



SMART START Newsletter

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

HumanaVitality Gift Card Winners!

All PCS employees at silver status and above were placed into a random drawing and 4 winners were selected to win a \$25 gift card to Publix. The winners are:

- ★ **Colby Bidwell - Boca Ciega High**
- ★ **Raymond Bauer - Pinellas Park High**
- ★ **Mary Jones - Cross Bayou Elem.**
- ★ **Mark Bender - Fairmount Park Elem.**

Another drawing will take place on April 20 for those at silver status or above!

Note the Quote

“If you can’t fly, then run,
If you can’t run, then walk,
If you can’t walk, then crawl,
but whatever you do,
You have to keep moving
forward.”

~ Martin Luther King Jr.

Don’t Miss the HumanaVitality Bonus!

Earn 250 HumanaVitality bonus points (the same number of points you earn for walking or running in a 5K!) for completing the Vitality Health Assessment by **March 31**. This is in addition to the 500 Vitality points you receive for completing the assessment and the extra 500 Vitality points for taking the health assessment for the first time. This 15 minutes of your time to find out your Vitality age is worth 1250 points, equivalent to 1250 Vitality bucks.

Once the health assessment is completed, everyone (regardless of their health status) will have personalized goals generated by their assessment that they can set and begin working on. These must be accepted in order to earn points for any activities completed under those goals. To learn more, go to www.MyHumana.com, choose the Get Healthy tab then My Goals. Setting your personalized goals is a great way to work on improving or maintaining your health at a reasonable pace. It’s also a great way to earn a lot of Vitality points.

To keep everyone moving toward silver status and beyond, the PCS Wellness Program will be giving away four \$25 Publix gift card on April 20 in a random drawing of those who have reached silver status or above. As a reminder, this first Vitality year runs from January 1 – August 31, 2015.

Banana Ginger Smoothie

Serves 2. The fresh ginger can aid in relieving nausea, heartburn, digestion and other stomach trouble.

- 1 banana, sliced
- 3/4 cup (6 oz.) vanilla yogurt
- 1 Tbsp. honey
- 1/2 tsp. freshly grated ginger

Combine the above ingredients and blend until smooth.

Nutrition: 157 cal, 1g fat, 0.8 g sat fat, 57 mg sodium, 34 g carbs, 28 g sugars, 1.5 g fiber, 5 g protein

Recipe from Prevention.com

Brave 6th Grader Shares Story to Bring Attention to Type 1 Diabetes

All the symptoms were there. At 10 years old, Ashley Weldon had a sudden and unintentional weight loss of about 15 pounds over a few months. She was constantly thirsty. She used the bathroom frequently, and at times there was a classic metallic fruity odor to her breath.

A registered nurse, Ashley's mother took her to the pediatrician so that he could "rule out" diabetes because there was no history of the disease in the family. Instead, On March 26, 2014, Ashley was immediately admitted to the hospital and diagnosed with Type 1 diabetes.



"I have taken care of diabetic patients my entire career and I admit, I was in denial at first," Tami Machado said. "We were so fortunate that we caught this before she got too sick like many children when they are diagnosed."

Ashley's stepfather, Brian Lee Machado, is a physical education teacher at Morgan Fitzgerald Middle School.

Type 1 diabetes is an autoimmune disease in which a person's pancreas loses the ability to produce insulin – a hormone essential to turning food into energy. It strikes both children and adults and is unrelated to diet and lifestyle. A Type 1 diabetes cure has yet to be found.

Now a sixth-grader at Palm Harbor Middle School, diabetes has affected Ashley physically, socially, emotionally, and mentally. Her world now revolves around checking her blood sugar multiple times a day, counting carbs, managing her Insulin pump and trying to protect herself from blood sugar checks that are too high or too low.

Ashley has faced many questions from her classmates about diabetes and was initially embarrassed to check her blood sugar and get her shots at school. She asked through tears on a few occasions why did this happen to her? She didn't want special accommodations or to be treated different from the rest of her class. But Ashley has gained strength, found support and help. She now knows it is possible to live a normal lifestyle and she no longer tries to hide her diabetes.

Like last year, Ashley and her family will be one of the more than 900,000 people to walk in the [JDRF One Walk](#) event, which helps to bring awareness and funding to Type 1 diabetes. The walk will be held 8 a.m., Saturday, April 11 at the Amalie Arena located at 401 Channelside Dr. Tampa, FL 33602.

Pinellas County Schools employees are encouraged to join the [PCS "Walking for Vitality Points Team."](#) While money raised goes for Type 1 diabetes research, district employees can also earn 250 Vitality points for participating.

For more information about the [JDRF One Walk](#) event, or the Pinellas County Schools diabetes [CARE program](#), contact the district's Humana Patient Advocate Heather Keegan at pcs.keeganh@pcsb.org.

Got Goals?

You've taken the HumanaVitality Health Assessment and know your Vitality Age. You're even going to get your Vitality Check done at a Walgreens Healthcare Clinic over spring break! But if you haven't set your GOALS, you are missing a BIG part of the program. Many of our employees have missed this important step so take a minute to make sure you set your goals. Between now and August 31 (the deadline for this first Vitality year) you will work on those goals. Not only will you earn a lot of points, you will get healthier by working on the goals of your interest.

To set your goals, log into www.MyHumana.com then go to the Get Healthy tab. Select My Goals. You will see the goals recommended for you, based upon your health assessment answers and Vitality Check if completed. Select some or all of the goals. If all of the goals are selected but not completed, you are not penalized. Click on the title of the goal to see the different activities that can earn you points, such as free online classes, watching a video, taking a health calculator, using a fitness device, and many more.