

SMART START Newsletter



Visit www.pcsb.org/wellness or contact Caleigh Bean, Employee Wellness Coordinator at 588-6031 or beanc@pcsb.org.

November 2018

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Go365 Reminder



Go365 will end December 31, 2018. Humana members can continue to earn Points and redeem Bucks through this date. The Go365 Program will end at midnight on December 31 and you will not be able to log in to your account to submit activities or redeem bucks after that time.

Activities can take up to 8 weeks to post on Go365. If you are completing activities for Go365 between now and December 31, 2018 we recommend that activities be submitted manually. Manual submissions typically take less time to process, however, PCS cannot guarantee that activities submitted after November 1, 2018 will be posted before December 31, 2018. Activity forms can be submitted manually through your Go365 account or can be faxed to 1-877-250-7814.

Humana Go365 will be replaced by Aetna's wellness program, Aetna Health Promises. More information about Aetna Health Promises will be released in the near future.

Thursday, November 15 is the

GREAT AMERICAN SMOKEOUT



The third Thursday of every November is designated by the American Cancer Society as the Great American Smokeout. Challenge yourself or a loved one to make a plan to quit smoking on November 15. Quitting is not easy but research shows smokers who use support to quit are more successful. Visit tobaccofreeflorida.com to see resources.

QUIT YOUR WAY

Quitting tobacco isn't easy. Finding help should be. Tobacco Free Florida offers free tools and services to help you get started. Visit pcsb.org/wellness for free classes and additional resources.



November is National Diabetes Awareness Month

Over 30 million people have Diabetes in the United States. Of those 30 million, over 23% of those are undiagnosed. This means that over 7 million Americans have diabetes and have not received any treatment. Diabetes is a very treatable disease. Early detection and treatment of diabetes can greatly reduce the risk of complications. Below are common risk factors and symptoms of diabetes. If you feel that you are experiencing symptoms or are at high risk, talk with your primary care physician.

Risk Factors

- Smoking
- Overweight or Obesity
- High Blood Pressure
- High Cholesterol
- High Blood Sugar

Symptoms

- Urinating often
- Feeling very thirsty
- Feeling very hungry
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss - even though you are eating more (type 1)
- Tingling, pain, or numbness in hands/feet (type 2)



Are you at risk for Type 2 Diabetes?

Take the test below to test your risk level.

[Type 2 Diabetes Risk Test](#)

**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 to get started.

Take a Hike - November 17th

Grab a buddy and take a hike. November 17th is National Take a Hike Day. Hiking is a powerful cardio workout that can lower your risk of heart disease, improve your blood pressure and blood sugar levels, boost bone density, and build strength. Hiking is not just great for your physical health, it is also great for your mental health. Being in nature has shown to reduce depression, anxiety, and stress. Research also shows hiking outdoors can increase attention span and creative problem-solving skills.

You don't have to go to the mountains to reap the benefits of hiking. Check out [TrailLink](#) to see local trails in the Tampa Bay Area.

Local trails and preserves:
[Brooker Creek Preserve](#)
[Florida Botanical Gardens](#)
[Weedon Island Preserve](#)
[Fort De Soto Park](#)



Recipe of the Month

Mashed Cauliflower

This Thanksgiving try a healthy alternative to the standard mashed potatoes. Mashed cauliflower gives the feel of the staple comfort food with less calories and carbohydrates and a good source of vitamin C and folate.

Source: Mayo Clinic

Ingredients

1 head cauliflower
1 clove garlic
1 leek, white only, split in 4 pieces
1 tablespoon soft-tub margarine, non-hydrogenated
Pepper to taste

Directions

Break cauliflower into small pieces. In a large saucepan, steam cauliflower, garlic and leeks in water until completely tender, about 20-30 minutes.

Use a food processor to puree the vegetables until the texture resembles mashed potatoes. Process only a small portion at a time.

If you prefer a smoother texture, use a blender. Be sure to hold the blender lid on firmly with a dish towel. Add a little hot water if vegetables seem dry.

Stir in margarine and pepper to taste. Serve.

Serves: 4. Serving size: 1 cup. Calories: 67. Total Carbohydrate: 9g. Dietary Fiber 2.5g. Sugars: 3g. Sodium: 60mg. Total Fat: 3g. Saturated Fat: 1g. Cholesterol: 8mg. Protein: 2 g.



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.



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.



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



Go365- Humana members only

Go365 is a personalized wellness and rewards program. Getting healthier is easier-and lots more fun-with Go365. The program will reward you with Go365 Points and Bucks for achieving goals, staying active, and completing wellness and prevention activities. Shop the Go365 mall where you can spend your earned Bucks on merchandise like the latest activity tracker, or e-gift cards from top retailers like Amazon.com, Target, and Lowes. Visit Go365.com to register. **Health Coaching** is available through Go365. Want to move forward with meeting a personal goal? The health coaching program offered by Go365 can help! The Health Coaching program will give you expert support as you create a plan that works for you. Earn Go365 Points and Bucks for working with a Health Coach one on one. Ready to get started? You can call 1-855-852-9450 or sign up through the Go365 App, tap "More > Coaching > Call a coach"

Contact Us

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