

## In this issue

- Great American Smokeout  
Pg. 2
- Humana Update
- It's not too late to get your flu shot  
Is it the cold or the flu?  
Pg. 3
- The Giving that Gives Back  
Staying Healthy During the Holidays  
Pg. 4
- Healthy, Easy Recipe  
Contact Us



## Introducing your new Employee Wellness Coordinator, Kara Hager!

I am so excited to be here and look forward to working with you as we create a culture of wellness and good health throughout the district.

I recently relocated back to the Tampa area from Washington, DC where I attended graduate school for Health Promotion Management and worked as a Communications Officer for FHI 360, a nonprofit human development organization.

Prior to moving to Washington, DC I attended the University of Tampa where I received my bachelors degree in Public Health.

I am excited to be back in Florida and even more thrilled to be your new Wellness Coordinator!

"A friend is a gift you give yourself."

~Robert Louis Stevenson

## Great American Smokeout is November 19!

Join us on November 19 when we support those who commit to quitting tobacco. Millions of people across the US use this day to commit to quitting tobacco, so why not you?

If you're ready to quit like a champion, we're ready to help!

## You have access to FREE resources to help you quit smoking

**Employee Assistance Program:** Your PCS Employee Assistance Program (EAP) offers up to 8 free counseling sessions with a licensed counselor. Professional counseling can be a big help for smokers who are trying to quit. Your therapist can offer support and guidance, help you devise an individualized smoking cessation and behavior modification plan, and help you identify emotions, behaviors and stressors that put you at risk of lighting up. To access your free, confidential counseling sessions call 1-800-327-9757.

### Humana Health Insurance:

- Enroll in Personal Health Coaching by setting a goal in your Humana Vitality online or by calling Humana's Personal Health Coaching at 866-671-4536.
- Enroll in a Personal Nurse program by calling 877-416-8773. Your personal nurse will complete a health assessment with you and review the results and recommend a set of personal wellness goals.
- Call your onsite Humana patient advocate Heather Keegan, RN at 727-588-6137 if you would like to know more about nicotine replacement therapy drugs covered under your Humana health plan.

**Tobacco Free Florida:** Tobacco Free Florida provides free community resources to anyone who wants to quit smoking.

- Talk to a quit coach who can help you quit tobacco. Call 1-877-U-CAN-NOW
- Online tools are resources to help you quit. Visit [www.quitnow.net/florida](http://www.quitnow.net/florida)
- If you are looking for face-to-face help, find a center near you at [www.ahtobacco.com](http://www.ahtobacco.com)



## Don't miss out on your chance to earn 750 Vitality Points today!

Have you completed the HumanaVitality® Health Assessment since the new program year (September 1, 2015) started? The Health Assessment is a quick online survey that you will retake every Vitality program year. It will help to personalize your wellness goals based on your lifestyle.

There's still time to earn 750 Vitality Points™ for retaking your Health Assessment in program year two! After 11/30/2015 you will only be able to earn 500 Vitality Points! Follow these steps to get started:

- Go to HumanaVitality.com and sign in or register, if you haven't already
- Hover over Get Healthy > Health Assessment Information
- Then click on "Get Started"

OR

- Download the HumanaVitality Mobile App from the App Store or Google Play
- Complete any of the seven HA sections and move immediately to Bronze Vitality Status—in two minutes!

## Once you earn your points, you're ready to go shopping!

Healthy activities not only build Vitality Points, they also earn you an equivalent amount of Vitality Bucks.

Reward yourself with the things you want in the Humana Vitality Mall by spending your Vitality Bucks.

You can choose rewards in the HumanaVitality Mall that include gift cards, movie tickets, fitness devices, and more.

The higher your Vitality Status, the greater your discount is in the HumanaVitality Mall.

Visit [HumanaVitality.com](http://HumanaVitality.com) for more information.

## Is it the cold or the 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.

## The Giving that Gives Back

For many, the holiday season brings uneasy feelings, such as depression and anxiety. To combat these feelings, expressing gratitude can actually help.



“With gratitude, people acknowledge the goodness in their lives.”

By definition, gratitude is a thankful appreciation for what an individual received, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. As a result, people begin to recognize that the source of that goodness lies at least partially outside themselves, and helps connect them to something larger than themselves — whether to other people, nature, or a higher power.

### Ways to express gratitude

Here are some ways to express gratitude on a daily basis:

**Write a thank-you note.** By writing a thank-you note, you not only make yourself happier, you will be nurturing your relationship with another person. Make it a habit to write a gratitude letter once a month.

**Keep a gratitude journal.** Frequently write or tell someone about the gifts you receive each day, or what you are grateful for that day.

**Count your blessings.** Pick a regular time to sit down and write about your blessings. It can help to pick a number too, such as 3 to 5 blessings per week.

**Pray.** People who are religious can use prayer to cultivate gratitude.

**Meditate.** Mindfulness meditation while focusing on what you're grateful for is a great way to bring focus to your blessings.

## 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.



## Healthy Tailgate Chili



### Ingredients:

1 lb. 95% lean ground beef (or ground chicken or turkey)  
1 medium onion, chopped  
1 medium jalapeno, Chopped  
4 clove minced, fresh garlic  
1tbs chili powder  
1 tbsp. ground cumin  
1/2 tsp. ground coriander  
15.5 Oz. canned, no-salt-added or low sodium kidney beans, rinsed, drained  
14.5 oz. canned, no-salt-added diced tomatoes, undrained  
3/4 cup jarred salsa (lowest sodium available)

### Directions:

1. Spray large saucepan with cooking spray. Cook beef and onion over medium-high heat for 5-7 minutes, stirring constantly to break up beef. Transfer to colander and rinse with water to drain excess fat. Return to pan.
2. Stir in bell pepper, garlic, chili powder, and cumin, and cook for 5 minutes, stirring occasionally
3. Add remaining ingredients and bring to a boil. Reduce to simmer, cover and cook for 20 minutes
4. Optional: Serve topped with low-fat grated cheese, a dollop of fat-free sour cream, sliced avocado, snipped cilantro or chopped green onion.

## Contact us, we'd love to hear from you!

For questions related to the Employee Wellness program, contact your Employee Wellness Coordinator:

### Kara Hager

Phone: 727-588-6031, Email: [hagerk@pcsb.org](mailto:hagerk@pcsb.org)

For questions related to Humana health insurance programs, contact your Humana on-site personnel:

### Janet Lang

PCS Account Advisor  
Phone: 727-588-6367, Email: [pcs.langj@pcsb.org](mailto:pcs.langj@pcsb.org)

### Heather Keegan, RN

PCS Patient Advocate  
Phone: 727-588-6137, Email: [pcs.Keeganh@pcsb.org](mailto:pcs.Keeganh@pcsb.org)

### Jessica O'Connell, RN

PCS HumanaVitality Wellness Nurse  
Phone: 727-588-6134, Email: [pcs.oconnellj@pcsb.org](mailto:pcs.oconnellj@pcsb.org)

## Did you know?

Did you know you can receive a discounted memberships to local fitness centers in the area? Visit [www.pcsb.org/wellness](http://www.pcsb.org/wellness) for a list of participating fitness centers and how to get your discount.