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

IMPORTANT INFO

Flu Shot Benefit Outside of PCS Clinics

Pinellas County School employee's that have Humana medical insurance under the HMO Staff or HMO Select plans have no out of network coverage, Humana participating providers must be used to guarantee coverage and payment. Member's who cannot utilize the Pinellas County Schools work site Flu Shot Program should be directed to their Primary Care Doctor for the vaccination. Community resources such as the Health Department or clinics at Walgreens or CVS should be used as a last resort as members may be required to pay for the service out of pocket and submit claims for reimbursement. Humana members can contact **Michael Kingsley, Humana Representative** with further questions about the Flu shot benefit at **(727) 588-6367**.

Hydration Challenge!

Begins October 3!



So many staff loved the hydration challenge last year that we are offering it again! Its simple to participate...just print off the challenge calendar, make a promise with yourself to increase your water intake and on October 3, begin tracking for 1 month. The newsletter will not be sent next Monday so go ahead and print the calendar and set up a reminder in Outlook if you need to! Finding a buddy to take the challenge with is always helpful in sticking with your commitment.

Before you begin the challenge, start noticing how you feel and if you feel thirsty. If you feel hungry but it isn't time to eat, try water instead. Our bodies often confuse thirst for hunger. On the back side of the calendar, please let us know any changes you noticed from begin better hydrated. Many people will ask...what about tea, coffee, flavored water, etc?



For this challenge, we are only referring to pure water unless you flavor it yourself with natural fruits and/or herbs. Find ideas for flavoring water on page 2. Find more details about challenge on calendar.

A random drawing will be held from the completed challenge calendars and **100 water bottles** will be given away after the challenge ends on October 31!

FREE Lisinopril

Publix, already known for offering free Metformin (for diabetes) and free generic oral antibiotics, has now added another free medication... Lisinopril. This ACE inhibitor is used to prevent, treat, or improve symptoms of high blood pressure, certain heart conditions, diabetes, and some chronic kidney conditions. Get a 30-day supply at your Publix Pharmacy. Maximum of 30 days supply (up to 60 tablets). Lisinopril-HCTZ combinations products excluded.

Fitness Program Update

The district yoga programs begin this week and **96** staff have enrolled. As mentioned before, this is only the start and we hope to provide more classes and more times that are convenient to our staff. Up next, a 5 week Zumba class for \$25. If you are interested in joining, please complete the survey below. It is anonymous and will only serve to give us data on preferred times and locations. **It will not guarantee times or locations.**

Click here for Zumba survey:

<http://www.surveymonkey.com/s/Zumba2011>

The district fitness programs serve as a way to enhance our program which also includes on-site programs brought to you by your Wellness Champion (be sure to fill out the general wellness survey too if you haven't already...more on that below) as well as the fitness center discounts that are provided to you. Programs will never be accommodating to everyone's schedules so don't forget all the wonderful things we have at our backdoor that are free for us to use, such as our beautiful parks! Think about setting a couple goals for the fall that incorporate movement and even incorporating some specific locations in Pinellas County into your plan. For example, I am setting a goal to power-walk over the Belleair bridge, to use the hula hoop that I own every week and to bike on the Ream Wilson (East-West) trail once per week.

What will your goal be for this fall?

A LITTLE movement goes a LONG way!



Safety Tip

Starting this month, one safety tip per issue will be shared. Many of the tips come from the LIVE SAFE Presentation offered by the Pinellas County Sheriff's Office.



Tip: Ladies, when shopping in the grocery store, snap your purse onto the grocery cart using the child safety belt and keep your purse zipped up. I keep mine inside my reusable shopping bags so it isn't visible. At work, keep your purse off your desk and in a drawer or locked cabinet.

Men, please share this tip with ladies in your life and when in crowded settings, carry your wallet in your front pocket.

Flavored Water Recipes

Mint Water:

½ cup of mint leaves

2 cups of crushed ice

8 cups cold, filtered water

Place the ice and mint in a pitcher and muddle together to release their flavor. Add water and let infuse in the fridge for at least an hour.

Citrus Water

Sliced lemon, lime and orange (use 1 whole of each)

2 cups of crushed ice

8 cups cold water

Slice each piece of fruit into round wagon-wheels. Put slices in the pitcher with water and ice. To get the most flavor, let sit for at least four hours and serve with a couple of pieces of fruit in each glass.

District Wellness Survey

If you haven't already completed the annual district wellness survey, please do so by clicking on

<http://www.surveymonkey.com/s/PCSWellnessSurvey2011> .

The survey will close at midnight on October 6.

The survey this year has added questions relating to district initiatives as well as on-site programming for worksites who have selected a Wellness Champion. Nearly every school and worksite have a Wellness Champion so watch for great wellness opportunities at your worksite as well as district wide!