



SMART START Newsletter

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

Next Gift Card Drawing - April 20

All PCS employees that reach HumanaVitality silver status by April 20 will be entered to win one of four \$25 gift cards to Publix.

If you are still points away from silver status, go to your Vitality page, hover over the Earn Rewards tab then select Ways to Earn. Each category lists numerous ways you can earn additional points besides the large point accumulators of the health assessment and Vitality Check.

If you haven't selected Personalized Goals to work on, they are key to making progress and to earning points. Go to the Get Healthy tab and select My Goals to set or work on goals. Watch the end date of your goals as they may not reappear after they expire.

As a reminder, the Vitality year will end on August 31, 2015 and to get the 2016 insurance premium credit, you must be silver status by that date.

HumanaVitality How-To Videos

Confused about HumanaVitality? The videos below quickly detail the Health Assessment, Vitality Check, Setting Goals, Fitness Devices and More! Earn **Silver Status** by **August 31, 2015** to receive a Premium Credit on your 2016 insurance (**\$200-\$400!**) plus other rewards on the HumanaVitality Mall!

HumanaVitality Health Assessment vs. Vitality Check

<https://youtu.be/wEgCSh0VgRY>

How to Set and Complete Your HumanaVitality Goals

<https://youtu.be/m3EeYrTChTo>

How to Choose the Right Fitness Device For You

<http://youtu.be/lmgBGFJpnMw>

How to Connect a Fitness Device

<https://youtu.be/9qv47AEHwQg>

How to Check your Vitality Statement

http://youtu.be/wTSIa_A1AJY

How to Schedule your FREE Vitality Check

http://youtu.be/ph9ZNE_hRrM

(PCS employees, spouses and dependents should normally select Walgreens Healthcare Clinic. Only select your Primary Care Physician if you already have a routine annual exam appointment scheduled. To avoid any charge, do not schedule an appointment with your physician *only* for a Vitality Check.)

Introducing the HumanaVitality Mobile App

https://www.youtube.com/watch?v=beJbadY_k8g

Check out the Frequently Asked Questions at

www.pcsb.org/Vitality!

JDRF Walk - This Saturday!

If your Saturday is free, please join several other PCS students, employees and residents across Tampa Bay as they walk together in the JDRF One Walk. We will walk in support of 6th grader Ashley, (right) who has been a great advocate for the cause and for all of our other students at Pinellas County Schools and beyond who have Type 1 diabetes, in hope that one day a cure can be found.

April 11, 2015, 8:00am
Amalie Arena
401 Channelside Drive, Tampa, FL



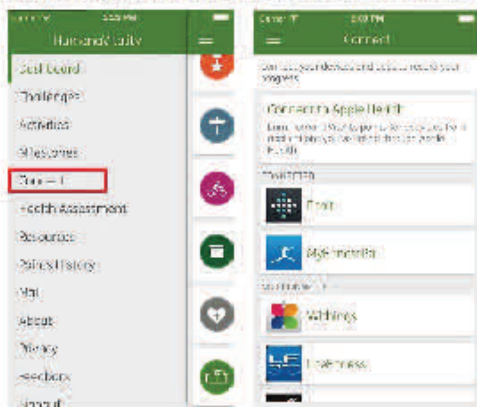
Several teams have formed and you can join a team or create one of your own. You can earn Vitality points for this event or any organized 5K or greater distance race. To submit for points, log onto your Vitality account, hover over the Earn Rewards tab, click on the HumanaVitality forms, then select the athletic event form and follow the directions or follow the directions on your smart phone or android. You are welcome to join the team formed by the Humana Patient Advocate for Pinellas County Schools, Heather Keegan, called "Walking for Vitality Points". For more info, contact Heather at pcs.keeganh@pcsb.org.



Sleep Diary on the HumanaVitality App

Wellness goes beyond staying active and eating balanced meals. Now you can earn Vitality Points™ for getting a good night's rest by setting a sleep diary Milestone with the HumanaVitality® App.

Once you've signed into the app, tap **Connect** from the Dashboard and choose a fitness device from the available list (a Fitbit or Jawbone is required to track sleep at this time).



After you've connected a compatible fitness device, you are ready to set a Milestone. Tap **Milestones** from the Dashboard, and then **Add a Milestone**. From there, choose **Sleep Diary**.



Once you've connected your fitness device and set your milestone, wear your device as normal and sleep for seven (or more) hours each night to earn five Vitality Points a day!

Blueberry Flax Pancakes

Makes 4 servings.

- 1 1/2 cups dry pancake mix (try a multigrain mix for a healthier pancake!)
- 1/2 cup flax seed meal
- 1 cup skim milk
- 2 eggs
- 1 cup fresh or thawed frozen blueberries

Directions

1. Set a nonstick skillet over medium heat.
2. In a medium bowl, stir together the pancake mix and flax seed meal. In a separate bowl or measuring cup, whisk together the milk and eggs. Pour the liquid into the dry ingredients, and stir just until moistened. (Note: some reviews noted adding just a touch of water for more moist pancakes).
3. Spoon 1/4 cupfuls of batter onto the hot skillet. Sprinkle with as many blueberries as desired. Cook until bubbles appear on the surface, then flip and cook until browned on the other side.