

# SMART START Newsletter



October 12, 2016

## BeSMART About Your Health



### Ways to earn Vitality Points in October

#### Take your online Health Assessment - 500 points!

Before you can begin earning points, you need to complete your online Health Assessment. You can earn 250 bonus Vitality points by completing your health assessment by 11/30/2016 (first 90 days of the plan year) on top of the 500 points for taking the assessment.

To complete your Health Assessment, log into your account or register for a new account at [Humana.com](http://Humana.com).

#### Participate in a 5K— 250 points!

Earn 250 points for completing a 5K. Not sure which one to participate in? Join the upcoming [Pinellas Education Foundation's Halloween Hustle 5K walk/run](#).

#### Get your flu shot— 200 points!

Earn 200 Vitality Points when you or your covered adult dependents receive a flu shot. Flu shot clinics are coming to a school or worksite near you. View the schedule [here](#) at [pcsb.org/wellness](http://pcsb.org/wellness). You may also go to any in-network pharmacy or your doctor for a free flu shot.

#### Join the PCS Kickball Team—350 points!

The kickball team starts October 27/28th in two locations. Registration information and instructions can be found on page 3.

#### Questions:

Call Jessica O'Connell, your HumanaVitality Representative:  
727-588-6134 or [pcs.oconnellj@pcsb.org](mailto:pcs.oconnellj@pcsb.org)

|                                    |   |
|------------------------------------|---|
| Breast Cancer Awareness Month..... | 2 |
| PCS Kickball League.....           | 3 |
| Weight Watchers....                | 4 |
| Healthy Recipe.....                | 5 |
| EAP+Work/Life.....                 | 6 |

#### What is HumanaVitality?

This voluntary wellness program gives you a personalized plan and access to tools and resources that help you set, meet, and keep your health and wellness goals. And, it's free if you are enrolled in a Humana Medical Plan. **Plus you can earn points for prizes** like Amazon gift cards, exercise gear, and much more! Learn more at [www.pcsb.org/vitality](http://www.pcsb.org/vitality)

The HumanaVitality program will get a new name and new look on January, 2017. **But don't worry!** All the hard work you've put in so far will not go to waste—your Points and Bucks will carry over to 2017! Watch for more information coming in November about this exciting change.

## Breast Cancer Screenings and Self-exams Key to Early Detection

Screenings play a big role in breast cancer survival rates. The earlier you detect breast cancer — while the tumor is small and hasn't had a chance to spread — the better your chances that treatment will work. That's why it pays to keep track of the screenings you can have. Knowing the warning signs of breast cancer can also improve your chances of a cure.

### Take charge of your own breast health

Examine your breasts yourself, starting in your 20s. Even though self-exams don't play a big role in cancer detection, there are big benefits. For one, you'll become familiar with how your breasts normally look and feel. That way, you'll be able to report a change to your doctor early on.

You don't even have to do these self-exams on a regular basis to reap the benefits. Just make sure to do them a week after your period ends. And if you don't know how to do one, ask your health provider or a nurse to show you how.

### Look out for these symptoms

If you spot any of these signs, call your doctor. Don't panic, though. Other conditions, like an infection, can cause lumps in your breasts. But for your peace of mind, get your doctor to check out these symptoms as soon as possible.

**Your breast feels different:** You may notice a lump or thickening in your breast or armpit.

**Your breast looks different:** One of your breasts may look like an orange peel. Or you notice a change in its size or shape.

**You see a change in your nipple:** It may be red, sore, itchy, or scaly. Or your nipple leaks a fluid other than breast milk, or blood.

**You notice swelling or pain** in any part of your breast or nipples.

### Keep on top of your medical screenings one

There are two medical screenings recommended by health organizations like the CDC and American Cancer Society (ACS): clinical breast exams and mammograms.

You'll usually get a clinical breast exam during a checkup. The doctor or nurse will look and feel your breasts to spot any changes or lumps. If you're in your 20s or 30s, the ACS recommends getting one at least every three years. If you're 40 or older, you'll need one every year.

The screening test that's been proven to be most effective is the mammogram, according to the CDC. A mammogram is an X-ray of the breast that allows doctors to spot any changes or lumps before you can feel them. The whole procedure lasts about 20 minutes. It can be uncomfortable, since each of your breasts has to be squished between two plates before a nurse takes an X-ray.

### When's the best time to start getting mammograms?

The CDC recommends them every other year for women between 50 and 74. If you are between 40 and 49, talk to your health provider. Your doctor may recommend you have a mammogram, especially if you have other risk factors.



**Humana Vitality**

**Earn 400 Vitality Points when you get your mammogram!**

You will automatically receive 400 Vitality Points per year for getting a mammogram.

**PCS will go pink on October 21!**



Help raise awareness for breast cancer by joining us in wearing pink on Friday, October 21.

**Tell a friend and strike a pose!** Submit your photos to [hagerk@pcsb.org](mailto:hagerk@pcsb.org).

## PCS Kickball League begins October 27/28th!

Deadline to register is October 13

Register here:

<http://www.tampabayclubsport.com/league/14006/details>

### Questions?

Contact Carly Houman at [carly@tampabayclubsport.com](mailto:carly@tampabayclubsport.com) or call 877-820-2582

This league is open to all PCS employees and is completely free of charge to participate. You can join as an individual and be randomly placed on a team, or you can contact your worksite's Wellness Champion to see if they've formed a team for your worksite.

You have the choice to play at two different fields and each game will be 1 hour. *Please note the location change from Eddie C Moore in Clearwater to Pinellas Park High due to renovations at Eddie C Moore.*

#### Location 1: \*\*\*LOCATION CHANGE\*\*\*

Pinellas Park High School  
6305 118th Ave, Largo, FL 33773  
Thursdays starting 10/27 at 5pm and 6pm

#### Location 2:

Woodlawn Park  
1450 16th St. North  
St. Petersburg, FL 33704  
Fridays starting 10/28 at 5pm, 6pm, and 7pm



#### HERE ARE 4 REASONS YOU MIGHT CONSIDER GIVING KICKBALL A TRY:

1. **Camaraderie.** Make new friends and meet new people.
2. **Competition.** Friendly competition will create motivation and help you reach your goals.
3. **Physical activity.** Guaranteed to increase the amount of activity you get each week.
4. **Fun.** Not only will you be more physically active, you'll have fun while doing it!

If you have questions, contact Kara Hager at [hagerk@pcsb.org](mailto:hagerk@pcsb.org).



Get **350 Vitality Points** for joining the Kickball Team!

Join a sports team in a qualified, organized league and earn 350 Vitality Points (the PCS Kickball League is considered a qualified, organized league). To claim your points send proof of your participation to Humana, like a copy of the sports schedule or certificate of league participation, within 90 days of the league's completion date to earn Vitality Points. Download the sports league form [here](#) and fax it to Humana.



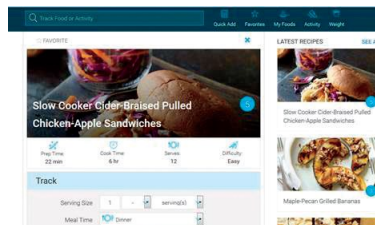
## Attention non-Humana employees: You can now get a free 3 month membership to Weight Watchers Online! Register by October 31, 2016!

The Beyond the Scale program by Weight Watchers® is designed to fit the way you live. With our OnlinePlus offering, you can follow our program entirely online and still get all the support you need. You'll get motivation from our online community, the flexibility to follow the plan anytime at your own pace, and easy-to-use digital tools including:



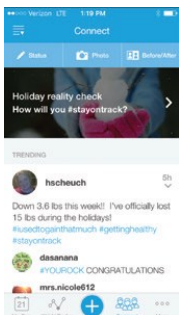
### Bar Code Scanner

Food shop without the stress. Scan bar codes on your favorite foods and get SmartPoints values instantly.



### Recipe-Building Tool

Build recipes from scratch or customize thousands of Weight Watchers recipes based on your personal needs and preferences.



### Weight Watchers Connect

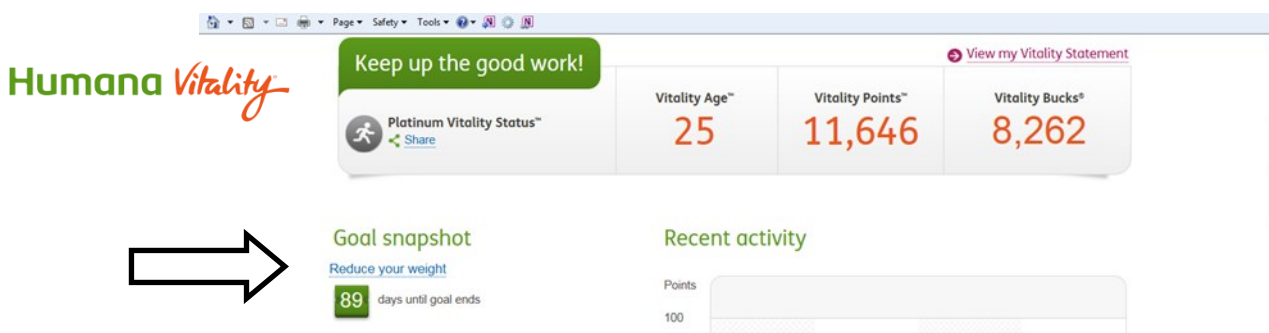
Tap into the power of our online community to share your journey, support other and get the motivation you need in a safe environment.

**Register today! Space is limited!**

Contact Kara Hager at  
[hagerk@pcsb.org](mailto:hagerk@pcsb.org) for registration  
instructions.

## Do you have Humana Insurance through PCS?

You can get free access to Weight Watchers too! Members who receive a weight loss goal after completing their HumanaVitality Health Assessment can sign up for a free Weight Watchers membership through Humana.com. Log in to your HumanaVitality account and view your goals to see if you qualify:





## Healthy, Easy Recipe

# Turkey Bacon and Spinach Quiche with Sweet Potato Crust

By American Heart Association

Serves 5

### *Dietitian's Tip:*

*Usually made with gobs of cheese, heavy cream, and eggs, quiche is normally a calorie-dense dish. Instead, this quiche slashes calories and fat with egg whites, fat-free cheese, turkey bacon and skim milk—not to mention a crust made of grated sweet potatoes.*

### Ingredients

|  |                                  |
|--|----------------------------------|
|  | 3/4 tsp. dried dill              |
| 1 medium sweet potato, washed                        | 1/4 tsp. salt                    |
| 1 tsp. canola oil                                    | 1/4 tsp. ground black pepper     |
| 1 medium yellow onion, finely diced                  | 2 large eggs                     |
| 6 slices turkey bacon, thinly sliced                 | 4 large egg whites               |
| 1, 10- oz. packaged, frozen, chopped spinach, thawed | 1/4 cup skim milk                |
|  | 1 1/2 Tbsp. fat-free feta cheese |

### Nutritional analysis per serving

|                           |                    |
|---------------------------|--------------------|
| Calories Per Serving 136  | Sodium 458 mg      |
| Total Fat 5.0 g           | Carbohydrates 11 g |
| Saturated Fat 1.4 g       | Fiber 3 g          |
| Trans Fat 0.0 g           | Sugars 4 g         |
| Polyunsaturated Fat 1.2 g | Protein 12 g       |
| Monounsaturated Fat 2.0 g |                    |
| Cholesterol 87 mg         |                    |

### Directions

Preheat oven to 400°F.

Place a box grater into a medium bowl. Grate the sweet potato until there are 2 cups grated sweet potato. Coat a 9-inch pie plate with cooking spray. Gently press the sweet potato into the bottom of the pie plate and up the sides; the sweet potatoes will be loose but will hold together once cooked. Place in the oven and bake until sweet potato crust is cooked, about 20 minutes. Remove from oven and decrease oven temperature to 350°F.

Meanwhile, in a medium pan, warm oil over medium-high heat. Finely dice the onion and add to the pan. Cook until almost translucent, about 6 to 8 minutes. Add turkey bacon, continuing to stir and cook until onions and bacon begin to brown, about 3 to 4 minutes. Stir in spinach, dill, salt, and pepper; cook until water from the spinach is released, about 1 to 2 minutes. Remove from heat. Use a spatula to transfer mixture from pan into the sweet potato pie shell.

In a bowl, add eggs, egg whites, and milk. Using a fork, whisk to combine. Pour eggs over vegetable mixture in the pie shell. Dot the feta cheese over the top of quiche. Cook quiche in oven until eggs in the center are set, about 35 to 40 minutes. Remove from oven and let cool just a few minutes before slicing. Serve.

### Additional Tips

**Cooking Tip:** A good way to test if the eggs in a quiche are set is to stick a toothpick or fork right in the center of the quiche. If it's clean when removed, the eggs are fully cooked.

**Keep it Healthy:** Using a layer of grated sweet potatoes in place of a pastry crust not only slashes extra calories and saturated fat, it adds a touch of subtle sweetness to the quiche. Consider going this route for a few dessert pies as well, like pumpkin pie.

**Tip:** Frozen and thawed greens tend to work better in quiches since a lot of the liquid has already been cooked out of it before freezing. To use fresh greens, make sure to sauté it well and squeeze out any liquid from it before adding to the quiche.



## Your Brain on Sleep

Regardless of how much emphasis you place on your sleeping habits, experts agree that sleep is fundamental for a lifetime of good health. And that applies to our mental health, too. For centuries, scientists and philosophers have been exploring why people sleep and how it impacts the brain. Evidence suggests that sleep deprivation blocks certain restorative functions our brains would otherwise perform as we sleep. In doing so, we inhibit and, in some cases, damage our ability to stay sharp during waking hours.

Much like other organs that control the functions of our bodies, the brain has the ability to repair itself. The difference is that parts of the brain are more active at night than any other time, meaning a lot of “cleaning house” happens while we sleep. P. Murali Doraiswamy, MD, a brain researcher at Duke University in Durham, N.C., notes that our brains do some impressive work when we turn in for the night.<sup>1</sup>

- **Getting rid of toxins** The glymphatic system is a drainage system in the brain that clears out and recycles toxins. One protein that’s recycled during sleep helps with the development of amyloid plaque, which has been linked to Alzheimer’s. While Alzheimer’s is not necessarily caused by sleep deprivation, that may be a factor.
- **Repairing daily damage** Chronic sleep deprivation can lead to irreversible brain damage. According to a University of Pennsylvania animal study, being awake for long periods of time can damage neurons that help us stay alert and cognizant. From other studies, scientists have concluded that chemicals released during deep sleep are crucial for repairing the body, including the brain.
- **Cataloging the day** On a daily basis, your brain is exposed to thousands of stimuli, which it cannot process all at once. As a result, much of what you see, hear, and feel is processed while you sleep. If you think those four or five hours of sleep each night are enough to get by, you might want to think twice. Memory tests show you’re definitely not functioning at your best.

**Did you know?** Humans spend up to one-third of our lives asleep. While there is a general consensus that getting seven to eight hours of sleep is ideal, the National Sleep Foundation recommends [specific sleep durations based on age](#).

### 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 problem per year are available.**

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

## 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 HumanaVitality Mall) or participating one of the many Be SMART onsite wellness programs, there is something for everyone. When you employees and their families are healthier, your student engagement increases.



Go to [pcsb.org/wellness](https://pcsb.org/wellness) to learn more!