



Wellness Wednesday

Health E-News

Have You Checked Your Blood Pressure Today?

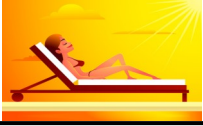
Volume 1 • Issue 29 • August 5, 2009

Weekly Highlights

- ♥ Sun Safety IQ
- ♥ PCSB Open Enrollment
- ♥ Manage Stress
- ♥ Think Color
- ♥ Dog Days
- ♥ Get Fit & Earn \$\$

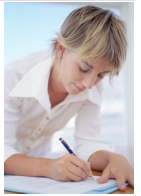
What's Your Sun Safety IQ?

Did you know that most of the 1 million cases of non-melanoma skin cancers diagnosed yearly in the U.S. are sun-related? A sunburn will fade, but damage to deeper layers of skin remains and can eventually cause cancer. That's why sun-safe habits should begin in childhood and last a lifetime, particularly here in the sunshine state! How well are you protecting yourself from harmful UV rays? [Take the quiz...](http://www.cancer.org/docroot/PED/content/PED_7_1x_Take_the_Sun_Safety_Quiz.asp?sitearea=PED) (www.cancer.org/docroot/PED/content/PED_7_1x_Take_the_Sun_Safety_Quiz.asp?sitearea=PED) Remember to make your free annual cancer screening appointment provided for you by the PCSB. [Schedule...](http://www.polk-fl.net) (www.polk-fl.net; keyword: Wellness; Screenings)



It's Open Enrollment Time for PCSB Employees!

The Polk County School Board is excited to offer a consumer-directed health plan called the BCBSF 3160/3161 HRA Plan. With this plan you will have more control in managing your health care dollars by combining health insurance coverage with a Health Reimbursement Arrangement (HRA) that helps you pay a portion of your covered medical expenses. The PCSB pays the employee premium and contributes \$500 into the employee's HRA at the start of the plan year. Employees are eligible to receive an *additional* \$500 HRA contribution for the 2009/2010 Plan years by completing a Personal Health Assessment (PHA) and health screening provided at no cost to you through BCBSF or you may use your personal physician. [Learn more...](http://www.polk-fl.net/staff/employeeinfo/riskmanagement/documents/MedicalPlanScheduleofBenefitsPlanOptionsHighlightsandHRAFAQs.pdf) (www.polk-fl.net/staff/employeeinfo/riskmanagement/documents/MedicalPlanScheduleofBenefitsPlanOptionsHighlightsandHRAFAQs.pdf) [August screening schedule...](http://www.polk-fl.net/staff/employeeinfo/riskmanagement/documents/AugustHealthScreeningEventCalendar.pdf) (www.polk-fl.net/staff/employeeinfo/riskmanagement/documents/AugustHealthScreeningEventCalendar.pdf) Contact Risk Management at 863-519-3858 for further information.



20 Stress Management Tips

Stress... stress... and more stress; a word so overused that its meaning is muddled. Stress has and will always be present. It is a necessary part of human existence and the driving force that enables us to achieve, succeed and get out of bed each day. However, chronic contemporary stress is persistent and potentially toxic, as it stems from psychological rather than physical threats. We are no longer fighting or running from the tiger, but over-stimulated and seemingly accosted by new issues at every turn. Have no fear! Help is here. [20 Tips...](http://www.polk-fl.net/staff/employeeinfo/wellness/documents/managingworkplacestress.pdf) (www.polk-fl.net/staff/employeeinfo/wellness/documents/managingworkplacestress.pdf) [See what Horizon Health has to say...](http://www.polk-fl.net/staff/employeeinfo/wellness/documents/EAPbulletinAugust09.pdf) (www.polk-fl.net/staff/employeeinfo/wellness/documents/EAPbulletinAugust09.pdf) Take advantage of the many free confidential services offered by Horizon Health. Call 800-272-7252.



Think Color

Mom said "Eat your veggies," with good intentions! Eating fruits and vegetables of different colors gives your body a wide variety of essential nutrients including vitamins, minerals, good carbohydrates and fiber. To get the amount that's recommended, most people need to increase the amount of fruits and vegetables they currently eat every day. [Click here for YOUR daily requirements...](http://www.fruitsandveggiesmatter.gov/benefits/index.html#) (www.fruitsandveggiesmatter.gov/benefits/index.html#) [Now learn 27 ways to increase your consumption of these colorful life-enriching foods...](http://www.polk-fl.net/staff/employeeinfo/wellness/documents/wwfruitandvegetabletips.pdf) (www.polk-fl.net/staff/employeeinfo/wellness/documents/wwfruitandvegetabletips.pdf)



Dog Days of Summer

Summer is a time for both you and your pet to enjoy the sunshine and outdoors, but along with the fun, the season also offers situations that can endanger your pet. The Humane Society of the United States offers these guidelines for pet owners to keep their furry friends safe this summer: Never leave your pet in the car... the temperature can reach 120°; always supervise your pet in a pool; provide plenty of water and shade; and limit exercise to early morning or evening hours. Even with these precautions, your pet can still suffer from heat exhaustion and heat stroke. Symptoms include heavy panting, glazed eyes, a rapid pulse, unsteadiness, a staggering gait, vomiting, or a deep red or purple tongue. If this occurs, move your pet into the shade and apply cool (not cold) water over his body. Provide small amounts of water or ice cubes. If necessary, seek veterinary advice immediately. [Visit the Humane Society for more information...](http://www.hsus.org) (www.hsus.org)



Get Fit, Have Fun, Earn \$\$\$

Have you considered leading your peers through a simple exercise routine? The Wellness Team is seeking group fitness instructors for the PCSB Worksite Fitness Program, which will resume this September throughout the district. Get fit, have fun and earn extra spending money all at once... a great way to multi-task! [Check out these certifying agencies...](http://www.polk-fl.net/staff/employeeinfo/wellness/documents/fitnesscertifications.pdf) (www.polk-fl.net/staff/employeeinfo/wellness/documents/fitnesscertifications.pdf)



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Prepared for you weekly by the Polk County School Board Wellness Team, 3425 New Jersey Road, Lakeland, FL 33803, phone: 863-648-3057
Questions or comments? Contact one of your [Wellness Team members](#). (Once redirected to the website, please scroll to the bottom of the page)