

# SMART START Newsletter



Visit [www.pcsb.org/wellness](http://www.pcsb.org/wellness) or contact Kara Gilman, Employee Wellness Coordinator at 588-6031 or [gilmanka@pcsb.org](mailto:gilmanka@pcsb.org) March 21, 2017

## Go365 Fitness Update—Fitbug is Being Discontinued



# fitbug

Humana received word that Fitbug is closing their public-facing services. This means that the Fitbug App and Device are no longer for sale, and will no longer sync steps or sleep with Go365. We have removed Fitbug from the Go365 Mall and are also working to remove references to it in our Jackpot area of the site and compatibility grid.

On March 20, step and sleep data stopped syncing with Go365. Active users will receive a message directly from Fitbug advising them they will be required to change the way they track their fitness activity for Go365 by using another device from our compatibility grid.

At this time, members can no longer connect new Fitbug devices to Go365. In the meantime, before obtaining a new device, we suggest members look into an app device like Apple Health or Samsung Health as step-tracking options.

Members can be directed to this [Go365 Community Post](#) for further questions or updates.

*The Go365 program is designed to reward members for making healthy choices with things like Amazon and Target gift cards, and fitness gear. If you are a Humana member, sign up now at [Humana.com](http://Humana.com).*

## MARCH IS COLORECTAL CANCER AWARENESS MONTH

### Request a FREE screening test from Risk Management!

[The CDC](#) recommends getting a screening test every year and a

colonoscopy every 10 years starting at age 50 or younger if you are at an increased risk. To see if you are at an increased risk, answer a few short questions on Page 2.



### Features of EZ DETECT™

- **Convenient, Sanitary** – Easy throw-in-the-bowl test. No messy handling of stool.
- **Quick, simple to use** – Just drop a test pad in the toilet after a bowel movement. See the results of the test in just 2 minutes. Repeat the test with the next two bowel movements.
- **Easy-to-read results** – Test area of pad will turn blue/green if blood is detected.
- **Reliable and Accurate** – FDA approved. Clinically proven. Used by hospitals and physicians worldwide.
- **Does not require lab processing.**

### How the Test Works

Colorectal disorders such as cancer, cause blood to be present on the outside of the stool from irritated polyps that have formed in the colon. Test area of pad will turn blue/green if blood is detected.

### Request one now!

Send an email to our on-site Humana Patient Advocate, Gina DeOrsey, RN, at [pcs.deorseyg@pcsb.org](mailto:pcs.deorseyg@pcsb.org) with your worksite, and we'll send you a test kit through the Pony mail. You must be 50 years or older. You do not need to have Humana Insurance.

Find more information visit: <http://pcsb.org/Page/18808>

## Are you at high risk for Colon cancer?

If you are over 50 years old and you answer YES to any of the following questions, you may be at a higher risk for colon cancer. Consult your physician immediately about which test is most appropriate for you.

- 1) Have you ever been diagnosed with colorectal cancer or pre-cancerous polyps?
- 2) Has your mother, father, brother(s), sister(s) or child ever been diagnosed with colorectal cancer?
- 3) Have you ever been diagnosed with inflammatory bowel disease (ulcerative colitis or Crohn's disease)?
- 4) Are you currently having any of the following symptoms?
  - Unexplained, significant weight loss (10% or more of body weight)
  - Consistently narrow stools (for example: the size of a pencil)
  - Blood mixed throughout the stool (more than slight bleeding seen on tissue or in bowl)

## Humana

### NO COST TO YOU!

If you have Humana Medical coverage through PCS, your health plan provides full coverage for recommended colon cancer screening tests.

You will also receive +400 Go365 Points when you get a colonoscopy.



## Why are preventative screenings so important?

### Employee Stories

“When I was 29 I had rectal bleeding which I thought was solely from a hemorrhoid from delivering my son a year prior. I went in to get it checked out just in case since my Aunt had colon cancer in her 40’s. They found a benign polyp and a severely spastic colon. Had I not gone the polyp could have grown bigger or gotten worse. I am now...polyp free with my 5 year follow up colonoscopy.”

— PCS Employee

Talk to your doctor about what preventative screenings are right for you.



### Have you had a preventative screening that detected an illness at an early stage?

We are looking for employees to share their stories about the importance of preventative screenings, such as a colonoscopy, mammogram, or biometric screening. If you'd like to share your story, contact Kara Gilman at [Gilmanka@pcsb.org](mailto:Gilmanka@pcsb.org).

## FREE Weight Watchers

### 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](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](mailto:Gilmanka@pcsb.org)

## Partner Gym—Discount available!



\$149 vs \$159 Premier Unlimited Membership  
\$99 Elite 8 Session per Month Membership  
\$199 10-Pack plus 2 classes Corporate Bonus  
\$359 20-Pack plus 4 classes Corporate Bonus  
\$499 30-Pack plus 6 classes Corporate Bonus  
\$640 40-Pack plus 8 classes Corporate Bonus

[Find more information here.](#)

[See a complete list of all the partner gyms that offer discounts to PCS Employees at pcsb.org/wellness..](http://pcsb.org/wellness..)

# HealthAdvocate™

Always at your side

Introducing...

## EAP Video Counseling

**NEW - Talk to a Counselor from the comfort of your home!**

As a convenient option to face-to-face counseling, your EAP+Work/Life program now offers free access to confidential video counseling with a mental health counselor right over your computer, laptop, tablet or smartphone—anytime, anywhere. Visit online at: [pcsb.org/employee-assistance-program](http://pcsb.org/employee-assistance-program) or call 877.240.6863 to speak with a counselor about video counseling as an option.

***EAP+Work/Life: Confidential Support for Personal & Work/Life Issues.***

*The PCS EAP+Work/Life program gives you access to Licensed Professional Counselors, who can provide confidential, short-term support with a wide range of personal issues. Up to 8 sessions per issue per year are available.*

***Who is covered?*** You, your spouse, and family members living in your household.

***Questions?*** Contact your on-site EAP Coordinator, Darlene Rivers at [pcs.riversd@pcsb.org](mailto:pcs.riversd@pcsb.org) / 588-6507

### About the BeSMART Employee Wellness Program

When it comes to wellness, PCS has you and your family covered! Whether you are earning Vitality Points (and spending your Vitality Bucks at the Humana Vitality Mall) or participating in one of the many Be SMART onsite wellness programs, there is something for everyone. When employees and their families are healthier, our student engagement increases. Go to [pcsb.org/wellness](http://pcsb.org/wellness) to learn more!

*This newsletter is not intended to substitute for informed medical advice. You should not use this information to diagnose or treat a health problem or condition. Always check with your doctor before changing your diet, altering your sleep habits, taking supplements, or starting a new fitness routine.*