



# SMART START Newsletter

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

## Vitality Winners!

As a thank you to those who have embraced HumanaVitality and have reached silver status, the wellness team did a surprise drawing of some HumanaVitality giveaways. Winners will receive their prize via pony mail next week. Congratulations and thank you to those who have reached this important goal!

## HumanaVitality - What Status Level Are You?

- ⚙️ **BLUE status** - This starting level before any participation in HumanaVitality.
- ⚙️ **BRONZE status** - After completion of the 15 minute online Health Assessment and 4 calculators, you will have earned enough Vitality Points to get a pedometer on the Vitality mall (Humana Gear g1.0 pedometer) that will synch with your computer and download your steps for additional Vitality Points. Be sure to set your physical activity goal to earn points for your steps. Log into MyHumana.com, go to the Get Healthy tab, My Goals. Jackpot drawing eligible.
- ⚙️ **SILVER status** - You qualify for the 2016 insurance premium credit plus receive a 10% discount at the Vitality mall. The premium credit remains the same as you increase your status although your % off at the Vitality mall will increase. Jackpot drawing eligible.
- ⚙️ **GOLD status** - The discount at the Vitality mall increases to 20% and the prizes in the Jackpot drawings increase in value.
- ⚙️ **PLATINUM status** - The discount at the Vitality mall increases to 40% and the prizes in the Jackpot drawings increase in value.

Visit <http://www.pcsb.org/Vitality> to learn more about HumanaVitality or go to <http://www.MyHumana.com> to log in and get started and learn your status.

## EAP + Work/Life

The Employee Assistance Program (EAP) is a free, confidential benefit for you, your spouse and your eligible dependents. Talk with a Licensed Professional Counselor to learn coping skills and address situations involving:

- Stress, anxiety, depression
- Relationships, family/parenting issues
- Work conflicts
- Anger, grief and loss
- Drug and Alcohol abuse

Work/Life Specialists can also assist in finding supportive services, checking availability and making referrals with eldercare, childcare, legal concerns, financial issues, time management, parenting, adoption and more.

The program is available 24/7.

**Simply pick up the phone and call 800-327-9757.**

## Diabetic?

### **Tired of paying for supplies?**

You should be when you could be getting them at NO CHARGE if you have Humana medical insurance through PCS! Contact our Humana Patient Advocate Heather Keegan at 588-6137 or [hkeegan@humana.com](mailto:hkeegan@humana.com) to find out more about the FREE PCS Diabetes CARE Program.

## We Need Your Feedback!

*Take the Annual Year-End Wellness Survey Below.*

<https://www.surveymonkey.com/s/2015PCSWellness>

# PCS HumanaVitality Testimonials

## My Family has Reached Platinum Status with Humana Vitality

Humana Vitality has offered us, a competitive family, an opportunity to compete and excel against ourselves. We are a family of four, my two children are 19 and 22...so it's been great doing family events together and earning points. I have asthma, a low disk problem, sciatica nerve damage and a left knee weakness from a fall so finding time and strength to accomplish these does come daily. I try to prepare and keep it up daily to keep everything loosened up and my stamina up.

To earn points we have:

- Signed up for and completed 7 challenges, just signed up for the 8<sup>th</sup> challenge
- Myself and daughter has walked a 3K and 2-5K races
- My husband, son and daughter just signed up for a Father's Day 5K race (active.com has lots of info on these kinds of races)
- I have completed 4 goals (lost weight, lowered blood pressure, vitality check, started physical activity) and have signed up for 2 more
- We downloaded Humana Vitality App on our phones and do activity on there
- A few of us have completed and are working on new milestones on our phones
- 3 of us are in the 90 day walk challenge (2,000 minute challenge). I just entered my last week
- I signed up for a health coach. She is great with communicating with me and helping with some ideas and advice
- We partnered with our YMCA. I earned points when I go to the YMCA for aqua aerobics and aqua Zumba
- I had enrolled in the pre-diabetes class. Even though I'm not a pre-diabetic, it does run in our family. When I saw how great it was, I only wish I signed up my whole family.
- I started a volleyball staff team at our school and we play weekly.
- My family and I have taken some preventative measures, such as: dental checkup, mammogram, vision checkup, blood pressure screening, and cholesterol screenings, colonoscopy, and blood donations
- We all have pedometers and can earn points daily for walking 10,000 steps
- We have updated all of our contact information and made our information to come to us online, like our statements, etc.
- We've all completed the Health Assessments
- We have completed Calculators (online tools)
- Continuing walking, online activity and cell phone activity

We've enjoyed our family dinners, deciding what is healthier for our Life Change. It's been great hearing everyday "who has the most steps". Lots of laughter as to why and how. I have a great friend that I've known for over 15 years and we have the pleasure of working together and living close. So, we walk every morning for 45 minutes and both of our morning/afternoon breaks 15 minutes each. We are now up to 15,000 steps daily and it seems to come easily....More on volleyball days. My husband and I have started to walk of local bridges. Example: Bellaire Causeway, Clearwater memorial Causeway, Johns Pass Causeway, Park Blvd. Bridge.

Myself, I have now lost 40 pounds since the Jan 1 and I really owe a lot of to Humana and the Vitality Program. I still have a long-long way to go, but this program has been the push, fun and encouragement I needed to get it going and stay going. I feel so much better and energetic. Less back pain and headaches – probably due to the exercise and healthier food choices. I look forward to continuing the challenges with my friends at work, my family and myself.

Thank you,

**Debbie Stotts**, Bookkeeper  
Largo Middle School

I finally made it to Silver Status! Thank you so much for organizing the Health and Wellness program at NEHI. The premium discount next year will be enough to cover my kids' lunch money.

**Jessica Kreger**, Teacher  
Northeast High School

I love Humana Vitality. This is a great program to get motivated to lose weight, build muscles, or learn to enjoy life. There are classes online that are worth a few hundred points, being CPR or First Aid certified is 125 points, logging onto Humana Vitality every month earns you 10 points, earning 10,000 steps each day on a registered pedometer is 15 points each day, and going to the gym can rack up points to. This is such an easy program to follow.

Many people already do all of these things and just need to go online and register. It's as easy as logging in, submitting a form, and scanning it in. Sometimes it is done automatically. If you are enrolled in Humana, and haven't enrolled in the Vitality program, why don't you want points that could be turned into a gift cards, Trek bike, and other health items? Do you not like free stuff? Then you can claim the points and donate them.

My mother and I could both be spokespeople for how amazing Vitality is because it motivated us to go do something. Whenever we feel unmotivated, we think "well, we aren't going to earn points sitting on the couch eating ice cream."

*Holly Hilton*

Literacy Coach  
NEHI/PPHS

## Are you ready for HumanaVitality to change YOUR life?

# Black Bean Burrito Bake

**5 Star Recipe!**

Serves 4 (serving size 1 burrito)

## Ingredients

- 1 (7-ounce) can chipotle chiles in adobo sauce
- 1/2 cup reduced-fat sour cream
- 1 (15-ounce) can black beans, rinsed, drained, and divided
- 1 cup frozen whole-kernel corn, thawed
- 4 (8-inch) flour tortillas
- Cooking spray
- 1 cup bottled salsa
- 1/2 cup (2 ounces) shredded Monterey Jack cheese



## Preparation

1. Preheat oven to 350 degrees.
2. Remove one chile from can. Chop chile. Reserve remaining adobo sauce and chiles for another use. Combine sour cream and chile in medium bowl; let stand 10 minutes.
3. Place half of beans in a food processor; process until finely chopped. Add chopped beans, remaining beans, and corn to sour cream mixture.
4. Spoon 1/2 cup bean mixture down the center of each tortilla. Roll up tortillas; place seam side down in an 11x7-inch baking dish coated with cooking spray. Spread salsa over tortillas; sprinkle with cheese. Cover and bake at 350 degrees for 20 minutes or until thoroughly heated.

Note: Half of the beans are finely chopped to give the filling a thick, creamy consistency. This dish can be made up to 8 hours in advance and chilled; just bring it back to room temperature before baking.

Recipe from Cooking Light.

## Cool Kitchen Apps

Download these apps from your app store.

- **How to Cook Everything** (iOS, Windows Phone) - over 2000 recipes and 400 how-to illustrations
- **Green Kitchen** (iOS) - recipes classified by whole grain, vegan, gluten-free, raw and naturally sweetened
- **Epicurious** (iOS, Android, Windows, Kindle, Nook) - recipe of the day, by skill level and theme.
- **Healthy in a Hurry** (iOS) - quick healthy recipes
- **Appetites** (iOS) - video cooking courses
- **Big Oven** (iOS, Android, Windows, Kindle) - 250,000 recipes. Insert 3 or more ingredients to get recipe recommendations. No network connection required.

## Where to Go for Care?

Things happen...do you know where to go for appropriate and cost effective care?

[www.humana.com/wheretogo](http://www.humana.com/wheretogo)

**Primary Care Doctor, Retail Clinic, Urgent Care Center, or ER?**

You can call the free **HumanaFirst Nurse Advice** Line if you aren't sure what to do. A nurse will provide advice on how to treat your situation or decide that another level of care is appropriate. Available 24 hours per day, seven days per week. The phone number is located on your Humana medical card.

### Doctor's Office

Take advantage of the relationship you have with your doctor. Calling your doctor, during business hours, is your best option for treatment. Check first if your provider is part of the network by using the Physician Finder tool on MyHumana or use the MyHumana app on your mobile device.

### Retail Clinic

When your doctor isn't available, a retail clinic can help you with the minor problems like a cold, earache, or sore throat. Retail clinics are conveniently located at certain stores like CVS and Walgreens. You can use the Physician Finder tool on My Humana or the MyHumana app on your mobile device to determine which retail clinics participate with your Humana plan. For additional questions or to verify eligibility to receive care at retail clinics, call the Member Services number on your Humana medical card.

### Urgent Care Center

When you have a minor illness or injury and your doctor isn't available, you might consider going to an urgent care center. Waiting periods are usually shorter than in an emergency room and many have x-rays and lab services and are open in the evenings and on weekends. Consult with your nearest urgent care center to confirm the services they provide.

### Emergency Room

Only visit the emergency room for a serious medical condition like uncontrolled bleeding, chest pain, heart attack, difficulty breathing and possible stroke, or any threat to life or limb.

**Be prepared. That's the key to getting the right care in the right place.**

## Urgent Care VS. Emergency Department

Click Here for important info: [UrgentCarevsEmergencyRoom](http://UrgentCarevsEmergencyRoom)

# Ways to Reach Silver Status & Point Values

All activities below from **January 1, 2015 – August 31, 2015** are eligible for Vitality points. The only exception is CPR & First Aid which can be submitted as long as they are active.

## Education

Maximum points per year of 2000.

- Online health assessment after March 31 – **1000 points**
- Calculators – **75 each (up to 300/program year)**
- CPR Certification (or submit current certification) – **125 points**
- First Aid Certification (or submit current certification) – **125 points**
- Update/confirm contact information – **50 points**
- Accept online statements – **50 points**
- Monthly MyHumana.com visit or Mobile App activity – **10 each (up to 120/program year)**
- Download the Mobile App – **50 points**
- Health Coaching
  - \* Enrollment into program – **200 points (unless already enrolled previously)**
  - \* Three phone interactions or online chats – **50 points**
  - \* Six email interactions or 6 journals made within one of the trackers – **50 points**
- HumanaBeginnings : a program for pregnant moms – **over 800 points**



## Prevention

Maximum points per year of 3800.

- Vitality Check (blood pressure, Ht., Wt., BMI, glucose, cholesterol) - **2000 points**
- Dental Exam – **200 points per exam (up to 400/program year)**
- Vision Exam – **200 points**
- Pap Smear / Pelvic Exam (female, age 18+) – **400 points per screening**
- Colonoscopy (female or male, age 50+)– **400 points**
- Prostate Exam (male, age 40+) – **400 points**
- Mammogram (female, age 40+) – **400 points**
- Flu shot (adult) – **200 points**

## Healthy Living – earn points for living a healthy lifestyle

Maximum points per year of 2700.

- Lab results within Normal Range on Vitality Check
  - \* BMI – **800 points**
  - \* Blood pressure – **400 points**
  - \* Glucose – **400 points**
  - \* Cholesterol - **400 points**
- Blood Donation – **50 points (up to 300/program year)**
- Nicotine test (in-range result) – **400 points**
- Milestones (mini-goals)
  - \* Fitness Habit: Start a new fitness habit and submit photo proof – **25 points monthly**
  - \* Sleep: sleep 7+ hours and log your progress with a device, currently a Fitbit or Jawbone) – **5 points daily**
  - \* Weekly log: Track weight or food with the MyFitnessPal app – **10 points weekly**
  - \* Hi.Q quiz: Take health and well-being quizzes on the Hi.Q app as often as daily - **2 points daily**

## Fitness

Maximum points per year of 8300.

- Verified Workouts (verified at a partner health club or through a fitness device or Mobile App)– **15 points per day (up to 5,475/program year)**
- 1<sup>st</sup> Verified Workout of the Week (Monday-Sunday) - **15 bonus points per week (up to 780/program year)**
- 5+ verified workouts per week (Monday-Sunday) – **40 bonus points per week (up to 2,080/program year)**
- Athletic events (ex: walking, running, cycling, triathlon).
  - \* Level 1 (5K) = **250 points**
  - \* Level 2 (10K) = **350 points**
  - \* Level 3 (1/2 marathon) = **500 points**
- Sports league (minimum 8 games)– **350 points**
- Challenges – **100 points (100 points max per month)**

## Personalized Goals

Set your goals under the "Get Health" tab then the "My Goals" link for opportunities to earn **100's to 1000's of points**

## Vitality Kids

Your dependents under 18 years old who are a part of your PCS Humana Medical Plan can earn Vitality points in their own Vitality accounts so they can see their totals grow as they get involved in HumanaVitality. Maximum points per year of 1000.

- Kids Health Assessment – **200 points**
- Kids preventative care visit – **200 points**
- Kids dental exam – **100 points (up to 200/program year)**
- Kids vision exam – **100 points**
- Kids immunizations – **100 points**
- Kids flu shot – **100 points**
- Kids sports league – **100 each (up to 200/program year)**
- Kids athletic events – **50 each (up to 200/program year)**

Kids under 18 do not have their own HumanaVitality account. Their information can be submitted through the primary cardholders HumanaVitality account.