face painting
- Children's obstacle course—every child receives a medal!
- Safety Bus

ACTIVITIES FOR ADULTS

- Chair massages
- Fitness demonstrations
- Blood donation

PRIZES AND GIVEAWAYS

- Chance to win a \$100 Gift card every hour!

FOOD TRUCKS

- Healthy options
- Kid friendly options

LOCAL VENDORS

- Horace Mann
- Metlife
- American Cancer Society
- American Heart Association
- LifeLink
- YMCA
- School Safety Bus
- Tobacco Free Florida
- Taoist Tai Chi Society
- Busch Gardens
- AAA
- PCSO Canine Demo
- And more!

RSVP Here:

<https://www.surveymonkey.com/r/PT2YX88>



Empowering Caregivers—A New 3-part Training Series!

This **3-part Training Series** is primarily designed for the caregiver of an elderly person.

However, the information is relevant for anyone who is in a caregiving relationship:

- *Aging parent, Incapacitated spouse, Mentally or physically challenged child*

Few people are prepared for the responsibilities and tasks involved in caring for others.

It takes time, commitment, energy, and above all, love. To be a loving caregiver is perhaps the highest form of giving – but we must remember to give care to ourselves as well.

Join us for Education, Resources, Extensive Checklists, Support and earn **3 Component Points**:

- Part 1 – Empowering Caregiving Families (*Communication & Roles*)
- Part 2 – Equipping Caregivers (*Strategies & Services*)
- Part 3 – Caring for Yourself while Caring for Others (*Caregiver Bill of Rights*)

WHEN: Wednesday, September 13, 2017 Wednesday, September 20, 2017 Tuesday, September 26, 2017

WHERE: Admin. Bldg. Room D134/135

TIME: 5:30 – 6:30 pm

COURSE #: 22703

SECTION #: 84490

Please go to PLN to register. Course now open. Limited seats available. Reserve your space now.

August Webinar

Communication Skills - Beyond Words!

Presented by Mary-Ellen Rogers, Principal of Excellere

There is so much more to communications than the spoken word, in fact, over 60 percent of your message is communicated without words. Participants in this session will learn about non-verbal communication, communication channels through social media, and perceptions of communication through one's appearance.

Join us on Tuesday, August 15th

[Register for the 3pm \(Eastern\) session here](#)



What is EAP+Work/Life?

- Free counseling sessions with Licensed Counselors, up to 8 sessions per year per issue for employees and household members
- Confidential support for personal & work/life issues
- There is no cost to use this service
- Your privacy is protected
- Can be access 24/7

Questions can be directed to Darlene Rivers, PCS EAP Coordinator at pcs.riversd@pcsb.org/588-6507

Quit Tobacco Your Way



Quitting tobacco isn't easy. Finding help should be. PCS offers free tools and services to help you get started. Just pick the one that's right for you and get the support you need to begin your life, tobacco free. No judgements. Just help.



Announcing Fall Group Classes to Quit Smoking!

These classes are open to all PCS employees and family members (over the age of 18). Also, participants receive FREE nicotine support therapy!

Clearwater East Library
2251 Drew St. Clearwater, FL 33765
Mondays: 5-6 pm
Begins September 25

Bardmoor YMCA
8495 Bryan Dairy Rd, Largo
Tuesdays: 5-6 pm
Begins September 26

City of St. Petersburg Lake Vista Recreation Center
1401 62nd Ave. S, St. Petersburg
Wednesdays: 5:30-6:30 pm
Begins September 27

To register, contact:
Call: 813-929-1000
kmurphy@gnahec.org

The multi-session program meets weekly and will provide you with the valuable tools you need to help you quit tobacco. These include:

- Preparing to quit your use of tobacco
- Learning strategies and skills to quit and remain tobacco-free
- Having the opportunity to share your experience with others in a friendly, respectful and supportive group setting
- Four FREE weeks of patches, gum, or lozenges while supplies last.

GROUP CLASSES NOT FOR YOU?

There are other ways to quit!

PHONE QUIT

Talk to a quit coach today to begin your journey to be tobacco free.

Call 1-877-U-CAN-NOW (1-877-822-6669)

WEB QUIT

For the do-it-yourselfers there's web quit. An online resource that gives you access to tools, tips and support to help you quit tobacco.

Visit tobaccofreeflorida.com/quityourway

Humana.

FREE NICOTINE REPLACEMENT THERAPY

Smoking cessation medications are covered 100 percent when they are prescribed. This means no copayments, coinsurance or deductibles when prescriptions are filled by the pharmacies in our plan's pharmacy network.

HEALTH COACHING WITH GO365

Certified health coaches are available to speak with you on a wide variety of topics – such as smoking cessation – to provide motivation, help you develop a plan for change, and support your efforts to live a healthier life. Call 1-866-671-4536, or sign up through Go365.

LIVING FREE COURSE

The Living Free course is an online self-management tool guiding you to quit smoking offered through you Go365 recommended activities.

HealthAdvocate
Always at your side

The HealthAdvocate Employee Assistance Program (EAP) provides between 1 and 8 free counseling sessions per year per issue, including quitting tobacco, for employees and their household members. Please call the free and confidential 24 hour Careline at 1-877-240-6863 for assistance.



"My physician lowered both my blood pressure and cholesterol meds in half after taking this program."

-Spring 2017 participant

HAVE HIGH BLOOD PRESSURE? TAKE ACTION TO IMPROVE YOUR HEALTH.

If you are living with high blood pressure, keeping it well controlled will minimize your risk for complications like stroke, heart attack and even death.

Participants will work with trained Healthy Heart Ambassadors for the duration of the four-month program. Just a few check-ins per month can yield big results. You will:

- Take your own blood pressure at least two times per month. If you do not have a BP cuff one will be provided for you.
- Attend two consultations with your coach per month.
- Attend nutrition education seminar once a month.

WHO IS ELIGIBLE TO PARTICIPATE?

Any PCS employee who has been diagnosed with high blood pressure, and the spouses of those employees who have PCS medical insurance.

A SMALL INVESTMENT PRODUCES BIG RESULTS

Participants pay \$50 upfront, which will be reimbursed to the participant in the form of a \$50 Publix gift card upon completion of 6 out of 8 consultations and 3 out of 4 nutrition seminars. Participants will also receive 10,000 Go365 Bucks (equivalent to \$100) if these minimum requirements are met. The program is open to all PCS Employees and spouses with PCS Humana Insurance.

The YMCA's Blood Pressure Self-Monitoring Program helps participants:

- Reduce their blood pressure by identifying patterns and learning when to take action.
- Better manage their blood pressure over time.
- Increase their awareness of triggers that elevate blood pressure.
- Improve their knowledge of heart-healthy eating habits.
- Possibly lower their current dosage of BP medicine.

LOCATIONS

- Greater Palm Harbor YMCA: 1600 16th St.. Palm Harbor
Consultations available on Wednesday evenings between 4:30p-7:30p
- Clearwater YMCA: 1005 S. Highland Ave. Clearwater
Consultations available on Monday evenings between 4:30p-7:30p
- Childs Park YMCA: 691 43rd St. S., St Pete
Consultation available on Tuesday evenings between 4:30p-7:30p

**Earn 10,000 Go365
Bucks (~\$100)!**



**Classes start the week of
August 21st. Call now to
register.**

Contact Jenn Jaye to
register and learn about
the program at 727-772-9622 or
jjaye@suncoastymca.org.



**Questions? Contact Dawn Handley at
handleyd@pcsb.org or 588-6151.**

Recipe of the Month



Baked Macaroni and Cheese with Broccoli (8 Weight Watchers Points)

Total time: 60 min

Prep: 15 min

Cook: 45 min

Serves: 8

Difficulty: Moderate

Ingredients:

- 2 spray(s) **cooking spray**
- 12 oz **uncooked pasta**, gemelli or other twisted pasta (about 2 1/2 cups)
- 1/8 tsp **table salt**, for pasta cooking water
- 10 oz **uncooked broccoli**, small florets (about 2 1/2 cups)
- 1 tsp **salted butter**
- 1/3 cup(s) **fresh breadcrumbs**
- 3 Tbsp **grated Parmesan cheese**, divided
- 2 1/2 cup(s) **fat free skim milk**
- 1/3 cup(s) **all-purpose flour**
- 1/2 cup(s) **uncooked onion(s)**, diced
- 1 cup(s) **Weight Watchers Reduced fat Mexican blend shredded cheese**
- 1 tsp **Dijon mustard**
- 1 1/2 tsp **table salt**
- 1/2 tsp **black pepper**, freshly ground

Directions:

Preheat oven to 375°F. Coat a shallow 2-quart baking dish with cooking spray.

Cook pasta in a large pot of lightly salted boiling water according to package directions, adding broccoli to water 3 minutes before pasta will be done; drain pasta and broccoli and return to pot.

Meanwhile, in a large saucepan, melt butter over medium heat; add bread crumbs and cook, stirring often, until light golden, about 2 minutes. Remove from heat and transfer crumbs to a small bowl; stir in 1 tablespoon of Parmesan cheese and set aside.

In same saucepan (wipe clean if necessary), whisk together milk and flour until blended; add onion. Bring to a boil over medium-high heat, whisking frequently. Reduce heat to low and simmer until thickened, about 2 minutes.

Remove from heat and whisk in shredded cheese, mustard, salt, pepper and remaining 2 tablespoons of Parmesan cheese. Pour over cooked, drained pasta and broccoli; toss to mix and coat.

Transfer to a baking dish and sprinkle top evenly with bread crumbs. Bake until bubbly at edges, about 20 to 25 minutes. Divide into 8 pieces and serve. Yields 1 piece per serving.

FREE Weight Watcher Memberships Available!

Humana Members:

Receive a free 6 month membership each calendar year to Weight Watchers when you receive a recommended activity "lose weight gradually" through Go365. To see if you are eligible, log into your Go365.com account and click "Activities".

To register:

https://wellness.weightwatchers.com/hs/hs_signup.aspx

Organizational code: 200000001

Non-Humana Members:

If you do not have Humana medical insurance and meet the eligibility requirements, you can receive a free 3 month membership to Weight Watchers online platform. Contact Kara Gilman at Gilmanka@pcsb.org for information.

About Us

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



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.



Free Weight Watchers

Qualified employees can receive up to 6 months of Weight Watchers for free.



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.



Go365 – Humana members only

Go365 is a wellness that rewards you for making healthy choices with gift cards from top retailers, such as Target, Amazon and Macys, fitness gear, movie tickets, and more! Visit www.Humana.com to register.



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



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

Contact Us

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