



SMART START Newsletter

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

Note The Quote

“A friend is a gift you give yourself.”

~Robert Louis Stevenson

Financial Fitness Challenge Winners

Congratulations to our five winners from the Financial Fitness Challenge who have **won a share of stock!** 1741 participants completed the checkup, 1047 took some of the courses and 309 participants completed the whole challenge.

The winners are...

Franca Digiovanni - Property Records Analyst, Admin. Building

Donna Kabot - Teacher, Forest Lakes Elem.

Michelle Byrne - Teacher on Special Assignment, Clearwater Intermediate / Lealman Intermediate

Kem Mosley - Teacher, Gibbs High

Mary Krousos - Teacher, Pinellas Park High

Thanks to everyone who took part in the Challenge!

Humana Vitality is almost here!

Ready to **EARN REWARDS** for **HEALTHY BEHAVIORS?**

The Humana Vitality Rewards program starts **January 1** and is available **FREE** to all PCS employees, spouses, dependents and retirees with 2015 Humana medical insurance.

Earn rewards for getting your annual exam, playing on a sports team, completing vision and dental exams, participating in a 5K, taking a CPR class, walking, and many more other activities.

Rewards include...

- **Gift Cards from Amazon, Target or Macy's**
 - **Fitness Equipment**
 - **Movie Tickets**
 - **Pedometers and FitBits**
 - **Electronics**
 - **and more!**

Plus, additional incentives are currently being developed that could impact your health insurance premiums for 2016!

Go to www.pcsb.org/Vitality to learn more.
Plus watch for more information to come in 2015!

HumanaVitality® Rewards

Spend your Vitality Bucks® in the HumanaVitality Mall

When you're a member of HumanaVitality, you'll earn Vitality Points™ for completing healthy activities. You get one Vitality Buck® for each Vitality Point you earn. You can redeem your Vitality Bucks at the HumanaVitality Mall for a wide variety of rewards, like some of these great items:

Gift codes	Fitness devices	Gear and apparel	Electronics

HumanaVitality members are also eligible for discounts* with partners like Sprint®, Life Fitness®, Seattle Sutton's Healthy Eating®, Competitor Group Inc., and The Biggest Loser® Resort.

Pharmacy Benefit Changes

Make sure you look at the [2015 PCS Annual Enrollment newsletter](#) that was sent out to all employees to be aware of the pharmacy changes effective January 1, 2015. For 2015, PCS members will still have the \$250/\$500 deductible that has to be met before the co-pay on your Tier 2 and Tier 3 medications apply.

As a Reminder

Tier 1 medications are increasing from:

- \$15/30-day supply to **\$20/30 day supply**
- \$30/90 supply to **\$40/90 day-supply**

Tier 2 medications are increasing from:

- \$35/30-day supply to **\$55/30-day supply**
- \$70/90-day supply to **\$110/90-day supply**

Tier 3 medications are increasing from:

- \$60/30-day supply to **\$95/30-day supply**
- \$120/90-day supply to **\$190/90-day supply**

This may be a good time to review the Humana Drug List Formulary below. To determine if there are less expensive alternatives available, view the [Drug Search Link](#) on Humana's website (Select Rx3).

2015 Pharmacy Information

[Understanding Your Pharmacy Benefits](#)

[Tier 3 Drug List Formulary \(Alphabetical\)](#)

[2015 Drug Changes](#) [Preferred Retail Pharmacies](#)

If you are a diabetic and not enrolled in the PCS Diabetes CARE program, you may want to take advantage of getting your pharmacy prescription diabetic supplies at a zero co-pay – contact our on-site Humana patient advocate, Heather Keegan, RN at 588-6137 for more information.

You can also get coupons and see if you are eligible for discount programs on certain name brand medications by going to www.needymeds.org or consider the [discount drug offers](#) available through local retailers.

Note the Quote

“Everything you’ve ever wanted is on the other side of fear.” ~George Addair

Cold or Flu?

Colds are generally centered around the nose; whereas the flu is characterized by ‘all over’ events. People with colds have a runny or stuffy nose, or maybe a cough and that’s about it. Colds don’t usually lead to any other serious health problems, but the flu – short for influenza – can be more serious or even deadly. Here are some ways to tell the difference:

1. Fever – May occur with a cold but is generally milder than the fevers associated with the flu. Adults often experience low-grade fevers with the flu of 100°F to 102°F. Children with the flu may have higher temperatures that last three to four days.

2. Headache – Don’t expect one when you have a cold, but they often come with the flu.

3. General aches and pains – With a cold they’re mild. With the flu, the aches and pains can be severe.

4. Tired and weak feeling – Sometimes a cold will make you feel “washed-out” for a few days. People with the flu often have that feeling for two or three weeks.

5. Extreme exhaustion – It’s rare with a cold, but when the flu starts, it usually hits you like a ton of bricks.

6. Stuffy nose and sneezing – Both cold and flu can cause you to be all stopped up.

7. Sore throat – It’s more common with a cold but sometimes comes with the flu.

8. Chest discomfort, cough – Expect a hacking cough with a cold. When you have the flu, the coughing is more severe.

It’s not too late to get a flu shot!

Humana members can get a flu vaccine at any participating pharmacy counter that offers the vaccine. For clarification of benefits you can call the number on the back of your ID card, or our onsite claims advisor at 588-6367. Those without insurance can expect to pay about \$30 for the vaccine. Sam’s Club may have the vaccine for slightly less if still available.

8 Simple, No Cost Moves That Will Absolutely, Positively Make You Richer

Diabetes

Prevention Program

If you are prediabetic and have been giving serious thought to changing your lifestyle to improve your health and reduce your chance of developing type 2 diabetes, the Pre-Diabetes Prevention Program may be right for you. The YMCA's Diabetes Prevention Program is led by a trained Lifestyle Coach and is a one year program. The first 16 sessions are weekly followed by 8 monthly sessions.

Program qualifications include:

- Overweight (BMI greater than or equal to 25, or 22 for Asian individuals)
- At risk for developing type 2 diabetes
- Or diagnosed with prediabetes.

(Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program but do qualify for the Diabetes CARE program. Diabetics should contact Heather Keegan at 588-6137 or hkeegan@humana.com for more information).

The program goals include:

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week, which can be achieved in small amounts most days of the week.

How you benefit:

- Take control of your health, take control of your life
- Take part in a research based program that has show to reduce the number of new diabetic cases by nearly 60%
- Save \$379 by committing to take the class through PCS rather than paying for the class on your own
- Learn how to eat healthier, increase your physical activity and lose weight
- FREE YMCA gym membership during the initial 16-week portion of the program
- Earn 16 component points (course # 8005011C) and 350 Humana Vitality points
- Meet others in the small supportive classroom setting who are prediabetic

The Commitment

The program cost is \$429 for individuals paying the YMCA directly. However, because Pinellas County Schools understands the importance of preventing the development of type 2 diabetes, we are willing to offer scholarships to fifty of our employees who are willing to pay a nominal fee of \$50 to attend the program and who are willing to sign a commitment statement stating they will attend and participate in the majority of sessions, defined as 12 out of 16 sessions. Those that attend the majority of the sessions will receive a \$50 Publix gift card at the end of the 16-week course. The PCS Wellness team is looking for PCS employees who have the **time, energy and desire** to commit to this program. Each scholarship granted to one employee is one we cannot give to another so it is important only those apply that are ready to meet this challenge and make some changes in their health status. Please don't deny another the opportunity if you are not fully ready to take on this commitment.

For Information and to Apply For Scholarship

For more information or **to apply for the scholarship**, contact on of the following Program Directors. **You MUST contact them directly to register.**

Palm Harbor / Clearwater sites: Summer Dodge at 727-772-9622.

Bardmoor / St. Pete sites: Kieran Gabel at 727-895-9622 x219.

For general program information, visit www.ymca.net/diabetes-prevention/.

Don't forget to also register for component points on MoodleLMS, Course # 8005011C.

Class Locations:

- Greater Palm Harbor YMCA, 1600 16th St., **Palm Harbor** (Wednesdays, 6pm, begins January 28th)
- Clearwater YMCA, 1005 S. Highland Ave., **Clearwater** (Tuesdays, 6pm, begins January 27th)
- Bardmoor YMCA, 8495 Bryan Dairy Rd., **Largo** (Wednesdays, 6pm, beginning January 28th)
- Jim & Heather Gills YMCA, 3200 1st Ave. S., **St. Petersburg** (Thursdays, 6pm, begins January 29th)

Class Info:

Classes begin the week of January 26. All classes 6:00-7:00pm. The class day is listed next to location. Date or time doesn't fit your schedule? Call the coordinator below to discuss other options!

Put prediabetes in reverse.



25 MIX-AND-MATCH STIR-FRIES

Pick one ingredient per row to create your ideal stir-fry. Or choose straight down the left column if you're craving a classic taste—the farther right you go, the more adventurous the end result.

CLASSIC

BASE (1/2 CUP)

BOLD



Brown Rice



Quinoa



Millet



Farro



Buckwheat

PROTEIN (1/2 CUP)



Shredded Chicken Breast



Shrimp



Smoked Tofu



Soft-Cooked Egg



Steamed Tempeh

VEGGIES (1 1/2 CUPS)



Snow Peas, Carrot Matchsticks, Water Chestnuts



Cubed Pineapple, Broccoli Florets, Sliced Red Onion



Maitake Mushrooms, Bamboo Shoots, Chopped Bok Choy



Thinly Sliced Sunchokes, Corn, Mustard Greens



Shredded Green Beans, Cubed Pumpkin, Sliced Bell Pepper

SAUCE (1 T + 1 T + 1 T)



Low-Sodium Soy Sauce + Sesame Oil + Rice



Teriyaki Sauce + Sriracha + Brown Sugar



Ponzu Sauce + Matcha + Hot Chili Oil



Coconut Milk + Fish Sauce + Lime



Orange Juice + Tahini + Fresh Basil

TOPPING (2 T)



Scallions



Chopped Cashews



Black Sesame Seeds



Crispy Shallots



Pumpkin Seeds

Prevention

Stay Healthy During the Holidays!

- 1. Fixed fitness schedule.** Make it a priority to maintain your normal workout routine amidst the holiday happenings. The endorphins will help keep up your spirits during this often stressful season, and you'll be thankful for the extra calories you burn. If you don't have a workout schedule, now is the time to start one. Don't wait for the new year to kick off a routine.
- 2. Holiday food journal.** Keeping a food journal can be eye opening, especially during this time of the year. By tracking everything you eat and drink, you'll get a better idea of exactly how much and what you're consuming.
- 3. BYOD (bring your own dish).** Make *and* bring something healthy to the next holiday party you attend. Contributing to the buffet table is one step towards healthy holiday eating for everyone.
- 4. Balance indulgences.** If you go big in the morning or early afternoon, use restraint in the evening to balance indulgences. And if you know you're going out to a holiday party, hold off on eating something decadent during the day.
- 5. Bring back the brown bag.** Packing your own lunch helps you shave off extra calories that creep up from holiday grazing. Your body (and your checking account!) will thank you.
- 6. Snack healthy (and often).** Don't let yourself get so hungry that you'll eat the first thing you see. By keeping healthy snacks close at hand, such as whole almonds, cut vegetables or an apple, when hunger strikes you'll be happy to have eaten something healthy. It's also helpful to have a healthy snack **BEFORE** you go to a holiday party. You'll be less likely to overindulge.
- 7. Holiday hydration.** Be sure to stay hydrated. This helps keep your metabolism in check and rids the body from toxins. Fill up on water, tea and other low-sugar beverages.