



WELLBEING4U
GET CONNECTED
HILLSBOROUGH COUNTY PUBLIC SCHOOLS

HCPS Wellbeing CONNECTION

Hello HCPS Community!

Valentine’s Day is coming and that means it’s also the American Heart Association’s Heart Month. HCPS is kicking off the month with **Let’s Go Red for Women** on Friday, February 3. All employees, district-wide, are encouraged to wear red that day as a way to build awareness and remind women to take better care of themselves. Heart disease and stroke are responsible for one in three deaths in women each year, killing one woman approximately every 80 seconds. But take heart! Eighty percent of cardiac and stroke events can be prevented. Turn to [page 4](#) to find out how.

Snap a photo showing the “Go Red for Women” support at your site and send it to ameldrum1@humana.com. Photos will be published in an upcoming newsletter.

Ready to run? HCPS staffers who are participating in the Gasparilla Classic can earn Go365 Points! Be sure to join the newest challenge, 90BY20 Gasparilla 5k Walk to Run Challenge, to train for the race and earn more Points. [See page 3](#) for details.

Would you like to learn more about wellness, have an opportunity to name monthly challenges, take surveys to help learn how to better serve you? If you answered yes, then the new **Wellness Quick Takes** is for you. Simply email your Humana Wellness Nurse Advocate, Amy Meldrum, at ameldrum1@humana.com and we will add you to the **Wellness Quick Takes** distribution list.



Welcome!

Our Wellbeing Program has a name and a logo! Our mission is to provide education and opportunities for you to improve your personal wellbeing as well as your family’s in all aspects of wellbeing: **physical, emotional, financial, and social.**

90BY20 Gasparilla 5K Walk to Run Challenge

February 12–24

Gasparilla Distance Classic

February 25

A Path to Financial Peace of Mind—a FREE Seminar

February 28, see page 6

FREE Retirement Readiness Seminar

February 23, 2017, see page 7

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Platinum Spotlight

Theresa Williams, Assistant Principal at Durant High School



When Theresa first learned about the Go365 program a year and a half ago at a school presentation, she was intrigued. When she found out she could earn Points to spend on valuable merchandise, she was all in.

Before discovering Go365, Theresa was like many of us. She'd start an exercise program and quit before long. Using Go365, she was able to tailor an exercise regime that fit her lifestyle and kept her interested. She says, "I enjoy the competitive nature of it. Competing with friends and joining challenges helps me stay active." She's proud to say she reached Platinum Status the first year, and continues to keep it up.

And that's not all. At her last physical exam, she was happy to let her doctor know that her energy level is higher, her mind is clearer, and she has greater peace of mind since she established a regular exercise program.

In addition to staying active, she enjoys taking the Health IQ quizzes using the app she downloaded at the [Go365 website](#) and earning an additional two Points per day. The quizzes provide valuable tips for improving her workouts so that they're more effective.

Theresa is excited about the new Go365 program because she feels it will help her work toward new exercise goals, and keep her motivated, all while earning rewards. In fact, she shared with us that she cashed in some Bucks on Amazon gift cards and used them toward her daughter's Christmas presents last year.

If you would like to be featured next month, please contact Amy Meldrum at ameldrum1@humana.com.

Get Your Name on the List!

Each month we identify the newest Platinum members. When you reach Platinum, you will receive an email asking for permission to print your name in this newsletter. Please reply to the email if you would like to receive the recognition you deserve!

Win a \$100 Visa Gift Card

Starting with the January new Platinum members, everyone who reaches Platinum Status during the month will be entered in a drawing for a \$100 Visa gift card for that month! A name from the January list will be drawn in February and announced in the March newsletter, and so on throughout the year.

Congratulations to the Most Engaged Schools in 2016

The following schools have the highest percentage of staff participating in Go365.

Elementary School	Middle School	High School
Mintz	Wilson	Steinbrenner

Newest Platinum Members

50 members reached Platinum Status in December! Join us in congratulating the newest Platinum members.

Melissa Alonso	Justin Daniels	Jordan Howell	Cheryl Poage	Alexander Thorn
Meghan Armstrong	Catherine Davis	Toni Lane	Tracey Prall	Shana Tirado
Pamela Baccamazzi	Krystal Dufault	Jessica Llanos	Dena Rhey	Michele Toscani
Stephanie Barnes	Raul Garcia	Sandra Lodyga	Dyana Rochelle	Lisette Valiente
Tamikia Berry	Jill Germain	Cristine Lybbert	Sherry Rodriguez	Ansberto Vallejo
John Boatright	Angelette Green-Lewis	Deborah Medina	Jaclyn Roig	Sophavy Vann
Felicia Bottom	Ebony Grigsby	Erica Negron	Natalie Simon	Gail Vinson
Frank Buehler	Cynthia Hardy	Nan Nunez	Carlee Soto	Rachel Walters
Cassandra Currier	Beau Heringer	Sherille Patterson	Allison Sullenberger	Maria White
Sharon Dalton	Elizabeth Houston	Rosarito Perez Abreu	Marizela Talamantez	Emily Zuckerman

HCPS Jingle Jog Update Results— 338 Participants!	Top 5	Team Name	Total Steps
	1	Jingle Jangle	1,195,809
	2	Steinbrenner Warriors	1,104,882
	3	MacFarlane IB Explorers	894,117
	4	DeSoto Dragons	893,015
	5	Oak Grove Jaguars	878,307



HCPS Go365 Challenges

Two New February Challenges

January and February in Tampa means Gasparilla, and the annual pirate invasion is back for another fun-filled month. If you plan to participate in the Gasparilla Distance Classic, great news: You can earn Go365 Points! Consider participating in the 90BY20 Gasparilla 5k Walk to Run Challenge to train for the Gasparilla Distance Classic—and earn even more Points.

90BY20 Gasparilla 5k Walk to Run Challenge ♦ February 12 –24, 2017

If you haven't joined another challenge or team in February, you will earn 50 Points for joining the 90BY20 Gasparilla 5k Walk to Run Challenge and another 50 Points for joining a team.

Register February 1–11, 2017

- You must be a Go365 member to participate.
- You must have a device (Humana pedometer, Fitbit, etc.) to track and upload your steps to Go365.
- Grab a friend or two or more. You must team up with two to 10 people.
- Work toward reaching the individual maximum of 20,000 steps per day.
- Download steps daily and no later than midnight on February 24, 2017.
- All steps up to the maximum count toward your team and per-person average. The leaderboard for teams will be determined by the *average number of steps per person*.
- How to Sign Up
 - Log in to your account on **Humana.com** or via the Go365 app.
 - Locate the “Challenges” link and choose “90BY20 Gasparilla 5k Walk to Run Challenge.”
 - Create a team or join an existing team.

Gasparilla Distance Classic ♦ February 25, 2017

- Register for the race at **tampabayrun.com**, where you can sign up for the 5K stroller roll walk, 5K walk, 5K run, 8K run, or the half marathon run.
- Earn 250 Go365 Points if you complete the 5K walk or run or 8K run.
- Earn 500 Points if you complete the half marathon.
- To get your Points, you must submit proof of your results one of two ways:
 1. Sign in to **Go365.com** and select *activities* from the menu at the top of the home page, select *fitness*, and finally select *take part in an athletic event*. Scroll down and enter the information requested and upload proof of participation: either your race registration, a screenshot of your event results, or a photo or scan of your race bib.
 2. Log in to the Go365 app (you can download it to your smartphone). Select *activities* from the menu at the bottom of the screen, press the “+” sign in the top right corner, select *athletic event* from the menu, enter the details of the event, and submit photo proof of either your race results or race bib.

Add Go365 to Your Wellness Toolbox

When you're trying to improve your health, the Go365 app can be like having a personal trainer. Use it to earn Points and stay on track to reach your health and wellness goals. Here's why you need it:

- Earn Points by completing activities that focus on areas such as weight, food, and sleep tracking
- Complete your Health Assessment
- Interact with a health coach, if available
- Submit proof of eligible Activities for Points
- View your Points history
- Spend your Bucks in the Go365 Mall
- And more!

Start using the app today. Download the app to your smartphone.



Train with Mrs. Gray and Earn More Points

Join School Board Member Lynn Gray to train for the Gasparilla Classic and earn 35 points for each session. Keep in mind, you earn 10 points for a typical workout at a partner health club. That means you can earn 3.5 times more points for each of these training sessions compared to a typical workout! On top of that, if you are tracking your fitness device through Go365, you also earn points for all those extra steps you'll take while training.

Date	Time	Location
February 2	5:15 p.m.	ROSSAC Building – meet in front of the building, 901 E. Kennedy Blvd., Tampa, FL 33602
February 18	9:00 a.m.	Al Lopez Park, Hunt Community Center, 4602 N. Himes Avenue, Tampa FL 33614



Humana Health Focus

What the Heart Wants

It was a typical Tuesday evening at Maria's house. She was at the kitchen table grading papers. The kids were in the bedroom doing homework. Supper was simmering on the stove and would be served as soon as her husband Tony came home from work. Then the phone rang.

It was Tony, calling to say he's on his way to the hospital. His mother had a heart attack. Maria quickly turned off the stove, ran the kids over to a neighbor, and left for the hospital to meet her husband there.

Hugging her husband in the waiting room, Maria asked, "How's she doing?"

"I don't know. The doctor hasn't come out to talk to me yet. I hate to say this, but with Mom's poor health habits, I feel like this was bound to happen," Tony said.

"I know. I can hardly remember the last time she let us take her to a doctor's appointment," Maria agreed. "No matter how much we lecture, she doesn't watch what she eats, doesn't get any exercise, and —." Just then, the doctor approached them.

We'll get back to the story shortly, but it's important to note that this scenario is a common one—one that could happen to any adult at any age—and one that could easily be avoided if Maria's mother-in-law made some of these simple lifestyle adjustments.



- 1. Get active.** Daily **physical activity** increases your length and quality of life. If you get at least 30 minutes of moderate physical activity (like brisk walking) five times a week, you can almost guarantee you'll live a healthier life while lowering your risks for heart disease, stroke, and diabetes. Visit [Go Red for Women](#) to learn the basics about fitness, including ways to [work out with your kids](#) to help ensure their heart health as well as your own.
- 2. Control cholesterol.** Cholesterol is a waxy substance our bodies use to make cell membranes and some hormones, but when you have too much **bad cholesterol (LDL)**, it combines with white blood cells and forms plaque in your veins and arteries. These blockages lead to heart disease and stroke. You can [lower cholesterol through diet and nutrition](#).



Put Me In, Coach

MyHumana's **FREE** and confidential Health Coaching program gives all Humana medical plan members access to a health coach by email, phone, or scheduled instant message chat. Certified health coaches include trained behavioral health specialists and health educator coaches who can help you manage health issues like weight management, physical activity, back care, nutrition, and more.

Get started today:

- Go to **Humana.com** and log in to MyHumana.
- Click on *Take Health Assessment* (complete annually).
- Click on *Connect with a coach*.
- Click on *My Health* at the top of your screen.
- Select *My Goals*.
- Select *View* under *My Set Goals*.
- Under *Recommended Activities to Achieve Goal*, click on *Enroll in a Coaching Program* under *Recommended Activities* (this will take you directly to the Message Center).

3. Manage blood pressure. **High blood pressure** is a major risk factor for heart disease and stroke. Also known as hypertension, high blood pressure means the blood flows through your arteries with too much force and puts pressure on the arteries, stretching them past their healthy limit and causing microscopic tears. The body then kicks into injury-healing mode to repair these tears with scar tissue. But unfortunately, the scar tissue traps plaque and white blood cells which can form into blockages, blood clots, and hardened, weakened arteries. To manage blood pressure:

- Eat a heart-healthy diet, which includes **reducing sodium**.
- Get regular physical activity and **maintain a healthy weight**.
- **Manage stress**, limit alcohol, and don't smoke.

4. Lose weight. If you have too much fat—especially if a lot of it is at your waist—you're at greater risk for health problems such as high blood pressure, high blood cholesterol, and diabetes. Calculate your **body mass index (BMI)** and talk to your physician to determine if you need to lose weight. Losing even as little as five or ten pounds can result in a dramatic blood pressure reduction.

5. Reduce blood sugar. Diabetes greatly increases the risk of heart disease and stroke. In fact, people with diabetes often die from some form of heart or blood vessel disease. If your fasting blood-sugar level is below 100, you are in the healthy range. Higher blood sugar levels could indicate **diabetes** or prediabetes. To lower your blood sugar:

- Reduce consumption of simple sugars found in soda, candy, and sugary desserts.
- Get regular physical activity.
- Take medications or insulin if it's prescribed for you.

6. Stop smoking. Cigarette smokers have a higher risk of cardiovascular disease, heart attack, stroke, and peripheral artery disease. Smoking damages your entire circulatory system and increases your risk for coronary heart disease, hardened arteries, aneurysm, and blood clots. Visit the American Heart Association's **Quit Smoking** website for tools and resources.

Source: [MyLifeCheck](#) from the American Heart Association.

Meanwhile, back at the hospital...

"Your mother was lucky," the doctor told Tony and Maria. "She had a mild heart attack. We'll have to keep her here for a few days so we can run some tests and start her on meds. Does she live alone?"

"Yes," Tony replied.

"I would recommend you consider in-home assistance to ensure she eats a heart-healthy diet, complies with her drug regimen, and gets the proper level of activity."

Tony exhaled. "Can we see her?"

"Follow me."

Aetna Resources for Living Is All About YOU!

Building Long-Term Financial Security

Thinking about your future finances is one of the best things you can do for yourself and your family. First, think about your current financial situation. Then you can look to the future.

You can set a budget to include future savings and investments. It can be tempting to give up long-term goals in favor of short-term needs or wants. But you'll thank yourself later if you plan ahead now.

Make long-term goals

Long-term goals can take five or more years to reach. The earlier you start, the less you'll likely worry along the way. If you haven't already, you'll want to make a list of your long-term goals. You can decide how long into the future you want to plan. Maybe you're planning for retirement. Or maybe you just want to plan for the arrival of your first child. Your choices now can help you in the long run.

Be realistic

You may think you can retire to your own personal island, but that's a bit out of reach for a lot of people. You may make more money as you get older, but your expenses will also grow. Plan for the future with the present in mind. Set goals to save a certain amount of money. But base those goals around what you can save now. If you do make more money in the future, you can adjust your goals accordingly.

Make your long-term budget

Your long-term budget includes the amount of money you can save from year to year. You can put money aside on a month-to-month basis. But you should think about your long-term budget in terms of years.

Figure out how much debt you have. And figure out how long it will take before you can live debt-free. The sooner you can pay off your debt the better. Making minimum payments every month only increases the amount of interest you'll pay. So paying extra every month can help you in the future. Then add investments into your budget. This includes things like retirement accounts, college savings accounts, and financial markets.

Plan for the unexpected

Life always brings unexpected events. So put some money in savings to plan for such an event. It's best to have as much as six-months' salary set aside for the unexpected. It may seem like a lot. But you can get there if you start by saving a little bit at a time.

Talk to a professional adviser

Learning about different investment options can be overwhelming. That's where the professionals come in. An adviser can help you understand your options. And he or she can help you understand the risks that come along with some investment options. As an FRS-covered employee, you have access to **FREE**, unbiased financial planning guidance—see the sidebar for more information.

If you prefer to work with another adviser (who may charge a fee), the Investment Adviser Association (IAA) can help you learn more before you choose someone. And the IAA can give you an idea of questions you might want to ask. Visit investmentadviser.org for more information.



A Path to Financial Peace of Mind

You Are Invited to a Local Seminar

February 28, 2017
5 p.m. to 7 p.m.

This seminar is **FREE** to all HCPS employees—but sign up quickly, space is **limited to 45 participants**. You can sign up for course number 79184 in the Professional Development System (PDS). The presentation is based on feedback from over one million financial consultations and will focus on 10 habits that contribute to financial peace of mind. You learn how to:

- Decrease financial stress
- Increase savings
- Create a budget
- Improve your credit score

The seminar will be held at the Instructional Services Center (ISC), Room 161, 2920 N. 40th Street, Tampa, FL 33605

Aetna Resources for Living

1-855-327-6463
24/7

resourcesforliving.com

Username: **SCHOOLEAP**
Password: **8553276463**



Retirement Readiness Seminar

Thursday, February 23, 2017 ♦ 5 p.m.
Armwood High School

If you are within three years of your FRS retirement or DROP entry date, consider attending this **FREE** seminar, jointly sponsored by the District and the Florida Retirement System (FRS).

Representatives from the FRS, TSA Consulting Group, BENCOR, and the Social Security Administration will be on hand to answer your questions and provide helpful information about:

- ♦ **FRS Retirement—Regular and DROP** ♦
- ♦ **BENCOR Terminal Pay Plans—401(a) and 403(b)** ♦
- ♦ **Tax Shelter Account (TSA) Investment Plans** ♦
- ♦ **Social Security** ♦

FREE Financial Planning and Counseling From the Florida Retirement System

Experts say you'll need 70% to 90% of your preretirement income to enjoy the lifestyle you had before retirement. But how do you save that kind of money for the future while managing today's expenses? Fortunately, as an FRS-covered employee, you have access to **FREE**, unbiased financial planning guidance.

Your EY (formerly Ernst and Young) financial planner will tell you that there are steps you should be taking at every stage of your life, and how to take advantage of the **FREE** resources you have as an FRS retirement plan member. Call today to make sure you are traveling down the right path.

Whether you are enrolled in the Pension Plan or the Investment Plan, you can take advantage of the **FREE** financial planning services.

Sources: Florida Retirement System, EY, Forbes



FREE Financial Guidance From the FRS

Call the MyFRS Financial Guidance Line at **866-446-9377** (TTY 1-888-429-2160) from 9:00 a.m. to 8:00 p.m. (ET), Monday through Friday, and visit MyFRS.com.

Are You a New HCPS Employee?

New HCPS employees are automatically eligible for the Florida Retirement System and have five months after their date of hire to choose a retirement plan—the FRS Investment Plan or the FRS Pension Plan. If you have not selected a plan yet, please go to ChooseMyFRSplan.com and make your plan election. If you do not take action by your deadline, you will default enroll in to the Pension Plan, which may or may not be a good choice for you.



Make Sure You Get the Right Care

Advance Medical's Expert Medical Opinion Program

If you are enrolled in an HCPS-sponsored Humana medical plan, the Expert Medical Opinion service from Advance Medical is **FREE** to you and your covered spouse and dependents.

Call now if you or a dependent		An Advance Medical doctor will
✓ Have a lingering persistent cough.	➔	Advise you on what to watch for and when to see your doctor.
✓ Received a recent diagnosis.	➔	Explain what is happening and what you can do.
✓ Are looking for a new doctor or specialist.	➔	Find the right doctor in your area who can see you soon.
✓ Are in crisis and need to make an immediate medical decision.	➔	Guide and support you through the process, and help you make the best decision.
✓ Live with a chronic disease.	➔	Collect your medical records and present them to world-renowned consulting experts, including those from Harvard and Mayo Clinic, for a second opinion.

Contact Advance Medical

Online:	By Phone:	By Email:
advance-medical.com/hcps	888-899-3306	hcps_emo@advance-medical.com

Weekend Flu? Try Doctor on Demand

If you or a dependent are enrolled in a Humana Medical Plan you don't have to leave the house to get care. You pay your Humana medical plan's PCP copay* to participate in a live video doctor visit from your mobile device or computer 24 hours a day, 365 days a year. Doctor on Demand physicians can treat colds, sore throats, flu symptoms, allergies and sinus infections, earaches, and more. Visit doctorondemand.com/humana or download the **FREE** Doctor on Demand app from the App Store or Google Play.

** HMO Staff: \$15; HMO Select: \$30; either CoverageFirst plan: \$25. If you are enrolled in the High Deductible Health Plan (HDHP), you will pay \$40 fee.*





Heart Healthy Recipe

Greek Seven-Layer Dip

Grab some pitas and enjoy this tasty Greek-inspired, heart-healthy snack or appetizer.

8 Servings ♦ Serving size: 1/4 cup dip; 3 pita wedges

Ingredients:

12 6-inch whole-wheat pita pockets (lowest sodium available), cut into 12 wedges, tops and bottoms separated (24 wedges total)

Cooking spray

1 cup no-salt-added chickpeas, rinsed and drained

1 tablespoon fresh lemon juice

2 tablespoons water

1/8 teaspoon pepper

1 cup loosely packed baby spinach, thinly sliced (about 1 1/2 ounces)

1/8 teaspoon dried oregano (crumbled)

1/2 medium tomato, finely chopped (about 1/3 cup)

1/4 medium cucumber, peeled and finely chopped (about 1/3 cup)

1 tablespoon chopped mint

2 tablespoons crumbled, fat-free feta cheese



Instructions:

Cooking Tip: The pita wedges and chickpea spread can be made up to one day ahead. Store the pita wedges in an airtight container at room temperature. Cover and refrigerate the chickpea mixture. The remaining ingredients can be chopped and stored in the refrigerator up to 8 hours in advance, but the dip shouldn't be assembled until right before serving.

Preheat the oven to 400° F. Arrange the pita wedges in a single layer on a large baking sheet without overlapping the wedges. Lightly spray the tops of the wedges with cooking spray.

Bake for 5 minutes, or until lightly browned and slightly crisp (the pita wedges will crisp more as they cool).

Meanwhile, in a food processor or blender, process the chickpeas until coarsely chopped. With the food processor running, slowly pour in the lemon juice and process until blended. Add the water and pepper. Process until smooth.

Arrange the spinach on a serving plate. Gently spread the chickpea mixture on top, leaving a border of spinach. Sprinkle the oregano over the spread. Arrange the tomato on the spread. Top, in order, with the cucumber, mint, and feta. Serve with the pita wedges.

Nutritional information per serving: 69 calories; 0 g saturated fat; 100 mg sodium

This recipe is brought to you by the American Heart Association's Go Red for Women movement. Recipe copyright ©2016 by the American Heart Association.

FREE Weight Watchers

Humana and HCPS are here to help. To see if you qualify for **six months of Weight Watchers for FREE**, log in to humana.com and take your online Health Assessment and set your goals. Based on the result of your Health Assessment, you will be able to select from specific goals.

1. If weight loss is listed as a goal choice for you, set that goal and scroll ALL the way down until you see the category "Other" with the activity "Participate in a weight loss program."
2. Click on *See if I qualify*. You will have to enter your name, date of birth, and personal ID (Humana Member ID) and 200000001, the organization ID number.
3. As long as you qualify, continue to follow the prompts to select either the online option OR the meetings plus the online option.



2017 FEBRUARY



ACTIVATE YOUR GO365 ACCOUNT TODAY BY EITHER:

- ONLINE HEALTH ASSESSMENT
- BIOMETRIC SCREENING
- LOG A WORKOUT EITHER AT YOUR FITNESS CLUB OR WITH YOUR CONNECTED FITNESS TRACKER.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	01 REGISTRATION BEGINS FOR GASPARILLA CHALLENGE	02	03	04 Colon Cancer Undy 5k
			<input type="checkbox"/> 1 point every 1000	<input type="checkbox"/> 1 point every 1000	<input type="checkbox"/> 1 point every 1000	<input type="checkbox"/> 1 point every 1000
05	06	07	08	09	10	11 Love Give Live 5k
<input type="checkbox"/> 1 point every 1000	<input type="checkbox"/> 1 point every 1000	<input type="checkbox"/> 1 point every 1000	<input type="checkbox"/> 1 point every 1000	<input type="checkbox"/> 1 point every 1000	<input type="checkbox"/> 1 point every 1000	<input type="checkbox"/> 1 point every 1000
12	13	14	15	16	17	18 The 5k Color Blast
<input type="checkbox"/> 1 point every 1000	<input type="checkbox"/> 1 point every 1000	<input type="checkbox"/> 1 point every 1000	<input type="checkbox"/> 1 point every 1000	<input type="checkbox"/> 1 point every 1000	<input type="checkbox"/> 1 point every 1000	<input type="checkbox"/> 1 point every 1000
19	20	21	22	23	24 LAST DAY TO REGISTER FOR GASPARILLA CHALLENGE	25 Gasparilla 15k & 5k
<input type="checkbox"/> 1 point every 1000	<input type="checkbox"/> 1 point every 1000	<input type="checkbox"/> 1 point every 1000	<input type="checkbox"/> 1 point every 1000	<input type="checkbox"/> 1 point every 1000	<input type="checkbox"/> 1 point every 1000	<input type="checkbox"/> 1 point every 1000
26 Gasparilla Half Marathon & 8k	27	28	01	02	03	04
<input type="checkbox"/> 1 point every 1000	<input type="checkbox"/> 1 point every 1000	<input type="checkbox"/> 1 point every 1000				



EARN 1 POINT FOR EVERY 1000 STEPS!
MAX 50 POINTS PER DAY!

