



SMART START Newsletter

Produced by Risk Management - Christina Kempf, Employee Wellness Coordinator

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HumanaVitality is here!

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**PCS Alumni is the New On-site EAP
Coordinator**

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

Have you had a great experience with HumanaVitality?

Email Christina at kempfc@pcsb.org for your testimonial to be considered for a future newsletter!

Target Health Exam Campaign winners

The 2014 Target Health Campaign has ended and the final ten winners have been selected and notified. They will be announced, along with their photos, in the next issue of the SMART START Wellness Newsletter. Thanks to everyone who participated and who received their recommended annual exam with their primary care doctor.

Check Your Credit Reports

Is it time to check your credit report? Don't pay for credit reports or risk having your information sold. Simply go to the reputable source www.AnnualCreditReport.com (they don't sing about their service on TV!) or call 877-322-8228. You can either get all three reports at once (Experian, Equifax and Transunion) or order a different one every few months throughout the year.



HumanaVitality is here!

You asked for...

- Lowered insurance premiums for living a healthy lifestyle
- Exciting rewards
- A flexible wellness program that met YOUR needs and schedule

It's here! It's FREE! It's HumanaVitality!

All worksites are scheduling **HumanaVitality** overviews between January and the end of March so you can learn more.

Check with your Principal or Director on the date if you haven't heard any details.

You can also go to www.pcsb.org/Vitality to learn about the program and to www.MyHumana.org to get started.

HumanaVitality is a free, voluntary health and wellness program available to any employee, spouse, dependent or retiree with PCS Humana medical insurance.

Mindfulness - Worth Paying Attention To!

Did you lock the door? Turn off the curling iron or the coffee pot? How did you get to work when you don't remember driving those past 3 miles? Where did that bag of chips go? The dog must have eaten them because the empty bag is staring you in the face and you don't remember eating a single chip! Wait a minute...where is the dog?

Mindfulness. When you break it down, it seems so simple. Just be present in the moment. John Kabot-Zinn, creator of the Mindfulness Based Stress Reduction program used by top medical facilities and health organizations, defined mindfulness as the awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally to the unfolding of experience moment to moment. We have infinite moments to practice so it would seem we could master mindfulness yet for many of us, our mindfulness has a mind of its own! If you're ready to start experiencing life in the present moment, and maybe even remembering to lock the front door, to savor what your food tastes like and to feel a little more alive each day, commit to a few of the following mindfulness exercises below and experience the difference.

Visit these websites for resources and exercises:

- * UCLA Mindful Awareness Research Center: (Free guided meditations)
<http://marc.ucla.edu/body.cfm?id=22>
- * The Free Mindfulness Project: (resources, blog, apps, etc.)
<http://www.freemindfulness.org/download>
- * Mindfulhub: (mindfulness worksheets)
<http://mindfulhub.com/free-content/>



BRINGING MINDFULNESS
INTO MY DAY IS EASY. ALL I
HAVE TO DO IS WATCH MYSELF
BREATHE IN & BREATHE OUT
TO BE PRESENT IN WHAT
I DO - TO TASTE & SAVOUR
WHEN I EAT, TO SEE WHAT
I LOOK AT & TO HEAR THE
NOISES THAT SURROUND
ME. ALL I NEED TO DO
IS LET GO. TO RELEASE
EVERYTHING THAT IS NOT ME SO
I AM @ 1 WITH THE MOMENT



PCS Alumni is the new On-Site EAP Coordinator

Our new Employee Assistance Program on-site Coordinator, Don Lykins, is a St. Petersburg native and proud Lakewood High School graduate. He has a BA degree in Healthcare Administration from Southern Illinois University and a Master of Arts in Counseling Psychology from the University of North Florida. Don is a Licensed Mental Health Counselor and Certified Employee Assistance Professional with over 30 years' experience in the mental health and wellness fields. Please contact Don at 588-6507 or pcs.lykinsd@pcsb.org with any questions related to our EAP program or to schedule wellness presentations at your school, department or division.

PCS offers programs to help employees and their eligible family members receive professional confidential counseling and assistance with other work/life issues. This service is at no cost to you and is part of our benefit plan offered to all employees. EAP services include an initial clinical assessment by a licensed professional to determine if short term counseling is appropriate (up to 8 sessions). Should the assessment indicate a need for longer therapy, you will be referred to a qualified resource outside of the EAP. For additional information about this free, confidential service, visit www.pcsb.org/employee-assistance-program or call 1-800-327-9757. They are available 24/7.