

In this issue:

- Silver Status Gift Card Drawings
- Balsamic & Parmesan Roasted Cauliflower
- Quick and Easy HumanaVitality Check
- Financial Fitness Challenge Stock Winners
- HumanaVitality / Weight Watchers
- Juvenile Diabetes 5K Walk
- Vitality Points for Athletic Events
- Target Health Campaign - Final 10 Winners

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

Balsamic & Parmesan Roasted Cauliflower

INGREDIENTS

- 8 cups 1-inch-thick slices cauliflower florets (about 1 large head)
- 2 tablespoons extra virgin olive oil
- 1/4 teaspoon salt (or substitute dried herb of your choice for salt-free flavor)
- Freshly ground pepper to taste
- 2 tablespoons balsamic vinegar
- 1/2 cup finely shredded Parmesan cheese



PREPARATION

1. Preheat oven to 450 degrees F.
2. Toss cauliflower, oil, herbs if desired, salt and pepper in a large bowl, Spread on a large rimmed baking sheet and roast until starting to soften and brown on the bottom, 15 to 20 minutes. Toss the cauliflower with vinegar and sprinkle with cheese.
3. Return to the oven and roast until the cheese is melted and any moisture has evaporated, 5 to 10 minutes more.

Humana Vitality



Silver Status Gift Card Drawings

Have you earned enough HumanaVitality points to reach Silver Status?

Win one of four \$25 gift cards in the PCS SILVER STATUS drawing held on March 19 and then again April 20! This is just another extra incentive to reward those who have been active with Vitality.

- Take the Health Assessment** (www.MyHumana.com)

You can use the points you earn to get a pedometer immediately after the assessment and start earning points for physical activity!

- Accept the Personal Goals**

This is a HUGE area to earn points! Don't miss accepting and working on personal goals.

- Get A Vitality Check** (see below)

- Earn Vitality Points for Standard Activities**

These include activities such as CPR & First Aid certification (current certification applies), online calculators, blood donations, age appropriate health screenings like mammograms, prostate exams and colonoscopies, vision and dental exams, athletic events, playing on a sports league, and working out at a partner health club or with a device that verifies your activity.

Quick & Easy HumanaVitality Check

Walgreens offers quick and easy Vitality Checks FREE of charge for anyone on the PSC Humana medical plan. Get a snapshot of your health plus at least 2000 Vitality points (BONUS points for labs within normal range) in one quick and easy appointment. Go to www.pcsb.org/Vitality to find a convenient Walgreens Healthcare Clinic location, make an appointment (evenings and weekends available) and print off the voucher. Take your Humana medical card and drivers license with you to the appointment. Make appointments for your spouse and dependents and turn it into a family outing with lunch as a reward!

Financial Fitness Challenge Stock Winners

The winners from the Financial Fitness paid off for the five randomly selected PSC employees who completed the full financial course and were given their choice for stock valued up to \$200. All winners selected either Walt Disney or Home Depot stock.



Left: Michelle Bryne, Clearwater Intermediate.

Below: Franca Digiovanni, Administration Building



Left: Donna Kabot, Forest Lakes Elementary

Below: Kem Mosley, Gibbs High



Left: Mary Krouskos, Pinellas Park High



Free 6-Months Weight Watchers for Those Who Qualify

HumanaVitality members who have a BMI 25 or greater with a “Reduce Your Weight Gradually” goal (take the Health Assessment then find goals under Get Healthy tab → My Goals) may find an exciting addition to their HumanaVitality program - 6 months free of Weight Watchers! The program launched on February 24 and is available to those who have taken the health assessment, have a BMI of 25+, and is eligible through HumanaVitality (Click the “See if you qualify” button found under Healthy weight management goal). If eligible, member will also have their BMI confirmed at a corporate Weight Watchers location and must be 25+ in order to be offered the free 6 month promotion. This promotion is only good at in-network Weight Watchers, not locally owned franchises where standard rates apply.

Choose from two programs, based on your preference.

- **OnlinePlus:** Digital and mobile tools, with 24/7 chat with coaching team. No meetings.
- **Meetings + OnlinePlus:** Weekly guidance from a trained coach, plus all the benefits of OnlinePlus.

NOTE: If a member doesn’t use their Weight Watchers program after a month they will become inactive and not be in the program any longer.

HumanaVitality Weight Watchers organizational code is 200000001.



SAVE THE DATE!

April 11, 2015

JDRF ONE WALK 5K

The JDRF One Walk has a single goal: creating a world without type 1 diabetes. We hope you'll join us again this year and help JDRF continue to fund life-changing research for the millions of children, adults and families affected.

Support one of your own Pinellas County School students, and other type 1 Diabetics by walking with us on April 11th! Visit the PCS Newsroom to read [Ashley's story](#), a Palm Harbor middle School student with Type 1 diabetes. You can also earn 250 HumanaVitality points by walking or running in this 5K event!

Location

Amalie Arena
401 Channelside Dr.
Tampa, FL 33602

Date and Time

April 11, 2015
Check in: 8:00am
Starts: 9:00am
Length of walk: 5K

PCS employees are encouraged to join an existing team such as the [PCS Walking for Vitality Points Team](#) or one of the many school teams who are participating this year or create their own team. Some of the school teams include:

- Azalea Elementary
- Belcher Elementary
- Cross Bayou Elementary
- Curtis Fundamental Elementary
- Lakeview Fundamental Elementary
- Perkins Elementary
- Sexton Elementary

Earn Vitality points for this 5K plus other races and Athletic Events! See below.

Target Health Campaign - Final 10 Winners!

During 2014 and through the middle part of January 2015, we encouraged employees to visit their primary care physician for their yearly preventative health exam. Ten winners were selected every quarter from those who turned in verification that they had their annual exam. Here are the final 10 random winners that were selected in January.



Top left then clockwise:

- Ellen Noel - Interpreter Deaf / Hard of Hearing
- Diane Friedman - Resource Teacher
- Nuria Orozco - Bilingual Assistant I
- Kem Mosley - Teacher
- Cathleen Schmitt - Secretary / Bookkeeper
- Kim Richards - Teacher on Special Assign.
- Gayle Frey - Teacher Assistant

Not shown:

- James McBride - Director of Transportation
- Madelyn Martin - Food Service Specialist
- Michelle Brennan - Teacher

Vitality Points for Athletic Events

Earn Vitality points for 5K's (walking or running!), triathlons, cycling, etc.!

The points vary according to the distance of the race. 5K = 250 points, 10K = 350 points, 1/2 marathon = 500 points.

To submit, follow the directions on your phone app or found on your Humana Account under "Earn Rewards" —> "HumanaVitality Forms" —> "Athletic Event". You can either upload proof of your participating through your Vitality account (proof examples include photo or scan of registration, screenshot of event results, photo or scan of race bib, photo of member at event) or submit by mail or fax. Complete directions will be found on website by following directions above to the athletic event information.