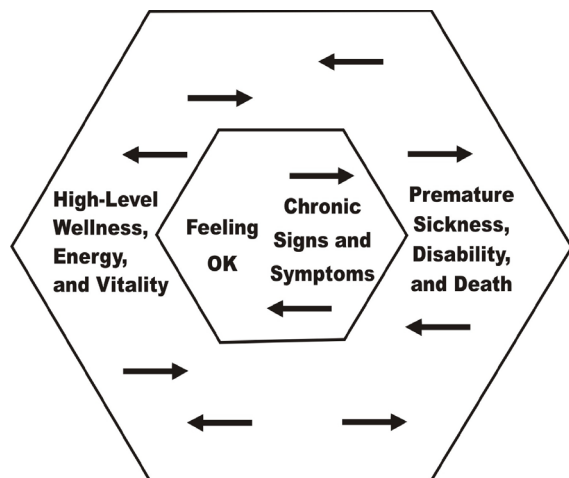


What's the Direction of Your Arrow?

Do you take your health for granted? Do you tend to ignore your physical, emotional or spiritual well-being until something happens that negatively influences your health? You are not alone. It may help to look at health as part of a continuum, and determine the direction in which you are headed.



The wellness continuum has two extremes: *High Level Wellness, Energy and Vitality* on one end, and *Premature Sickness, Disability and Death* on the other. The balance or middle ground between both extremes is *Health*. Determine where you want to be on this continuum, and in which way you want your arrow pointing.

Most people believe that good health is merely the absence of disease, as did Tim Moy from the Tenoroc Service Center. In August 2009, Tim completed his Wellness Screening and Personal Health Assessment (PHA) through Blue Cross/Blue Shield. His results indicated that although he was not experiencing “poor health,” he had the signs of premature sickness. His glucose was pointing towards pre-diabetes. His blood pressure was above normal, and his cholesterol value was truly extreme.

“I had no idea that I was at risk for both diabetes and coronary artery disease. I didn’t feel badly; but I admit I had poor eating habits.” Looking back, Tim said he relied heavily on quick foods and enjoyed an abundance of saturated fats and red meat. “I ate fast foods three to four times a week. When I ate steak, it would be at least a one-pounder!”

Tim did not decide quickly to alter his lifestyle. “I don’t like change; it was easier to maintain what I was already doing! But, I also did not want to rely on medications.” Tim realized that his “arrow” was pointing in the wrong direction—and he turned to the Wellness Program for help.

Finding motivation in activities such as *Walking Works*, *LOSE* (Lessons On Sensible Eating), and *Yule Be Fit*, Tim began a healthy lifestyle and learned about portion control. “I once ate 3-4 big meals a day; now I eat 6-8 small meals.” Tim attributes most of his success to limiting total carbohydrate intake while avoiding sugar and processed foods. “Until you change the way you eat, you will never lose weight or control your health.”

Tim also took advantage of the fitness opportunities offered through LOSE. “The Gold’s Gym membership was an added bonus. I go to Gold’s about five times a week. It is quick and easy; plus, I feel good.”

After losing almost 60 pounds, reducing his cholesterol by 232 points, and getting both blood pressure and glucose in the “normal” range, Tim feels he has better control over his health. “I still have my pizza about once a month; you can’t deprive yourself of everything! But I know what I have to do the next day—portion control.”

Do you know what direction your arrow is pointing? Is it time to make a U-turn and head towards high level wellness, energy and vitality? Join your fellow employees at the *ABCs of Health*, Polk County Schools Employee and Retiree Health Fairs to complete your Wellness screening and PHA. As with Tim, this free assessment can be the defining moment that changes the direction of your arrow. Please find complete details of this event and mandatory registration information in this Wellness Matters.

Special
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Spotlight of the month shines on Tim Moy



ABCs of Health Polk County Schools Employee & Retiree Health Fairs

Two Events to Choose From

Saturday, February 26, 2011

Highland Park Church

Family Ministries Building
4777 Lakeland Highlands Road
Lakeland, 33813

OR

Saturday, April 30, 2011

Lake Eva Banquet Hall

799 Johns Avenue
Haines City, 33844

Attend Just One Event! Schedule your appointment today at www.polk-fl.net keyword: wellness

- | | |
|---------------------|---------------------|
| • Total cholesterol | • Cancer screenings |
| • HDL & LDL | • Hearing tests |
| • Triglycerides | • Vision screenings |
| • Blood glucose | • Massage therapy |
| • Blood pressure | |



NOTE: Vendors will be available 7am-noon; lab work is available from 7am to 1:45pm. Minimum 2-hour fasting required (8-hours preferred). Employees should wear their PCSB name badges; bring your insurance card for Cancer Screenings.

Lakeland Regional Cancer Center Screenings:

- Breast* • Prostate • Colorectal
• Skin • Osteoporosis

*Mammography by appointment only, call (863) 603-6503

PCSB Blue Cross/Blue Shield Insurance card required for cancer screenings.

There are no age restrictions for these services. Polk County School Board BC/BS insurance is required for cancer and osteoporosis screenings. Please present your PCSB BC/BS insurance card prior to screenings. Cancer and osteoporosis screenings will not be performed on those who do not have their insurance card.

Special Thanks to Health Fair Sponsors



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ISLAND RESORTS ON ST. PETE BEACH

Call Now for Your Appointment

Memory Screening

Call Stephanie at (863) 688-4834

Mammography Screening

Call Debbie at (863) 603-6503

**Don't
Forget...
Call
NOW!**



Win a Beach Vacation

All Health Fair participants will have the opportunity to win one of hundreds of door prizes. Two lucky people will win the grand prize:

**3-days and 2 nights
at
TradeWinds Island Resort
on beautiful
St. Pete Beach**



TradeWinds
ISLAND RESORTS ON ST. PETE BEACH

Do You Know Your Numbers?

Good health depends on many important numbers, like cholesterol, HDL, LDL, triglycerides, glucose, blood pressure, PSA, and others. Get all these done and more at the 2011 Health Fairs!

Determine your risk factors for coronary artery disease and diabetes with a simple blood test. Eight-hour fasting is recommended for the most accurate results, but only a two-hour fast is required.

An appointment is required for blood work.

To schedule your time, please go online at www.polk-fl.net (keyword: wellness). For those without Internet access, call (863) 648-3057 to make an appointment.

**No wait! No Lines!
Results in minutes!**

Health Fair Checklist

- ✓ Decide which Health Fair to attend, Lakeland or Haines City.
- ✓ All employees are eligible to attend the Health Fair even if they are not covered under PCSB insurance.
- ✓ Make an appointment for blood work at www.polk-fl.net (keyword: wellness); check-in for lab work at your appointment time—not before.
- ✓ A spouse covered under the PCSB insurance can attend the Health Fair at no cost. A spouse not covered under PCSB insurance is \$40 cash—no bills larger than \$20.
- ✓ Make an appointment for spouse's blood work at www.polk-fl.net (keyword: wellness) using spouse's contact info.
- ✓ Contact Wellness Program at (863) 648-3057 if you do not have access to Internet and need to make an appointment.
- ✓ Contact Lakeland Regional Cancer Center at (863) 603-6503 for mammography appointment.
- ✓ Contact Stephanie at the Alzheimer's Association for memory screening at 688-4834.
- ✓ Allow about 30 minutes (total) to complete blood work and personal health assessment.
- ✓ Allow 1-2 hours to visit more than 70 health-related vendors.
- ✓ Attend the Health Fair of your choice, meet your friends, win prizes, and learn the best ways to improve your health.
- ✓ Wear your School Board name badge.

WANTED:

Friendly, Smiling Faces



Volunteers Needed at Health Fairs: February 26 & April 30

Volunteers are needed to meet and greet participants at the ABCs of Health, Polk County Schools Annual Health Fair! Responsibilities may include registration, vendor relations, set-up, break down, or other assignments as necessary. Volunteers are needed on Friday, February 25 and April 29 between 1:00 and 6:00 pm; and Saturdays February 26 and April 30 from 5:30 am to 2:30 pm. Volunteers will receive a special "Heart and Sole of Wellness" T-shirt that will be the envy of all! Please contact Jennifer.patzkowsky@polk-fl.net or by phone at (863) 648-3057.

Gotta get away? Just let go!



TraderWinds
ISLAND RESORTS ON ST. PETE BEACH

Very Special Polk County School Board Employee Discount Program

St. Pete Beach is where you gotta be! Whether it's for an active, family-friendly beachfront stay at the AAA four-diamond Island Grand, featuring boatloads of fun-in-the-sun and kids activities galore; or a more relaxed escape at Sandpiper Suites with its tranquil beachfront setting... Polk County School Board employees now qualify for the best rates around!

Please make note of your promo code: VSE (Very Special Employee). You will always need it when making a reservation. Reservations are only accepted on-line and may be made up to 90 days in advance. Please remember that room types and dates are subject to availability and promotional allotment, are for leisure travel only, and cannot be used for meetings and conference accommodations. For resort information, call 800-251-0613 or visit www.JustLetGo.com/VSEPolk.

The Value of a Screening

Does the lack of time, money and/or a physician prohibit you from receiving preventive screenings? Then we have a solution for you—Lakeland Regional Cancer Center's mobile screening unit at your worksite! Employees and spouses covered by any of the PCSB Blue Cross Blue Shield insurance plans are eligible to participate.

Women may receive a mammogram and a clinical breast exam while men can have a comprehensive prostate exam. Skin cancer and colorectal screenings are also available. Unlike traditional insurance, there are no age restrictions for these screenings. With no out-of-pocket expenses and no travel required, you will surely save money!

This is a "Win-Win" for all—the school and the District will also see savings since it won't be necessary to hire a substitute that day!

As we are conscious of your time, all paperwork is provided in advance. Once screenings are completed, you are back on the job within 20 minutes without ever having to leave campus. Save that sick time for when it's really needed.

The mobile unit visits most PCSB locations (see web site for schedule). Appointments are required. Screenings will also be available at each of the upcoming Health Fairs. For an appointment at the Health Fairs or for an appointment at the LRCC Parkview office, please call Debbie at 603-6503. For any other information, please call Darcee at 863-648-3057.