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## **Humana** *Vitality*

### Did you know?

There is a difference between your “Earned” Status and “Rewarded” Status. Log into Humana.com to check your status. The deadline to reach Silver status is August 31!

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““ Have a great summer! ””

**How did we do this year?**  
Please take our wellness survey!

Please take less than 5 minutes to complete our annual wellness survey. The results will allow us to better serve you as your District Wellness Team!

Responses are completely anonymous.

<https://www.surveymonkey.com/r/JVQDJC8>

**Attention:**  
You may not be at Silver Status.  
Log into Humana.com and check your “Earned” status.

There is a difference between your “earned” and “rewarded” Vitality Status...

“**Earned**” Vitality Status is your **current** program status. The **premium credit** is based off your “earned” Vitality Status.

“**Rewarded**” Vitality Status is the highest Vitality Status earned in either program year one or two, and it is not your current or earned status. For example, if you are in program year 2 (September 1, 2015- August 31, 2016), your Vitality Status will revert to Blue until the online Health Assessment is completed over again. Once the online Health Assessment is completed, you will have a full year to maintain your previous Vitality Status or achieve a higher level starting with 10% of your points from the previous year.

**Don’t miss the deadline to reach Silver Status, check you Earned Status today. The deadline to reach Silver Status and earn your premium credit for 2017 is August 31, 2016.**

Once you log onto your HumanaVitality account click on the circle next to your status:

**This is your Rewarded Status.**  
This is *NOT* your current or Earned status.

**This is your Earned Status.**  
This will tell you how many points you need to reach Silver Status or above.

The deadline to reach Silver Status and earn your Wellness Credit is AUGUST 31, 2016

**Questions?** Call Jessica O’Connell at 588-6134 or email pcs.oconnellj@pcsb.org.

## Attention: Pinellas County Schools Humana Members

# DON'T PAY TOO MUCH!

FIND THE BEST VALUE ON  
COMMON PROCEDURES AND  
TESTS BEFORE LEAVING YOUR  
DOCTOR'S OFFICE!

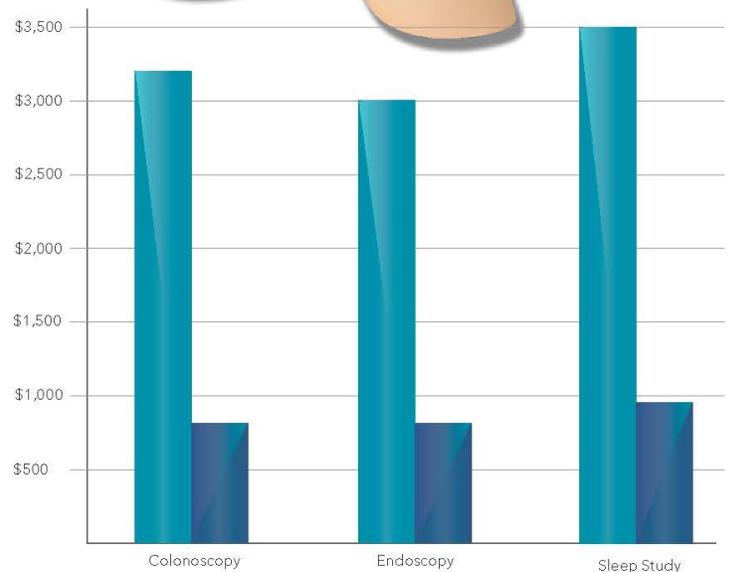
Knowing how much your care costs is just as helpful as finding the right provider. Did you know that in the same town:

- A colonoscopy could cost as low as \$710 and as much as \$3,200?
- Endoscopy could cost as little as \$800 and as much as \$3,000?
- A sleep study could cost under \$1,000 or over \$3,000?



**Healthcare Bluebook™**

Check Healthcare Bluebook to find the high value providers in your area. Always verify that the provider is still in network!



Log on to [healthcarebluebook.com/cc/pcsb](http://healthcarebluebook.com/cc/pcsb) to get started.



Suffer from Allergies?  
You're not alone.



Each year, the Asthma and Allergy Foundation of America (AAFA) declares May to be "National Asthma and Allergy Awareness Month. According to the AAFA's research studies, some facts that may surprise you.

- Researchers believe nasal allergies affect about 50 million people in the United States
- Allergies affect as many as 30 percent of adults and 40 percent of children
- Food allergies cost about \$25 billion per year.
- In 2010, Americans with nasal swelling spent about \$17.5 billion on health costs. They have also lost more than 6 million work and school days and made 16 million visits to their doctor.

### Preventing Allergic Reactions and Controlling Allergies

An allergy management plan is key to preventing allergic reactions. It is also necessary to control your allergies. Work with your doctor to create your allergy management plan.

Controlling your allergies and preventing allergic reactions depends on your type of allergy. Here are some ways to manage your allergies:

- **Avoid your allergens.** This is very important but not always easy. Some allergens are easier to avoid than others. When you can't avoid an allergen, try to reduce your contact with it. Learn more about how to manage your specific allergies:
  - [Drug Allergy](#)
  - [Food Allergy](#)
  - [Insect Allergy](#)
  - [Latex Allergy](#)
  - [Mold Allergy](#)
  - [Pet Allergy](#)
  - [Pollen Allergy](#)

- **Take your medicines as prescribed.** They can be helpful for managing your symptoms. Take them while also avoiding allergens.
- **If you are at risk for anaphylaxis, keep your epinephrine auto-injectors with you at all times.** Epinephrine is the only treatment for a severe allergic reaction. It is only available through a prescription from your doctor. Each prescription comes with two auto-injectors in a set.
- **Keep a diary.** Track what you do, what you eat, when symptoms occur and what seems to help. This may help you and your doctor find what causes or worsens your symptoms.
- **Wear a medical alert bracelet (or necklace).** If you have ever had a severe allergic reaction, please wear a medical alert bracelet. This bracelet lets others know that you have a serious allergy. It can be critical if you have a reaction and you are unable to communicate.
- **Know what to do during an allergic reaction.** Have a written anaphylaxis emergency action plan. It tells you and others what to do in case you have allergic symptoms or a severe allergic reaction. Always ask your doctor if you have any questions.

It is crucial to recognize that you are having an allergic reaction and to respond quickly and properly. If the reaction is progressing and getting severe, call 911 (activate the Emergency Medical Services) immediately. Do not try to take yourself or a family member or friend to the hospital. You might have to stop and render aid on the way. It is always best to stay where you are and have an ambulance transport you.

# Have a great summer!

Here's something to look forward to for next school year...

## YOU CAN TAKE CONTROL

REDUCE YOUR RISK TODAY

YMCA's DIABETES PREVENTION PROGRAM



## YMCA Diabetes Prevention Program Starts in August

### Employee Testimonials:

*"Reached my goal weight", "I'm down 3 1/2 dress sizes", "This program changed my life".*

Registration will open the first week in August and classes will begin the week of August 23<sup>rd</sup>. For general information about the program contact Dawn Handley, [handleyd@pcsb.org](mailto:handleyd@pcsb.org).

## Quit Smoking for CA\$H!

*Are you ready to be tobacco free?*

*99% of participants indicated they received the tools and resources needed to become and stay smoke free!*

Any PCS employee, spouse, or family member (18 yrs or older) who is ready to quit tobacco, can receive the tools and support needed to quit smoking for good, AND earn \$50 for completing the program (must attend 5 out of 6 classes to receive the reward)!

Registration opens in August and classes begin in September—keep an eye out for announcements!





## Healthy, Easy Recipe

Stir-Fried Spicy  
Chicken Tenders  
\$1.07 per serving



### Stir-Fried Spicy Chicken Tenders *Serves 4*

#### Ingredients:

1 teaspoon sugar  
1 teaspoon paprika  
½ teaspoon salt  
½ teaspoon pepper, black ground  
¼ teaspoon pepper, cayenne  
1 pounds chicken, breast, boneless, skinless  
1 tablespoon canola oil  
16 ounces mixed vegetables, frozen, bell pepper and onion

#### Directions:

Combine sugar, paprika, salt, pepper and cayenne in a medium bowl. Add chicken and toss to coat. Cover and refrigerate for 15 minutes or overnight.  
Heat oil in a large nonstick skillet over high heat. Add pepper-and-onion mix and cook, stirring occasionally, until the vegetables are soft, 5 to 7 minutes.  
Add the spice-rubbed chicken and cook, stirring, until no longer pink in the center, 3 to 5 minutes. Serve hot.

#### Nutrition Information:

Calories, 196	Total Fat, 5 g
Saturated Fat, 1 g	Carbs, 8 g
Sodium, 392 mg	Cholesterol, 66 mg
Dietary Fiber, 2 g	
Protein, 28 g	

### Contact us, we'd love to hear from you!



For questions related to the Employee Wellness Program, contact your Employee Wellness Coordinator:

**Kara Hager**, Phone: 727-588-6031, Email: [hagerk@pcsb.org](mailto:hagerk@pcsb.org)

For questions related to Humana health insurance programs, contact your Humana on-site personnel:

**Janet Lang**, PCS Account Advisor, Phone: 727-588-6367, Email: [pcs.langj@pcsb.org](mailto:pcs.langj@pcsb.org)

**Gina DeOrsey, RN**, PCS Patient Advocate  
Phone: 727-588-6137

**Jessica O'Connell, RN**, PCS HumanaVitality Wellness Nurse  
Phone: 727-588-6134, Email: [pcs.oconnellj@pcsb.org](mailto:pcs.oconnellj@pcsb.org)

### Share your story!



Have you been successful in meeting a wellness goal because of a PCS Wellness Program? Have a recipe you'd like to share or topic you'd like to see in an upcoming issue? We'd love to hear about it! Please contact Kara Hager, Employee Wellness Coordinator, at [hagerk@pcsb.org](mailto:hagerk@pcsb.org).