



# Your 2019 Wellness Reference Guide

Kurt S. Browning, Superintendent



## What's inside

- Health & Wellness Centers
- Wellness Programs
- How to Schedule Appointments
- Hours and Locations
- Elect RX
- Tobacco Cessation
- Financial Fitness Academy
- Health & Wellness Incentives
- Discounts

# Why should I Utilize the Onsite Health and Wellness Centers?

## Free Medical Care!

- No deductibles
- No co-pays
- No out-of-pocket costs to you

## What are the Benefits to You?

- No more long stays in a waiting room
- No out-of-pocket expense at the HWC
- Increased convenience and access
- More one-on-one time with the doctor
- Onsite dispensing of generic medications
- Wellness Services

## What can be treated at the HWC?

- Colds, flu, sore throats
- High blood pressure
- High cholesterol
- Diabetes
- Annual physicals
- Electrocardiogram (ECG/EKG)
- School physicals
- Lab work
- X-ray
- And much more!

## Additional Services

- Immunizations
- Diabetic supplies
- Health risk assessments
- Annual Wellness Visits
- Imaging Studies
- Pulmonary Function Testing (PFT)/Spirometry
- Sleep studies
- Elect RX

## Available Vaccines

- Recombivax (Hep B) series
- Mantoux PPD (TB test)
- TDap (Tetanus, Diphtheria, Pertussis)
- Shingles vaccine
- MMR (Measles, Mumps, Rubella)
- Pneumovax (Pneumonia) vaccine

## Who is Eligible for Service?

All employees, retirees, spouses and dependents 8 years and older (see provider schedule for details) covered under the District's group medical plan are eligible to use the Health and Wellness Centers.

## No Show Policy

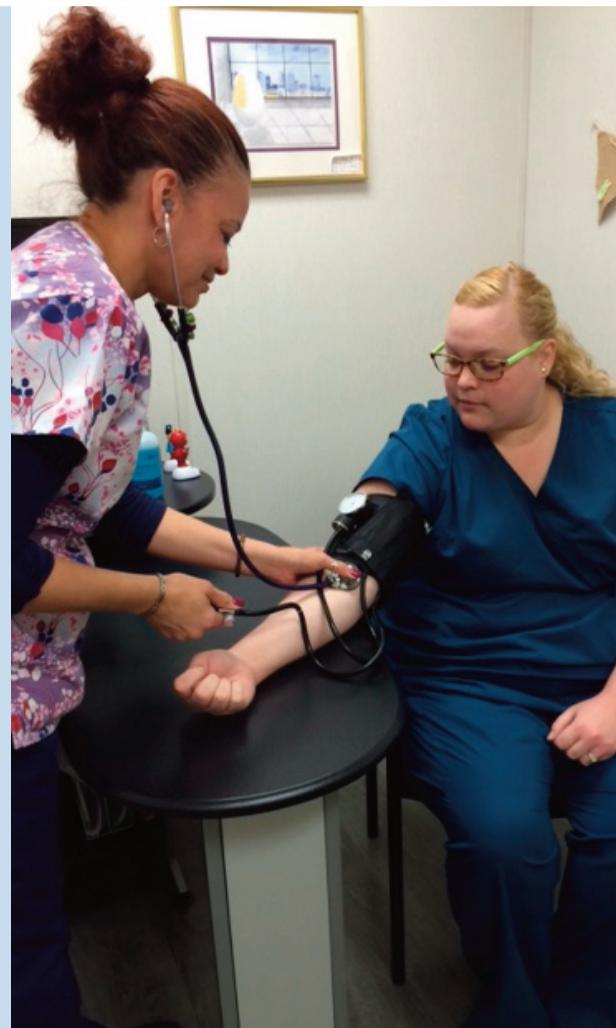
Unfortunately, the number of employees/dependents who fail to show up for appointments without canceling remains significantly higher than other districts offering this same benefit. The demand on the available appointment slots has been overwhelming and "no shows" greatly diminish the capacity for others to secure an available time slot. **If you are unable to keep your appointment, please provide at least one-hour notice by calling the HWC's Help Desk to cancel your appointment.** Employees/dependents who continue to "no show" for scheduled appointments will be subject to monetary fines and/or restrictions on usage of the Health and Wellness Centers.

## Late Arrivals

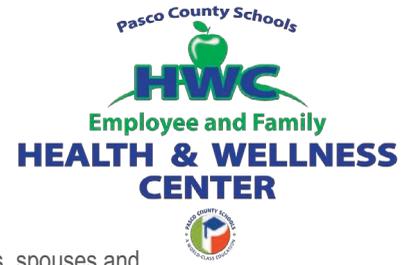
Please arrive at least 5 minutes before your scheduled appointment. In consideration of others, if you arrive after your scheduled appointment time, you may be rescheduled for another time and/or day if the Health and Wellness Center is unable to work you in among the other scheduled appointments.

## We Value Your Privacy

You will enjoy complete privacy and confidentiality (HIPPA/Privacy compliant) at your onsite Health and Wellness Centers! Your private health information and visit activity will never be shared with anyone at the school district.



# Flu Vaccines



The Health and Wellness Centers (HWC) offer the flu vaccine annually to all insured employees, retirees, spouses and dependents 10 years and older covered under the district's group medical plan, as well as non-insured employees, at no cost to you.

## The best time to receive the flu vaccine is October through May

Coverage from the flu vaccine typically lasts 16 weeks. Therefore, suggests patients receive the vaccine during the fall (beginning October/ November) to provide maximum coverage throughout flu season. Talk with your HWC provider to learn more about the vaccine, or call the HWC Help Desk for more information. Please visit [www.PascoGoHealthy.net](http://www.PascoGoHealthy.net) for the most up-to-date schedule and contact information.

## Wellness Programs

There are a number of wellness programs available for free to Health and Wellness Center participants. Onsite and online options include:

- Cholesterol Management
- Weight Management
- Diabetes Management
- Beginners Exercise
- Healthy Eating/Pre-diabetes
- Tobacco Cessation
- Hypertension Management
- Stress Management
- Healthy Body/ Healthy Mind

## Health Coaches

HWC Certified Health Coaches are available to HWC participants at no cost. They are professionals from varied backgrounds and education who will partner with you to help you achieve your health and wellness goals.

- If you're tired of following the latest fads only to end up where you started, join forces with your personal health coach.
- Certified Health Coaches use research-based knowledge and skills to build upon your strengths and give you resources to support lasting change.
- We feel that you are an expert of your own life. Your coach will assist you on your journey to health in a respectful and non-judgmental way.
- Whether you are interested in losing weight, managing stress, increasing exercise, quitting tobacco, improving sleep, maximizing your health or just feeling better – your personal Certified Health Coach is here for you!

Visit your onsite HWC or go to [www.PascoGoHealthy.net](http://www.PascoGoHealthy.net) to learn how you can schedule an appointment with a health coach today!



# Locations & Service Hours

(Verify current schedule online or call)



## Monday – Friday Schedule

### Lab Services Only

#### (All Centers)

(HRA, blood draws, drug tests, etc.)

Monday: a – 10:45a

Tuesday: 6a – 10:45a

Thursday: 6a – 10:45a

Friday: 6a – 10:45a

### Medical Services

#### (Land O' Lakes, Centennial & Hudson)

Monday: 8a – 12p; 1p – 5p

Tuesday: 7a – 7p

Wednesday: 7a – 7p

Thursday: 7a – 7p

Friday: 8a – 12p; 1p – 5p

### Medical Services

#### (Gulf)

Monday: 7a – 12p; 1p – 7p

Tuesday: 7a – 12p; 1p – 4p

Wednesday: 7a – 12p; 1p – 7p

Thursday: 8a – 12p; 1p – 5p

Friday: 8a – 12p; 1p – 5p

### Medical Services

#### (Wesley Chapel)

Monday: 8a – 12p; 1p – 5p

Tuesday: 7a – 12p; 1p – 4p

Wednesday: 10a – 2p; 3p – 7p

Thursday: 8a – 12p; 1p – 5p

Friday: 8a – 12p; 1p – 5p

## Saturday Schedule

### Land O' Lakes HWC

20360 Gator Lane, Bldg. 14

Land O' Lakes, FL 34638

Saturday Hours

Every Saturday

### Wesley Chapel HWC

30833 Wells Road

Wesley Chapel, FL 33545

Saturday Hours

2nd & 4th Saturday

### Centennial HWC

38503 Centennial Road

Dade City, FL 33525

Saturday Hours

1st & 3rd Saturday

### Gulf HWC

5117 Madison Street

New Port Richey, FL 34652

Saturday Hours

2nd & 4th Saturday

### Hudson HWC

14730 Cobra Way

Hudson, FL 34669

Saturday Hours

1st & 3rd Saturday

## Sunday Closed



# Pasco Go Healthy Website

(Pasco County Schools' Wellness Portal)



The goals of the district's wellness program are to both decrease the risk of disease and to enhance the quality of life of our employees. Healthy, happy, and motivated employees are an essential part of creating a community, which works together so all of our students will reach their highest potential.

The Pasco Go Healthy wellness portal ([www.PascoGoHealthy.net](http://www.PascoGoHealthy.net)) hosts all of the latest information on current and upcoming health and wellness initiatives. Popular topics include:

- The Health and Wellness Incentive (HWI) Program Details and Payment Schedule
- CareHere Health and Wellness Center Information
- Tobacco Cessation Resources

The Pasco Go Healthy wellness portal also includes important information about yearly wellness events such as the:

- Pasco Go Healthy Walking Challenge
- Great American Smokeout
- National Employee Health and Fitness Day

Pasco Go Healthy has something for everyone! While some of the programs and services detailed on the Pasco Go Healthy wellness portal are open to benefit-eligible employees only, there are many other resources and initiatives outlined on the site that are available to ALL employees. Be sure to read the program descriptions to determine if each program is right for you.

Please check out the Pasco Go Healthy wellness portal at [www.PascoGoHealthy.net](http://www.PascoGoHealthy.net) to get all the latest information on the district's health and wellness initiatives, resources, as well as yearly wellness events.

## Tobacco Cessation Resources

Tobacco use can lead to life-threatening conditions including cancer, heart disease, and stroke.

The programs below are offered at no cost to employees and provide participants with an unlimited number of quit attempts per year:

### **Available to all employees:**

- Tobacco Free Florida offers resources for all school district employees. In addition to online and toll-free counseling, Tobacco Free Florida offers free face-to-face classes through the Florida Area Health Education Centers (AHEC). AHEC hosts 2 onsite classes; one 2-hour session or a six week group session. AHEC also provides participants with one month free Nicotine Replacement Therapy (gum, lozenges, and patches) for those who enroll in one of the two programs. Registration is required. Please contact AHEC at 813-929-1000 for more information or to sign up.

### **Available to covered employees:**

- The onsite Health and Wellness Centers (HWC) provide an 8 week onsite Tobacco Cessation course. This class is also offered online for those who cannot commit to once-a-week meetings. Participants in both the online and onsite classes are monitored closely by our HWC Providers. Chantix medication is also available, for \$0 copay, to participants who are working through the onsite or online HWC Tobacco Cessation program and who have been approved by our providers for medication. To sign up for this program, please visit your HWC provider.



# Health & Wellness Incentive (HWI) Program



Pasco County Schools will continue to offer a Health and Wellness Incentive (HWI) Program for employees and retirees covered under the district's Florida Blue medical plan to help promote wellness and healthy lifestyles. Participation in the HWI Program is voluntary; however, participants must follow the steps outlined in this section in order to be eligible for the 2019 incentive.

## How to Qualify:

### Step 1: Complete your Health Risk Assessment (HRA) and follow-up.

- You must complete one HRA through the Health and Wellness Center (HWC) and online biometric questionnaire (completed by HWC staff).
- You must follow up with an HWC provider to obtain and discuss HRA results within 90 days of your HRA lab appointment to be eligible for the HWI rewards.
- Only one (1) HRA may be incentivized per program year (1/1-12/31). Payment for the incentive reward is based on the completion date of follow-up visit.

### Step 2: Redeem Incentives through Fit Options.

- Select one (1) Fit Option to receive your incentive rewards.
- Participants will select their preferred option during their HRA appointment. Those who do not make a selection will automatically be enrolled in **Pascofit**. Participants may be enrolled in only one option per year. Selecting 'yes' to more than one option will default to **Pascofit**. Incentives may not be divided up between options.



# Fit Options

Participants may select one (1) of the following Fit Options to receive their incentive rewards.



## Youfit

### – Year Membership (\$250 value)



Youfit is a health club focused on participants' health. In addition to having a variety of equipment available, their encouraging and certified staff will be there to help make getting in shape as easy as possible and motivate participants along the way. Membership includes unlimited access to all Youfit locations, unlimited guest privileges, and unlimited group fitness classes.

Participants enrolled in the Youfit option will receive their yearly membership 4-6 weeks after completing their follow-up appointment at the HWC. The membership may be redeemed at ANY Youfit location the participant chooses.

Information on how to activate the yearly membership will be emailed to participants who elected the Youfit Option approximately 4-6 weeks after completing their follow-up appointment at the HWC.

## Peerfit

### – Year Membership (\$250 value)



Peerfit is a community that helps people discover the best fitness classes and motivates them to attend and share. For anyone who seeks freedom from the typical workout routine, Peerfit is the easy, flexible way to customize a premium fitness experience. Peerfit allows participants to explore different types of workouts, discover new studios around town, add variety to their routine, and continually renew their motivation to get fit.

Participants enrolled in the Peerfit option will receive their first set of 16 credits loaded to their account 4-6 weeks after completing their follow-up appointment at the HWC. These credits allow participants to take the classes they want at studios in Peerfit's Premium Studio Network. Credits will renew automatically monthly. Participants who want to take more classes than the credits provided may purchase more credits when they need them.

Information on how to begin will be emailed to participants who elected the Peerfit Option approximately 4-6 weeks after completing their follow-up appointment at the HWC.

## Yfit Buy-up Option

### – Year Membership (\$250 value)



The YMCA has locations in West, Central, and East Pasco County, as well as in the surrounding counties of Hernando, Pinellas, and Hillsborough. Employees would have access to all YMCA locations through YMCA of the Suncoast, Tampa Metropolitan Area YMCA, and YMCA of Greater St. Petersburg.

In addition to gym access, membership at the YMCA includes unlimited group fitness classes and childcare. Employees who choose the YMCA Buy-up Option for themselves may choose to include family members on their plan, as well as additional services such as personal training and swimming lessons.

Employees not able to cover the remaining portion of their membership may have access to financial assistance through the YMCA's Financial Assistance Program. This program is a sliding fee scale designed to fit each individual's financial situation.

Participants enrolled in the YFit Buy-up Option will receive a certificate to begin their yearly membership 4-6 weeks after completing their follow-up appointment at the HWC, along with instructions on how to activate their membership. The certificate may be redeemed at ANY YMCA location in Pasco or the surrounding counties.

# Fit Options cont.

## Pascofit

– \$150 - \$250



Pascofit is a continuation of original HWI Program incentive payments. HWI participants who complete the HRA and follow-up are eligible for a \$150 incentive reward.

### **Applicable to the Pascofit Option Only**

Participants may begin and complete up to two (2) wellness programs between January 1 and December 31, and earn an additional \$100. A list of approved wellness programs can be found at [www.PascoGoHealthy.net](http://www.PascoGoHealthy.net).

Participants must complete the HRA and follow-up appointments before they are eligible for the next incentive. The total possible incentive reward for these participants is \$250.

Participants enrolled in the Pascofit option will have the HWI rewards loaded onto their Visa Prepaid Card 4-6 weeks after the end of each quarter. Cards for new participants will be distributed approximately 4-6 weeks after the end of each quarter. New participants will have access to their funds once they receive and activate their Visa Prepaid.

Incentive Payments		
QUARTER	INCENTIVE PERIOD	ANTICIPATED PAYMENT
First	January 1 – March 31	On or before May 15
Second	April 1 – June 30	On or before August 15
Third	July 1 – September 30	On or before November 15
Fourth	October 1 – December 31	On or before February 15

*Notice of incentive postings are sent to participants' email addresses on file with the HWCs.*

### **Do Not Throw your Card Away**

Your Visa Prepaid Card is valid for two (2) years even if you have a zero balance. This card will continue to be valid for two (2) years from the date of issue.



More information on the HWI program and the four Fit Options can be found at [www.PascoGoHealthy.net](http://www.PascoGoHealthy.net).