



MCPS
MARION COUNTY PUBLIC SCHOOLS
"Helping Every Student Succeed"

WELLNESS

101

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WINTER 2021/2022

SPECIAL POINTS OF INTEREST

Cancer Insurance
Wellness Benefit

Diabetes
Management
Program

Weight
Management
Success Story

Insurance Extras

Employee
Assistance
Program (EAP)

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Fitness Discounts



Fitness Your Way™ by Tivity Health is a great way to get healthy and feel good on your own terms! By offering you the flexibility to work out at any network fitness location, *Fitness Your Way™* provides an affordable way to adopt a healthy lifestyle and remain committed to it! Employees currently covered under Florida Blue, through MCPS, can enroll in *Fitness Your Way™* for only \$29.00/month and gain access to several fitness facilities throughout Marion County.

[To check out which fitness facilities are included, click here.](#)

Through December 31st, Blue365 is
waiving the \$29 enrollment fee!

Now is the time to access a large network of fitness
facilities *and* at-home classes.

Please use the code FALALA21 when registering!

For more information and registration
instructions, click here.

Made available through:

Florida Blue 
In the pursuit of health™

Blue365®

Because health is a big deal™

#GETFIT

Group Fitness Classes

The MCPS Employee Wellness Program will offer several different group fitness classes starting at the end of January. With a variety of options throughout the district, there truly is a class for everyone!

Dates to Know:

January 5th - Schedule and registration information released

January 10th - Registration opens

January 19th - Registration closes

Week of January 24th - Classes begin

Week of May 9th - Classes end

Cancer Insurance - Wellness Benefit

Are you enrolled in the MCPS cancer insurance?

If so, don't forget about the benefit associated with completing an annual wellness check!

By simply participating in one of many preventive screenings, employees covered under the cancer insurance are able to submit a claim form to receive the wellness benefit.

Low Plan = \$75 per year

High Plan = \$100 per year

[Click here to view a full list of preventive screening options and to access the claim form.](#)



Biopsy for Skin Cancer
Blood test for Triglycerides
Colonoscopy
EKG
Lipid Panel
Mammogram
Pap Smear
PSA

Diabetes Management Program

Florida Blue, in partnership with the Diabetes Center at Advent Health, is currently offering a FREE diabetes management program for employees and their adult dependents.

The MCSB Diabetes Management Program was designed to provide resources and education to help diabetics effectively manage their disease. All school board employees and their adult dependents, who are enrolled in the MCPS health insurance plan through Florida Blue, are eligible to participate. As part of this FREE program, participants will receive the following services at no cost:

Diabetes Education

Participants will meet with a Certified Diabetes Educator to discuss monitoring blood sugar levels, medication management, and acute and chronic complications.

Nutrition Education

Participants will also meet with a registered dietician to create an individualized meal plan.

Diabetic Screenings

Participants will get the following screenings: HbA1c, lipid panel, microalbumin, diabetic podiatry exam, dilated retinal exam.

Medication/Supplies

Upon completion of the requirements, participants will receive generic diabetes, cholesterol and blood pressure medication, insulin, and testing supplies at no cost!

Classes are now forming for February!

To register, contact Laurel Lingle at laurel_lingle@ajg.com.



FREE Weight Management Program

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!**



WeightWatchers

- ◆ Holistic and personalized approach
- ◆ In-person meetings for accountability
- ◆ Several locations around Marion County

OR



Online Coaching

- ◆ Flexible online health coaching
- ◆ Choose from a variety of programs
- ◆ Optional support groups for accountability
- ◆ FREE Wireless Scale & Fitbit

*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.

[Click HERE to see if you qualify and to register!](#)

Check out Ann's story on page 5!

Success Story

In her early 20's, Ann Simmons (Marion Afterschool Programs) stayed fit by riding her bike everywhere. However, after having her third child and getting a car, she struggled to incorporate physical activity into her daily routine. Over the next 20 years, her weight continued to creep up. Ann tried several times to get healthy, but never fully committed to making sustainable changes.

Last May, Ann's doctor encouraged her to make some serious changes. Her weight was negatively affecting her health. Pre-diabetes, high blood pressure, and sleep apnea were just a few of the issues she was struggling to get under control.

Over the summer, Ann worked to make small changes and saw some improvement in the number on the scale and started to feel better. Then in September, she decided to take advantage of the free weight management program offered through the MCPS Employee Wellness Program (see page 4). Ann opted to enroll in the *Betr Health* program (one of the online options), as it offered the flexibility and support she needed to be successful.

Over the past few months, Ann has fully embraced the 80/20 rule suggested in the *Betr Health* program. Eighty percent of the time she chooses clean, whole foods and 20% of the time she can eat the foods she loves!

Ann now drinks a lot of water, having kicked her soda habit to the curb. Exercise is also part of her daily routine and achieves at least 10,000 steps every day.

Since May, Ann has lost a total of 70 pounds, 25 of them since starting the *Betr Health* program at the end of September. She has also dropped 4 pants sizes and her blood pressure and blood glucose levels are nearing a normal range. Most importantly though, Ann feels better than she has in 25 years and is encouraging others to join too!



Before



After

CONGRATS

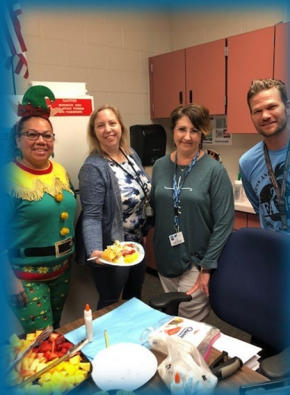
Marion County Public Schools **Step Challenge** *Winners*



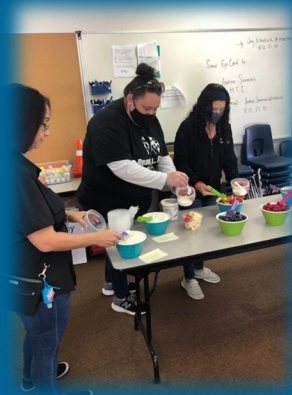
1st Place
South Ocala Elementary



2nd Place
Greenway Elementary



3rd Place
Sunrise Elementary



4th Place
Marion Afterschool Program



5th Place
Howard Middle

Boost Your Benefits



Employees who elected dental insurance through Delta Dental for 2022 may be eligible for added coverage. Additional periodontal cleanings are available to those diagnosed with diabetes, heart disease, HIV/AIDS, rheumatoid arthritis, and stroke.

Standard Coverage

50% coverage for one periodontal scaling and root planing procedure per quadrant (D4341 or D4342) **every second calendar year**

Two of the following per calendar year:

- prophylaxis (teeth cleaning) (D1110 or D1120), covered at 100%
- periodontal maintenance procedure* (D4910), **covered at 50%**
- scaling in presence of moderate or severe gingival inflammation (D4346), **covered at 100%**

SmileWay® Wellness Benefits

100% coverage for one periodontal scaling and root planing procedure per quadrant (D4341 or D4342) **per calendar year**

Four of the following per calendar year:

- prophylaxis (teeth cleaning) (D1110 or D1120), **covered at 100%**
- periodontal maintenance procedure* (D4910), **covered at 100%**
- scaling in presence of moderate or severe gingival inflammation (D4346), **covered at 100%**

*Periodontal coverage applies to only the High Plan and High Plan with Ortho.

After 1/1/22 - [Click here to enroll in SmileWay®!](#)





Employee Assistance Program

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.

(800) 272-7252

Listed below are a number of ways you and your family can take advantage of the EAP. Remember, the EAP is not just for people in crisis situations, but also to help with day-to-day issues.

Conflicts at home/work	Coping with serious physical illness
Marital concerns	Learning positive communication skills
Coping with divorce or separation	Dealing with violence or threats of violence
Coping with life change	Recognizing alcohol/drug abuse problems
Grieving the loss of a loved one	Living with an alcoholic or drug addict
Suffering from chronic anxiety or depression	Child with behavioral problems at home/school
Feelings of being overwhelmed	Caring for elderly family members
Feelings of loneliness	Financial issues
Managing stress	
Improving self-esteem	

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