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

Healthier Halloween Inspirations

Great for work-related events or parties!



\$20 FOR 20 MINUTES

I did the Health Assessment!
Did you?



October 20, 2010

www.ComicStripGenerator.com



Earn \$20 in 20 minutes!

The road to wellness starts with a **Humana Health Assessment.**

A great starting point for a healthier you!

To earn a \$20 American Express gift card, simply complete the online Humana Health Assessment through midnight of **November 12**. This offer is for all PCS employees and retirees that have Humana Insurance with PCS.

To earn your gift card and get valuable information from the Health Assessment:

1. Go to www.MyHumana.com, register and log-in. Use Internet Explorer  as the browser. Firefox & other browsers will not work. Mac computers may also have problems.
2. Click "Health Assessment" under the Health & Wellness section on the right side of the page.
3. Complete the assessment. (If you have already completed the assessment in 2010, skip to #4).

Your gift card will not be delivered without completing the next step.

4. After completing the assessment, go to www.RewardAndRebateCenter.com/Humana and enter your name and address. Gift cards will be mailed the 2nd week of December.

For more information and to **WATCH THE JINGLE**, visit <http://www.pinellas.k12.fl.us/HR/Risk/Wellness1.html> and look under Current promotions.

A few upcoming local events...



RED RIBBON HEALTHY Family FUNFEST
Featuring the red wagon toddler parade

Scheduled to appear @ 1:00pm
(pending Orlando Magic Schedule)

Orlando Magic Stuff

You're Invited to our

FOOD AND FUN Fall Festival

FREE family event that includes, Farm to Table Kids Cook-off children ages 8 and up will join the areas top chefs for a fun cook-off contest complete with prizes for the top recipe. Space is limited and registration is required.

all children's hospital **KOHL'S Cares**

FREE Health Fair/Family Fun Day

Saturday - October 30th
9am - 3pm
North Straub Park
Downtown St. Petersburg

FREE Health Screenings, FREE Inflatable Rides, FREE Food Live Entertainment, FREE Kids Activities, Toddler Parade, Healthy Vendors, and much more...

727.545.7564
For more information, vendor/sponsor info, or to register for the toddler parade go to: www.operationpar.org

All Children's Hospital
501 6th Avenue South
St. Petersburg, FL
33701

FOOD AND FUN Fall Festival

SPONSORED BY **all children's hospital** **KOHL'S Cares** **gateway organic farm** **Zoe's Edible Garden**

Saturday November 13th 2pm-6pm
Location- Gateway Organic Farm,
6000 150th Avenue North, Clearwater, Florida 33760

SPECIAL GUEST APPEARANCE BY AMANDA ARLAUSKAS- PAST BIGGEST LOSER FINALIST
COOKBOOK SIGNING AND GIVE-AWAY
MAKE AND TAKE HEALTHY SNACKS
PUMPKIN DECORATING
TOURS OF THE ORGANIC FARM

POPCORN!

Popcorn is a tasty treat that is good plain or dressed up a bit. Plus, 3 cups of popcorn (popped) supplies 1 ounce of whole grains!

Try these flavor ideas:

- Pizza Popcorn: Parmesan cheese, garlic salt, basil, oregano, onion powder
- Chili Popcorn: Parmesan cheese, paprika, chili powder, salt, garlic powder, cayenne pepper
- Savory Popcorn: rosemary, thyme, salt
- Be creative with healthy toppings!

Popcorn is one of the healthier snacks available, depending on how it is prepared. Try popping your own popcorn for better flavor, less salt, and the reduction or elimination of unhealthy ingredients (such as trans fats & saturated fat that may have been added). Some brands of microwave popcorn can be a healthy alternative but you must read the label closely!

To find out more about this **FREE** family event and to register for the cook-off please go to allkids.org/fit4allkids or call **727-767-4946**

Want to Save **\$\$\$** on Healthcare?

Watch this fun & unique video...

http://www.humana.com/resources/videos/healthcare_education/save_on_healthcare.aspx

Pumpkin Risotto



- 3 cups fresh pumpkin, peeled and cubed
- 4 shallots, chopped
- 5 cups chicken stock
- 2 cups Arborio rice
- 1/2 teaspoons powdered saffron (optional)
- 1 cup dry white wine
- 1 tablespoon chopped fresh sage
- 1/4 cup grated parmesan cheese
- Salt & freshly ground black pepper, to taste

Directions:

1. Wrap cubed pumpkin in foil and bake at 350F for 30 minutes.
2. While it is baking, sauté shallots in a little white wine, water or stock.
3. In a separate pan, bring the stock to a boil, then reduce heat to simmer.
4. In a food processor, puree pumpkin and set aside.
5. Add rice to shallots and cook 2-3 minutes over moderate heat, stirring frequently.
6. Add wine and saffron and cook, stirring constantly until all the liquid has been absorbed.
7. Add the pumpkin and 1 cup stock, stirring constantly. After that is absorbed, add the rest of the stock 1/2 cup at a time. Continue stirring constantly until absorbed and the rice is cooked (about 15-20 min). If you run out of stock, add hot water.
8. The risotto should be thick and creamy in consistency, just a little runny.
9. When done, remove from heat, add sage, parmesan, salt and pepper to taste.

Note the Quote

"A penny saved is a penny earned."

-Benjamin Franklin

Save Money on Medications

Find ways to save money on your prescriptions by visiting MyHumana.com. Go to the heading "**Doctors & Rx**" and click on "**Pharmacy Tools**".

Under this tool, you can:

- ★ **View your medical, dental & pharmacy claims** for the past 18, 24, and 18 months.
- ★ **Check drug pricing.** Determine if your plan (look on your Humana card to find your plan if you are not sure) covers a prescription, find retail prices, and even explore other alternatives. For example, one name-brand medication for headaches which cost \$60 for a 30 day supply at a local pharmacy. Using the Humana mail order option, get a 90 day supply for \$120, saving \$60 every 3 months! Additionally, the generic of this same medication is available through mail order or national retail pharmacy for only \$30 (must be written for 90 day supply)! **That is a \$600 savings per year just by doing a few moments of research.**
- ★ **RightSourceRX Mail Order.** Easy to order medications that are shipped directly to your home. Saves time and money. No longer sitting in line at the pharmacy drive-thru is a good thing.
- ★ **RX calculator.** Review what you and your dependents have spent on prescriptions so far and estimate future costs.
- ★ **Prescription benefits.** Details about the prescription drug benefit under your insurance plan. Shows amount YOU pay for the three tier level medications, purchased at retail pharmacies and by mail order.
- ★ **Pharmacy locations.** Find pharmacies close to you as well as their hours, phone numbers and drive-thru availability.
- ★ **One other tip: Check locally for deals!**
 - Publix offers some antibiotics as well as Metformin (500mg, 850mg & 1000mg) **free** of charge.
 - Wal-Mart, Target, Kmart, Sweetbay, and Sam's Club all have programs offering \$4 for a 30-day supply of many generics
 - Walgreens program offers \$12.99 for a 90 day supply of more than 300 medications. Enrollment fee may apply.

Take the time to check out the Pharmacy Tools.