

## What's New With Wellness?

### Health Screenings & Personal Health Assessment (PHA) through BlueCross BlueShield of Florida

Receive a \$500 health reimbursement account (HRA) contribution for completing a PHA and health screening.

### The NEW Health Plus Challenge

Join Wellness staff for two interactive health-related sessions. Receive in-service points for attendance and follow-up, supplemental printed materials, Blackboard support and Wellness rewards. A minimum of 10 participants is required.

Topics include:

- Understanding Healthcare
- Stress Management
- Nutrition
- Fitness

### Group Fitness Classes

Low cost group fitness classes are held at worksites throughout Polk County. Registration required. See [www.polk-fl.net](http://www.polk-fl.net) (Wellness/Fitness).

### Questions?

If you have any questions, suggestions or would like to host a Wellness activity, contact the Wellness Team at 863-648-3057.

## Meet the Wellness Team

Debbie Zimmerman, MBA, Wellness Manager, [debbie.zimmerman@polk-fl.net](mailto:debbie.zimmerman@polk-fl.net)

Janet Armitage, RD/LDN, Registered Dietitian, [janet.armitage@polk-fl.net](mailto:janet.armitage@polk-fl.net)

Jamie Baker, BS, AFAA CPT, Comprehensive Health Specialist, [jamie.baker@polk-fl.net](mailto:jamie.baker@polk-fl.net)

Jan Calder, MS, NSCA-CPT, ACSM HFS/PAPHS, Exercise Physiologist, [jan.calder@polk-fl.net](mailto:jan.calder@polk-fl.net)

Gloria Gregory, Wellness Technician, [gloria.gregory@polk-fl.net](mailto:gloria.gregory@polk-fl.net)

Kristy Hinkle, RN, BSN, Registered Nurse, [kristy.hinkle@polk-fl.net](mailto:kristy.hinkle@polk-fl.net)

Jennifer Patzkowsky, MS, RD/LDN, Registered Dietitian, [jennifer.patzkowsky@polk-fl.net](mailto:jennifer.patzkowsky@polk-fl.net)

Betty Serdynski, Wellness Clerk Specialist, [elizabeth.serdynski@polk-fl.net](mailto:elizabeth.serdynski@polk-fl.net)

Visit Wellness on the web at:  
[www.polk-fl.net](http://www.polk-fl.net) (keyword: wellness)

The School Board of Polk County, Florida, prohibits any and all forms of discrimination and harassment based on race, color, sex, religion, national origin, marital status, age, homelessness, or disability or other basis prohibited by law in any of its programs, services, activities or employment. To file concerns, you may contact the Office of Equity & Compliance in the Human Resources Division at (863) 534-0513. If you require any type of accommodation to complete the application process due to a disability, please call the Human Resource Services Division at (863) 534-0781. If you are deaf or hard of hearing, please contact the Polk County School District by calling Florida Relay Service at 1-800-955-8771.



**Improve Your  
Health  
and  
Reduce Your  
Medical Costs!**

**Polk County School Board  
Employee Wellness Program**  
3425 New Jersey Road  
Lakeland, FL 33803  
863-648-3057

## On-Going Wellness Programs

### ABCs of Diabetes

Learn preventive strategies to manage and improve the symptoms of diabetes or *avoid* the onset if you are at risk, including: free diabetic screenings, educational sessions, discounted medication and support from Wellness Team professionals.

### L.O.S.E. (Lessons On Sensible Eating)

Learn how to attain your ideal body weight with proper nutrition, physical activity and stress management. Receive assistance through free screenings, educational classes, a grocery store tour, a trip to the gym and group support.

### Babies and You

Foster a healthy pregnancy, delivery and baby by attending educational classes. Receive discounted prenatal vitamins, and cash back after delivery!

### District-wide Educations

- Mayo Clinic Guide to Self Care
- Mayo Clinic 10 Steps to a Better Body and Healthier Life
- Blood Pressure Control
- Healthy Aging
- Back Care
- Healthy Living Workshop

**Professional Development points are provided for all educational activities.**

## Cancer Screenings

Get on the Lakeland Regional Cancer Center bus at your worksite. Screenings include skin, breast, prostate, fecal occult and osteoporosis at your worksite. Check the schedule at [www.polk-fl.net](http://www.polk-fl.net) (keyword: wellness).

## Fitness Assessment

Establish baseline fitness levels with an Exercise Physiologist at your worksite. Ideal for goal setting, enhancing self-awareness, and improving fitness. A fitness assessment includes cardio-respiratory; muscular strength and endurance; flexibility; and, body composition. A minimum of 10 participants is required.

## Nutritional Coaching

Discuss your current nutritional habits and areas of potential improvement with a Registered Dietitian at your worksite. Get support with food logs and learn how small changes can yield large results. A minimum of 10 participants is required.

## Annual Health Fair

An educational and interactive experience for PCSB employees and retirees that includes free health screenings, food, prizes and fun!

## Personal Health Management

Go to [www.bcbsfl.com](http://www.bcbsfl.com) or [www.polk-fl.net](http://www.polk-fl.net) (keyword: health coach)

## What is Your Health Worth?

Based on 2003 estimates, the human body boasts a price tag of \$45 million. Topping the list are bone marrow: \$23 million, DNA: \$9.7 million, antibodies: \$7.3 million, one lung: \$116,400, one kidney: \$91,400, and your heart: \$57,000. So, as your health goes, so too shall your money!

## Use The Power of Prevention

The PCSB Wellness Program has made employee health a priority since the early 2000s with free preventive screenings and educational activities.

There is no doubt that prevention makes cents! Results from the 2002-2004 annual evaluation revealed a cost savings of approximately \$1,100 per employee over two years; a total of \$1.9 million! For every dollar spent on Wellness initiatives, \$2.42 was saved.

Results between 2005 and 2006 reveal similar savings; for every \$1 spent on employee Wellness, the District saved \$2.31 or a total of \$1.2 million!

Studies suggest that inactivity, poor nutrition, stress and tobacco use are responsible for up to 85% of all chronic conditions, most of which are preventable. As a result, the cost of health insurance continues to spiral upward, forcing private and public companies to cancel or reduce healthcare benefits. Employees and families at all income levels are affected.

**Make prevention your priority today. Call the PCSB Wellness Team at 648-3057.**