

## In this issue:

**Gift Card Winners**

**CCW/Health Advocate Blog**

**Fitness Devices & Partner Gyms**

**Lemony Cucumber Salad**

**Health Coaching**

**Retirees & Vitality**

Please share this information with staff who may not have computer access!

## Gift Card Winners

Congratulations to our 4 HumanaVitality silver status or above gift card winners! Their names were randomly drawn from the 999 employees who have currently reached that designation. They will receive a \$25 gift card to Publix.

- ★ Valerie Christou - Clearwater High
- ★ Wendy Seslowsky - Blanton Elem.
- ★ Nancy Sigmon - Palm Harbor Comm.
- ★ Karen Waldrop - Shore Acres Elem.



## CCW / Health Advocate Blog

Check out the fun and informative blog CCW / Health Advocate has launched at <http://blog.healthadvocate.com/>. Numerous topics from health tips, saving money on healthcare, recipes, exercise ideas & step-by-step workout instructions, health and wellness apps, and more are posted on this blog!

## HumanaVitality: Fitness Devices & Partner Gyms

Earn Vitality points every day with your Fitness Goal! All the information can be found on [MyHumana.com](http://MyHumana.com), under your Vitality account, Get Healthy, Fitness and Exercise.

**Fitness Devices:** Find compatible fitness devices on your Vitality account, learn about fitness trackers on your phone, shop for pedometers or other devices, connect a device and manage your fitness device from this area in your Vitality account. Confirm you have set your Fitness Goal so you can earn points for the physical activity you are tracking with your fitness device. To set your goal, go to the Get Healthy tab, My Goals and set the Fitness Goal. There are courses, conversations, and other activities you can do to earn additional points under this goal.

**Partner Gyms:** Go to Fitness and Exercise then scroll down to Find a Participating HumanaVitality Health Club. Enter your zip code. If your gym isn't listed, recommend a health club there. Get special membership rates, automatic workout tracking and locate health clubs where you earn Vitality points when you work out. New partner gyms have been added in the past few weeks, including the YMCA. If your gym isn't a partner gym, you can still earn fitness points using a fitness device (see below).

**Note:** There are maximum points that can be earned each day for Fitness. If you earn points using a fitness device or app, you *cannot* also get points for going to a partner gym that same day. However, if you can't meet your goal (most have a goal of 10,000 steps per day) but you belong to a partner gym and have synched your gym and Vitality account, earn your points by going to the gym that day instead of meeting the 10,000 step goals.

## Lemony Cucumber Salad

*Fresh, Vibrant and Crunchy!*

Serves 8 (serving size 2/3 cup)

Ingredients:

- 1 cup thinly sliced radishes
- 1/2 cup finely chopped orange bell peppers
- 1/4 cup fresh flat-leaf parsley
- 2 English cucumbers, thinly sliced (about 6 cups)
- 1 teaspoon finely grated lemon rind
- 2 tablespoons fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 1/2 teaspoons white wine vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper



Preparation

1. Combine first 4 ingredients in a large bowl.
2. Combine lemon rind and remaining ingredients in a small bowl, stirring with a whisk. Pour over cucumber mixture; toss well to coat. Serve at room temperature or chilled.

Recipe from MyRecipes.com

## Health Coaching

Creating new health habits can be challenging but it's easier with a health coach who offers you encouragement, accountability, and support as you work to achieve the goals you want to work on in the time frame you are comfortable with. Health coaches can help you set very specific mini goals that create success and a feeling of accomplishment, while working toward a larger goal, like stress or weight management. Vitality points are awarded for first time enrollees (200 points) and 50 points are awarded for every 3 phone or online chat interactions, or every 6 email or journal entries made thereafter. Points are awarded for the following health coaching topics:

Weight Management, Tobacco Cessation, Stress Management, Healthy eating, Physical Activity, Cholesterol Management, Blood Pressure Management, Blood Sugar (Glucose) Management.

Enroll today by logging into [MyHumana.com](http://MyHumana.com), go to the Get Healthy tab and click on Health Coaching or finding Health Coaching listed under one of your goals.

## Retirees & Vitality

PCS employees who retire and continue to subscribe to PCS Humana medical insurance will still have access to HumanaVitality along with the Vitality Rewards program and the monthly Humana Jackpot drawings. Retirees are highly encouraged to participate in HumanaVitality program, utilize the tools that the program offers and redeem the rewards they earn for their participation.

As a reminder the 2015 Vitality plan year runs 1/1/15 - 8/31/15 and the 2016 Vitality plan year will run 9/1/15 - 8/31/16.



## Note the Quote

“Time and health are two precious assets that we don’t recognize and appreciate until they have been depleted.”

~ Denis Waitley

“Walking is man’s best medicine.”

~ Hippocrates

**Have you had a great experience with HumanaVitality?**

Email Christina at [kempfc@pcsb.org](mailto:kempfc@pcsb.org) for your testimonial to be considered for a future newsletter!