



MCPS WELLNESS PROGRAMS – 2019/2020

MARION COUNTY PUBLIC SCHOOLS



CONTACT INFORMATION

www.mcpswellness.com

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Employee Wellness

Marion County Public Schools



Diabetes Management Program
Marion County Public Schools



N.I.P. out Nicotine
Nicotine Improvement Program
Marion County Public Schools



Group Fitness
Employee Wellness
Marion County Public Schools



Prevention Connection
Flu Vaccinations
Marion County Public Schools



Prevention Connection
Wellness Assessments
Marion County Public Schools



Weight Management
Program
Marion County Public Schools



Prevention Connection Wellness Assessments Marion County Public Schools

Any MCPS employee covered under Florida Blue Insurance is eligible to participate in the assessment at no cost.

As part of the MCPS Employee Wellness Program sponsored by Florida Blue, the wellness bus travels to each school and district location throughout the year to provide personal health assessments.

Wellness Assessments

- Blood Pressure Check
- Weight and Body Fat %
- Lipid Profile/Total Cholesterol
 - HDL Cholesterol
 - LDL Cholesterol
 - Cholesterol Ratio
 - Triglycerides
- Glucose Screening

View the Fall 2019 Schedule [HERE](#).
Spring Screening Schedule TBA.



Prevention Connection Flu Vaccinations Marion County Public Schools

Any MCPS employee covered under Florida Blue Insurance is eligible to receive the Flu Vaccination at no cost.

Florida Blue members can receive a complimentary, seasonal flu vaccination as a benefit through their MCPS health insurance policy. Employees interested in getting the flu vaccination can visit their local retail pharmacy.

Local Retail Pharmacy

- Florida Blue Members can visit their local, in-network pharmacy to receive the vaccine at no cost. Members must present their Florida Blue ID card at the time of service.

Later this fall, be on the lookout for a list of in-network providers offering the flu vaccination.



**BlueCross.
BlueShield.**

Blue365.

Any employee, spouse, or dependent covered under MCPS-Florida Blue Insurance can utilize the discounts offered by Blue365.

Blue365 offers Florida Blue members a variety of discounts across a number of health and wellness categories.

To see what discounts are available, visit:

www.blue365deals.com

Discount Categories

- **Fitness**
 - Local Fitness Discounts (see next slide)
- **Personal Care**
 - Vision, Dental, Child Wellness Discounts
- **Healthy Eating**
 - Cooking, Nutrition Education Discounts
- **Financial Health**
- **Lifestyle**
 - Vacation, Technology Discounts
- **Wellness**
 - Mindfulness, Wellness Education Discounts



BlueCross.
BlueShield.

Blue365.

Any employee, spouse, or dependent covered under MCPS-Florida Blue Insurance can utilize the discounts offered by Blue365.*

Fitness Your Way by Tivity Health is a great way to get healthy and feel good on your own terms. It offers you the flexibility to work out at any network fitness location, on your time. With over 10,000+ gyms nationwide, it is one of the most flexible, affordable and accessible ways to adopt a healthy lifestyle and remain committed.

Cost

- \$29/month + \$29 registration fee**

Gyms in my Area

- Advent Heath Wellness Center (formerly LifeTime)
- Too Your Health Spa
- Planet Fitness
- Phoenix Fitness
- Anytime Fitness
- Alpha Omega Body Solutions

Click [HERE](#) to register

You will need your Florida Blue Member ID to register

***Use the code SEPTSAVE during the month of September to waive the registration fee.*

*Must be 18 years or older to participate.



Diabetes Management Program Marion County Public Schools

Open to employees, spouses, & adult dependents currently enrolled in MCPS-Florida Blue health insurance plan.

Program Details*

- Diabetes and Nutrition Education
- Diabetic Screenings (HbA1c, Lipid Profile, Microalbumin)
- Diabetic Podiatry Exam
- Dilated Retinal Exam

**These services will be provided at no cost to participants. Incentives will begin once program requirements have been met.*

Program Incentives

(Provided at No Cost)

- Diabetes, Blood Pressure, and Cholesterol Medication (generic only)
- Insulin
- Testing Strips
- Lancets
- Needles/Syringes



Group Fitness Employee Wellness Marion County Public Schools

All MCPS employees may participate in group fitness classes.

The MCPS Group Fitness Program provides employees the opportunity to participate in a variety of group fitness classes located throughout the district. At only \$10.00 per year, these classes offer employees an affordable way to improve their overall fitness level! Registration for classes occurs in August, January, and June.

Classes*

- Body Blast Fit Camp
- Butts and Guts
- CardioSculpt
- CardioTone
- Hit it Hard – Circuit Style
- Total Body Toning
- Triple Threat
- Yoga
- YogaSculpt
- Zumba
- Zumba Toning

**Classes subject to change*



Weight Management Program

Marion County Public Schools

Any MCPS employee covered under Florida Blue Insurance is eligible to participate in the program at no cost.

Looking to lose weight, eat healthier, and feel better? Florida Blue offers its members the opportunity to participate* in one of the following weight management programs for FREE**!

Click [HERE](#) to see if you qualify and find which program is best for you!

Weight Watchers

- Holistic and personalized approach
- In-person meetings for accountability
- Several locations around Marion County
- Digital tools for on the go

Online Coaching

- Flexible online health coaching
- Choose from a variety of programs to meet your needs
- Optional support groups for accountability

**Participants must qualify via the risk quiz. Participants may only select one option and cannot switch once enrolled.*

***Participants must have the Florida Blue health insurance provided by Marion County Public Schools.*



Next Steps Program

Any MCPS employee covered under Florida Blue Insurance is eligible to participate in the program at no cost.

Next Steps Registered Nurses provide FREE individualized health coaching to assist you in making healthy lifestyle choices. Health coaching sessions are available in English, Spanish and Creole, and are offered by phone or at the work site.

Call today for more information or to enroll in the NextSteps Program

Email: nextsteps@floridablue.com

Call: 1-800-477-3736, ext. 54837

- ❖ **Provide assistance in making healthy choices to help you manage:**
 - Healthy eating habits
 - A healthy weight
 - Physical activity
 - Stress
 - Cholesterol
 - Blood sugar
 - Blood pressure
- ❖ **Provide smoking cessation programs by phone or at the work site**
- ❖ **Provide tools and resources to help you reach your wellness goals**
- ❖ **Provide information that empowers you to make informed health care decisions**



N.I.P. out Nicotine

Nicotine Improvement Program

Marion County Public Schools

All MCPS employees may participate in the N.I.P out Nicotine Program.

Designed to help participants kick the habit, this program will focus on providing the education and support needed to become tobacco free! Open to all tobacco users, participants will use the Quit Smoking Now curriculum to learn about treatment options, addiction management strategies, tips to prevent relapse, and develop a plan for a tobacco-free life.

Free Replacement Therapy*

- Bupropion, Chantix, Generic Gum, Patches, Lozenges, inhalers, Nasal Sprays

Follow-Up and Support

- Participants will receive additional support following the initial 6 week program.
- The program is open to all tobacco users, including those using smokeless tobacco.

Eligibility

- All MCPS employees
- Any adult dependent currently enrolled in the MCPS Insurance Plan

*Only employees enrolled in MCPS group health plan will receive FREE nicotine replacement therapy.

HORIZON HEALTH

LEADERS IN CLINICAL EXCELLENCE

All MCPS employees and dependents may utilize the Employee Assistance Program (EAP).

The Employee Assistance Program (EAP) was designed to help you and your family deal with personal problems affecting your quality of life. Your EAP is provided at no cost and is completely confidential. Available 24 hours a day/7 days per week, the Employee Assistance Program affords you the opportunity to speak with a qualified counselor at your convenience...or when you need help most.

FREE service provided to employees and family members

- Up to 7 in-person counseling sessions for each issue!

Available 24/7

(Completely Confidential)

- Marriage issues, conflicts at home, financial guidance, stress management, addiction, etc.

www.resourcesforliving.com

Username – mcs

Password - mcs

(800) 272-7252



Whether you are retiring tomorrow, or just starting your career in education, the Florida Retirement System (FRS) has free resources available to keep your future financially fit.

For more information:

www.myfrs.com

FRS Calculators

- Retirement savings, Mortgage, Loan, Debt management, Investments and more!

My FRS Financial Guidance Line

- Access experts who provide unbiased financial and retirement planning guidance.

Live Chat

- Use this feature to find out your years of service, get your pension estimate, determine your investment plan balance, and more!

Financial Planning Workshops

- Workshops are available both in person and online. These workshops will help you understand the nuts and bolts of retirement.