



# SMART START Newsletter

Produced by Risk Management - Christina Kempf, Employee Wellness Coordinator

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

## Mammograms Covered Under Preventative Services

Screening mammograms for women over age 40 are covered preventative screenings under the health care law for those with insurance. That means there is no cost to you such as an office visit fee or copay. Other preventative services are covered as well ([www.healthcare.gov](http://www.healthcare.gov)). If there is a need for a diagnostic mammogram (when an area is in question), your insurance may require a co-pay or co-insurance. If you are without insurance and need a mammogram, contact Christina Kempf, Employee Wellness Coordinator at [kempfc@pcsb.org](mailto:kempfc@pcsb.org).

## 1 in 8

Breast cancer affects 1 in 8 women during their lives, and many of us know someone — a mother, sister, friend — who has had it. It is the second-leading cancer killer of women in the United States, next to lung cancer. Thanks to screenings (breast self-exams, clinical exams performed by a doctor and mammograms), breast cancer often can be found early, when the chance of successful treatment is best. Don't let fear, inconvenience, or other barriers prevent you from these screenings. Watch the recommended video below for an excellent overview of how to do a breast-self exam. Video is non-graphic so can be watched at your desk.

### **Resources:**

#### **Symptoms and signs:**

<http://www.nationalbreastcancer.org/breast-cancer-symptoms-and-signs>

#### **How to perform a breast self-exam:**

<http://www.nationalbreastcancer.org/breast-self-exam>

#### **Early detection plan:**

<http://www.earlydetectionplan.org/>

#### **Healthy Habits:**

<http://www.nationalbreastcancer.org/healthy-habits>

#### **Breast Self-Exam Video - HIGHLY RECOMMENDED!**

<http://pcsb.org/Page/3696> (link at the top of the page)

#### **Breast Health Resources**

<http://pcsb.org/Page/3697>

#### **Resources for Survivors and Recently Diagnosed**

<http://pcsb.org/page/3702>

## Superior Spinach Dip

- ◇ 1 package (10 ounces) frozen spinach, thawed
- ◇ 1 ½ cups plain low-fat Greek-style yogurt
- ◇ ¼ cup chopped fresh dill
- ◇ ¼ cup chopped parsley
- ◇ ¼ TSP hot pepper sauce
- ◇ 1 TBS lemon juice
- ◇ ½ TSP salt
- ◇ 2 TBS minced scallion
- ◇ Whole Wheat crackers for dipping (Ak-Mak or Kashi TLC, are best)

Drain the spinach and squeeze out as much liquid as possible. Chop finely. Combine the yogurt, dill, parsley, hot pepper sauce, lemon juice, and salt. Mix well. Stir in the spinach and scallion until evenly blended. Serve at once or chill until serving time.

Recipe from Dr. Ann Kulze, M.D.

See more at:

<http://www.drannwellness.com/article114.cfm#sthash.yfksH1SJ.dpuf>



# PCS Employees Embrace Financial Fitness Challenge



While some companies involved in the challenge are still talking about how to notify their employee about the checkup and courses available to them, Pinellas County Schools has embraced this challenge wholeheartedly and the number of employees involved is rising each day. To date, **1636** Financial Fitness Checkups have been completed, **930** participants have selected and started courses and **61** employees have FINISHED their courses with a 75% or above and are eligible to win one of the shares of stock values at around \$200 that we will draw for at the end of November.



If you didn't register, or you registered and haven't been participating, it's not too late. Simply go to [www.FFCprogram.com](http://www.FFCprogram.com). If you have not registered, select Pinellas County Schools and enter your work email. If you are returning, enter your user name and password in the box on the upper right of the screen. Don't miss this great opportunity to learn about Basic Personal Finance, Saving and Investing or Retirement Planning for FREE. The class is valued at over \$100 and is being paid for through the PCS Wellness Program in order to reduce the financial stress our employees experience.



**Check out what a few “graduates” of the course have to say...**

Name: Bob Johnston

Position: Instructor Distance Education

Worksite: Pinellas Technical College

Course taken: Retirement

Feedback: Excellent course. Good information ranging from Investment guidance and assessment to social security and Long Term Care investments.

Name: Cindy Carmody MA

Position: EBD Teacher – Middle School

Worksite: Tyrone Middle School (Pinellas County Schools)

Course taken: Basic Personal Finance,

Feedback: Love learning about becoming financially fit. Savings for the future? Financial challenge for the financially challenged. This really put into perspective what I knew and did not know. Who would have known that savings for the future is more than just randomly setting aside some money into a savings account.... Thanks for all the info....

Name: Serge Sanon

Position: Bilingual Assistant

Worksite: Lealman Elementary

Course taken: Saving and Investing

Feedback: This class is all about financial empowerment and freedom. Although I've taken financial planning courses before, this is by far the best. It will take you from where you are to where you want to be. The lessons are clear and relevant to everyone no matter where he/she is on his/her financial journey. The personal application of this class will benefit me throughout my retirement years. This has been an eye opener and a must -take class. Give it a try; you won't regret it.

Go to [www.FFCprogram.com](http://www.FFCprogram.com) to enroll or log in and get started on your financial programs today!

**Exclusively** for Health Advocate Members

# What to Know About Ebola



**Ebola is a serious and often fatal disease caused by infection from the Ebola virus. Confirmation of the first imported case in the United States raises many questions. It is important to remember that in order to develop the disease, you must have traveled where the disease is prevalent or have had direct contact with a person infected with Ebola.**

**The Centers for Disease Control (CDC) has set up a special website for you to visit with comprehensive, reliable, up-to-date information. We have gathered a few facts here, based on the information, to help you better understand the disease.**

## What is Ebola?

The Ebola virus is transmitted to humans through contact with certain infected animals. Once infected, the virus damages the blood vessels throughout the body, causing rash, vomiting, diarrhea, and bleeding.

## How is it Spread?

Ebola is spread to others only through direct contact (skin or mucous membranes) with blood or other body fluids of an infected person, and not through coughs or sneezes.

- **The infected person must have symptoms in order to spread Ebola.**
- **Those at highest risk are people working in a healthcare setting with Ebola patients.**

## What You Can Do

- Tell your doctor about any recent travel to Sierra Leone, Guinea, Liberia, Senegal, Nigeria or the Congo.
- Find out about prevention, risks, and other up-to-date information by visiting the CDC website: <http://www.cdc.gov/vhf/ebola> or your State Health Department website.

## Know the Symptoms

Seek medical care immediately if you have had direct exposure to an infected person and have any of the following:

- High fever (greater than 38.6°C or 101.5°F)
- Severe headache
- Muscle pain
- Weakness
- Diarrhea
- Vomiting
- Abdominal pain
- Unexplained bruising or bleeding

Symptoms may appear anywhere from 2 to 21 days after exposure.

## Contact Us for More Information

Health Advocate can help answer questions, find reliable information, locate medical facilities, and more.

Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)

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The first reported case of Ebola in the U.S. raises questions, but is not a cause for alarm, according to the CDC. The best approach is to keep up to date with reliable information and talk to your doctor about any concerns.