

# SMART START Newsletter



Visit [www.pcsb.org/wellness](http://www.pcsb.org/wellness) or contact Caleigh Bean, Employee Wellness Coordinator at 588-6031 or [beanc@pcsb.org](mailto:beanc@pcsb.org).

October 2019

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# Pine<sup>ll</sup>as County Schools go pink!

Pinellas County Schools is encouraging all the employees to wear pink on Friday, October 25 to raise awareness and honor those who have been affected by Breast Cancer. Please join the District and wear Pink on October 25.

[Wear pink October 25](#)

## October is Breast Cancer Awareness Month

About 1 in 8 women will develop breast cancer in their lifetime. Breast cancer is the second leading cause of death among women. There is no way to prevent breast cancer so it is important to get screened early and often. Women over the age of 40 years old are recommended to receive a mammogram annually. A mammogram can detect groups of cells found in the breast that may be cancerous. In addition to annual mammograms, all women, regardless of age, should perform self examinations every month to check for any changes in their breast tissue. To learn more about self examinations, visit [nationalbreastcancer.org](http://nationalbreastcancer.org).

## Test your Knowledge of Breast Cancer for a Chance to Win Prizes

The Tampa Bay Mobile Mammography has created a short educational quiz to test your knowledge of breast cancer. Take a few minutes to read over the lessons they provide and take the short quiz. If you complete the quiz you will automatically be entered into a random drawing for prizes. Employees have until October 25th to complete the quiz for the drawing.

All employees can participate. Please use your PCS email and use *Pinellas County Schools* as your worksite to be entered into the drawing.



# October is National Dental Hygiene Month

October is designated as National Dental Hygiene Month to spread awareness about the importance of oral health. Good breath, strong teeth, and clean gums are all important parts of oral health. But did you know having a healthy mouth helps the rest of your body stay healthy too? Our mouths are sometimes called ‘the window’ looking into the rest of our bodies. A look inside your mouth or a swab of saliva can tell a doctor a lot more than you realize about what’s going on in your body.

People with periodontal disease have been shown to have increase risk for certain health conditions including Alzheimer’s disease; certain cancers in women like breast, esophageal, gallbladder, skin and lung; kidney disease; heart disease and more. It’s important to follow the recommendations of brushing your teeth twice a day, floss at least once per day, replace your toothbrush every 3-4 months or sooner if needed, avoid sweets and sweetened drinks, and do not smoke. Schedule your regular checkups with your dentist every 6 months.

Dental health is often *brushed* over and not seen as important as it truly is. Taking care of your teeth can save you money and help them stay healthy and strong throughout your life.



## Check your Aetna Health Promise Wellness Credits

It’s not too late to earn your credits for the 2019 Aetna Health Promise program! For more information about the wellness program, please visit [pcsb.org/wellness](https://pcsb.org/wellness). Members will be able to track how many credits they have earned through [www.aetna.com](https://www.aetna.com).

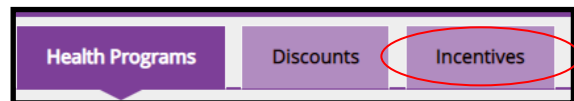
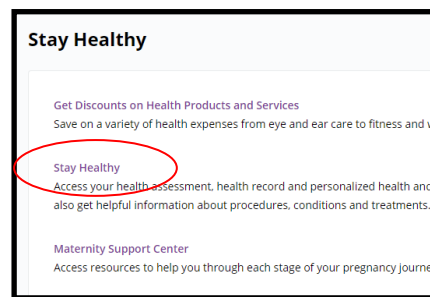
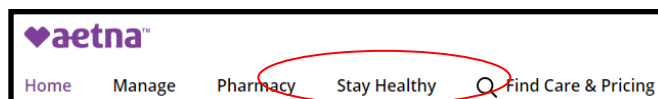
### Directions:

- Members will login to [www.aetna.com](https://www.aetna.com).
- Click on the Stay Healthy tab. Then click the second link, Stay Healthy.
- Click the Incentives Tab.
- There will be two options: Wellness Package Incentive and 2019 Wellness Incentive Program.

A. The Wellness Package Incentive will refer to the \$50 gift card employees and their dependent spouse can earn by completing the Health Assessment and an online Journey (see page 4).

B. The 2019 Wellness Incentive Program will refer to the 5 or 8 credits\* needed for the overall Aetna Health Promise Incentive (\*credits needed will depend on your insurance plan– for more information, visit [pcsb.org/wellness](https://pcsb.org/wellness)). *Certain PCS programs (The Y’s Diabetes Prevention Program and the Blood Pressure program) will not show under Incentives, but the credit will be rewarded to the employee or spouse.*

- You will be able to click on each incentive programs to see the details of credits earned.



If you do not see credits for activities you have completed, please contact Jessica O’Connell at [pcs.oconnellj@pcsb.org](mailto:pcs.oconnellj@pcsb.org) or Gina DeOrsey at [pcs.deorseyg@pcsb.org](mailto:pcs.deorseyg@pcsb.org) or 588-6137. Please note: Depending on the program, credits may take up 30 or 60 days to post.

Active Incentive Programs	
You may be eligible to earn incentives when you participate in these programs.	
Wellness Package Incentive»	Total earned - \$50
2019 Wellness Incentive Program»	Total earned - 2 points

## Important Dates Regarding Aetna Health Promise Credits

- [October 18, 2019](#)—Mindfulness Challenge ends. To earn the credit, employees must complete the challenge by 10/18/19
- [November 1, 2019](#)—last day to earn a credit for the *wellness screening*.
- December 31, 2019—last day to earn credits
- First Quarter of 2020— incentives will be distributed directly into employee's paycheck if earned.

# GOT DIABETES?

## FREE Diabetic \$upplies

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](mailto:pcs.deorseyg@pcsb.org) to get started.**

### Important Diabetic information:

Check with Aetna to confirm if your diabetic meter and testing supplies are in the same pharmacy tier and copayment. The list of the meters and supplies that are on the Aetna formulary are: Freestyle and One Touch. If you currently are utilizing a meter diabetic supplies that are not included on the formulary, you may be charged more at the pharmacy. We recommend you discuss any possible changes with your physician. If you plan to change meters or supplies to one on the preferred formulary, you will need a new script. For additional information visit [Diabetes CARE Program](#)

## October Challenge

### Scaredy Cat Challenge Face on Fear

In the spirit of Halloween, this month's behavioral challenge is to face one fear. If your heart went up a bit just thinking about facing a fear, you're not alone. Our fears are real, they are physical and can seem impossible to tackle. Don't worry it doesn't have to stay that way! Whether you have a fear of heights, public speaking, starting a new workout, or even spiders, facing that fear head on or gradually and repeatedly exposing yourself to triggers surrounding your fear will actually change your life.

Some fears can actually be disabling, holding you back from getting more out of life or even just getting through normal daily tasks. Even if the fear seems inconsequential, like being afraid of snakes, facing that fear will be empowering, giving you more confidence in yourself and your ability to overcome obstacles. This challenge only asks you to face one fear, so brace yourself. You can do this!



# 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](http://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 1-800-848-9392 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](http://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 – Aetna members only

Eligible employees can receive pharmacy prescription diabetic supplies at zero co-pay.



## Aetna Health Line –

### *Aetna members only*

For immediate health concerns or questions, you can call a registered nurse anytime (24/7) through Aetna at 1-866-253-0599.



## Healthcare Bluebook – Aetna members only

Healthcare Bluebook can help you find high-quality medical care at the best cost. Visit [www.pcsb.org/healthcarebluebook](http://www.pcsb.org/healthcarebluebook)



## Teladoc – Aetna members only

Participate in a live video doctor visit from a mobile device or computer 24/7. Visit [www.teladoc.com/aetna](http://www.teladoc.com/aetna)

## Contact Us

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