

# 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).

September 2019

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## On-site Flu Shots

September 25– October 10

This year, about 50 PCS worksites will be offering flu vaccinations. If your worksite is not offering flu shots, keep in mind you can go to your primary physician's office or any major pharmacy counter to receive a flu shot free of charge with your Aetna insurance card.

[2019 Flu Shot Schedule](#)  
[Flu Shot FAQs](#)

## Mindfulness Challenge

Register today for the second opportunity of the Mindfulness Challenge. This is a 4 week challenge that provides the tools and techniques for mindfulness-based stress reduction. If you participated in the Mindfulness Challenge in April, you do not need to participate in this challenge. If you registered for the April challenge but did not finish the challenge, you can log in and complete it – you do not need to reregister.



Challenge begins: September 16, 2019

To register:

1. Visit [Mindfulness Challenge](#)
2. Fill out the personal information
  - Company name is pcs02
  - Please use your PCS email.
3. Agree to the terms and conditions and select continue
4. Login using the email and password you created
5. Complete the Mindfulness Challenge Survey
6. Starting September 16, you will have access to weekly tips, activities, meditations, and more

Employees can earn 1 credit max towards the Aetna Health Promise Incentive.

[Details about the Aetna Health Promise.](#)

<p><b>Week 1</b></p> <p>FOUNDATIONS</p> <p>September 16</p> <p> Get started</p>	<p><b>Week 2</b></p> <p>PHYSICAL</p> <p>September 23</p> <p>Tune into your body </p>
<p><b>Week 3</b></p> <p>EMOTIONAL</p> <p>September 30</p> <p> Build resilience</p>	<p><b>Week 4</b></p> <p>SOCIAL</p> <p>October 7</p> <p>Connect with others </p>

# September is National Suicide Awareness Month

Adapted from Resources for Living EAP

Many of us have been touched by suicide in some way, shape or form. In fact, suicide is the 10th leading cause of death in the US. But it doesn't have to be that way.

September is Suicide Prevention Awareness Month. And we want to give you information to help you learn about this important issue. Because when you understand a problem, it's easier to respond.

Depression can increase the risk of suicide. [Taking this depression screening](#) is a good way to check on your emotional well-being. Talk to your doctor if you have any concerns or your results show you could be depressed. And you can encourage others to take the screening too.

[Print or save a copy of this resource list](#). By knowing what to do if you or someone you know is at risk, you could help save a life. Watch for an e-mail each week over the next three weeks for more information and resources about suicide prevention.



## Resources for Living is PCS's new EAP

Resources For Living® (RFL) is available for all PCS employees and their family for in-the moment emotional support, counseling, and resources. With EAP, you, all members living in your household and children up to age 26, regardless of where the children live, are eligible for up to eight sessions per issue. Best of all, the program is confidential and provided at no cost to you.

You can call **1-800-848-9392** anytime for immediate assistance or visit [www.resourcesforliving.com](http://www.resourcesforliving.com) and enter username: **pcsb** and password: **eap** to access resources.

## YMCA Programs



Time is running out to sign up for the 2 YMCA Programs!



### Blood Pressure Program

Take control of your high blood pressure this fall! This is a four month program where participants will work with trained YMCA Health Heart Ambassadors. All Benefit Eligible Employees and their spouses enrolled in PCS medical insurance with Aetna who have been diagnosed with high blood pressure.

[Details and registration for the Blood Pressure Program](#)

### Diabetes Prevention Program

Lose weight, gain health and reduce your risk for diabetes! The YMCA's Diabetes Prevention Program is led by a trained Lifestyle Coach at local YMCA's throughout the area. The initial 16 week core program meets 1 hour each week and monthly maintenance classes after the initial sessions. This \$429 program is FREE for PCS employees and spouses who are on the medical insurance plan if you meet the requirements.

[Details, requirements, and registration information for Diabetes Prevention Program.](#)

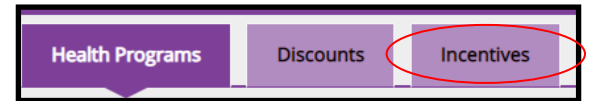
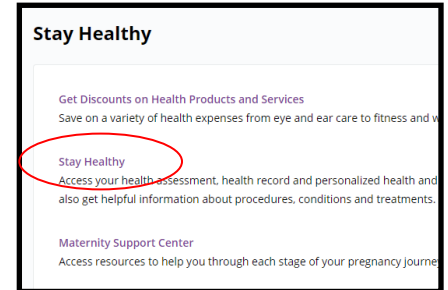
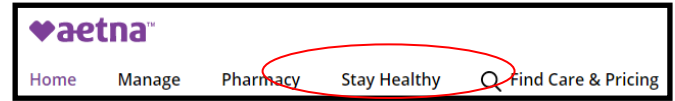


# Check your Aetna Health Promise Wellness Credits

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:

1. Members will login to [www.aetna.com](https://www.aetna.com).
2. Click on the Stay Healthy tab. Then click the second link, Stay Healthy.
3. Click the Incentives Tab.
4. 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.*
4. 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 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.	
A Wellness Package Incentive»	Total earned - \$50
B 2019 Wellness Incentive Program»	Total earned - 2 points

## Important Dates Regarding Aetna Health Promise Credits

- December 31, 2019—last day to earn credits
- [November 1, 2019](#)—last day to earn a credit for the wellness screening.
- [Week of October 20, 2019](#)—last days to start the biweekly Small Bytes option in order to finish by 12/31/2019
- [September 16, 2019](#)—Mindfulness Challenge begins. Details on page 1 of SMART Start



Peerfit is an incentive employees can earn for completing a Wellness Screening through Quest (employees must have medical insurance through PCS). PCS will provide employees **16 Peerfit credits for up to 6 months** (ending 12/31/2019). Employees can use these credits to purchase fitness classes or gym memberships at no cost to them. Credits will reset each month.

The 6 month period will begin at the time you receive the initial registration email from Jessica O'Connell. Employees will have access to their Peerfit account after the 6 month period and can enter in credit card information to purchase additional credits at a discounted rate.

For more information about the Peerfit incentive, please visit [pcsb.org/wellness](https://pcsb.org/wellness).

# 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](#)

## Monthly Recipe

### Turkey Sliders with Avocado, Mushrooms and Swiss

Recipe adapted from the American Heart Association

#### Ingredients

- 8 whole-grain slider buns
- 1 1/4 lb ground, skinless turkey breast
- 1/4 tsp salt
- 1 cup sliced brown mushrooms
- 2 avocados mashed in with a fork
- 2 slices low-fat swiss cheese (each sliced into 4 pieces)
- 1 medium tomato, cut into 8 slices

#### Directions

1. Preheat oven 450 degrees F
2. Arrange buns with cut side up in a single layer on a baking sheet. Set aside
3. Using hands or spoon, shape the turkey into 8 patties, each about 3 inches in diameter. Sprinkle salt over each patty.
4. Heat a large skillet or griddle pan on the stove over medium-high heat.
5. Cook the patties for 2-3 minutes. Turn over and cook for 2-3 more minutes or until patties are no longer pink in the center and register 165F
6. Transfer patties to the bottoms of buns.
7. In same skillet, cook the mushrooms over medium heat for about 3 minutes or until soft, stirring frequently.
8. Spoon mushrooms onto each patty. Top with cheese.
9. Place the baking sheet on the middle rack of oven. Bake for 1 to 2 minutes or until cheese is melted. Remove from oven.
10. Spread avocado mash over swiss cheese and top with tomato. Place tops of bun on sliders.
11. Serve immediately.



Serves 8 sliders. Serving size 2 sliders: Calories: 470; Total fat: 15.2 g; Total Sodium: 03; Total carbs: 38g; Fiber: 6 grams; Sugars: 6g; Protein: 45g.



# 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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