



# Pasadena I.S.D. Wellness Newsletter

January 2014

*A newsletter for all PISD employees, with information and updates regarding employee benefits, health and wellness.*

## Welcome to your Benefits Newsletter !

### **Cervical Cancer Awareness Month**



Cervical cancer is one of the most common types of cancer affecting women. According to the National Institute of Health, about 12,000 cases of cervical cancer are diagnosed each year in America. In the past few decades, the number of deaths from this cancer has dramatically decreased due to Pap test screenings, vaccines and research.

- \* About 12,340 new cases of invasive cervical cancer were diagnosed in 2013.
- \* About 4,030 women died from cervical cancer in 2013.
- \* Most cervical cancer cases are found in women between 20 to 50 years old.
- \* The Pap test is used as a screening procedure to find cervical cancer early, in its most curable stage, and to detect changes in the cervix before cancer develops.
- \* Thanks to the increased use of the Pap test, the cervical cancer death rate has significantly decreased by 70 percent.

Cervical cancer is defined as cancer that starts in the cervix or lower part of the uterus. Several risk factors can increase your chances of developing this type of cancer:

- \* Human papillomavirus infection (HPV)
- \* Smoking
- \* Diet
- \* Family history
- \* Taking birth control pills over a long period of time
- \* Immunosuppression (HIV or AIDS)
- \* Chlamydia infection
- \* Having had three or more full-term pregnancies

To learn more about these risk factors and how you can help prevent them, visit [cancer.org](http://cancer.org).

One of the keys to protecting yourself from cervical cancer is to have testing done to find pre-cancerous cells before they can turn into invasive cancer. The Pap test and HPV test are useful screening mechanisms for this purpose. Early detection can improve your chances of successful treatment and survival.

*From cancer.org*

### **P.I.S.D. Employee Health and Wellness Fair is coming!**

Our Annual PISD Employee Health and Wellness Fair is rapidly approaching. We will have our annual Employee Health and Wellness Fair on:

**Thursday, March 6, 2014 at  
Pasadena Memorial High  
School from 3:30-5:30.**



This year we are excited to have sponsorship from Aetna for fantastic prizes such as **iPods, iPad minis, Samsung tablets, and an elliptical machine!**

The employee health fair continues to be a great success. It is a wonderful opportunity for employees to obtain wellness information from vendors in our area. Vendors for this year's fair include Allendale Bone and Joint Clinic, Pasadena Eye Associates, Sam's Club and Eclipse Massage. Come by and pick up valuable information from wellness resources in our area.

All employees who attend are eligible to win door prizes, awarded by all the vendors. The Health Fair is open to all P.I.S.D. employees *and* their families, but only employees are eligible to win door prizes.

If you have any questions about the health fair, please contact the Benefits Office, 713-740-0110.

**\*\* The first 200 employees to sign in will receive a fabulous P.I.S.D. gym bag filled with great workout goodies, including a yoga mat, and a fitbit flex! So, get there early!**

 **fitbit flex**  
Wireless Activity + Sleep Wristband



Human Resources —  
Benefits Office  
1515 Cherrybrook  
Pasadena, TX 77502  
713-740-4022 fax

HOURS  
Monday—Friday,  
8:00am—4:30pm

Staff:  
**Vonnie Conde,**  
Benefits  
Coordinator  
713-740-0121

**Cecilia Beltran,**  
Admin Asst.  
713-740-0110

**Nancy Silvestre,**  
Admin Asst.  
713-740-0120

## Dr. Jaime Hurtado Shares ...

CDC released today on its weekly influenza report:

"Flu activity is increasing nationally and is high in some states. Additional increases are expected in the coming weeks. If you have not gotten your flu vaccination yet this season, ***you should get one now.*** A flu vaccine is the first and best way to protect yourself and the people around you from influenza and its potentially serious complications." Texas is in the high level of activity.

(Source: CDC Weekly Influenza Surveillance Report).

**\*\* Flu vaccines are available at the Wellness Clinic:  
\$ 0 copay for employees and dependents on our insurance  
plan. \$20 for employees not on district insurance plan.**

Dr. Jaime Hurtado  
Pasadena ISD Wellness Center

### **P.I.S.D. Wellness Center**

Monday, Wednesday, Friday: 8 am—4 pm  
Tuesday and Thursday: 1pm—8pm  
Saturday: 8am—1pm  
Call 713-740-5300 for an appointment

Services are at no cost for employees and family members covered on our medical plan. Employees NOT on our medical plan may still receive services, but will have a \$50 copay (this does not include cost of xrays, bloodwork, etc.)\* *The PISD Wellness Clinic will not see patients under 2 years of age.*

### **NEWS ABOUT WALK-INS!**

No more turn-aways\* !! Any walk-in visits to the Wellness clinic (Tues-Sat) will be seen as long as you arrive prior to the last 30 minutes of the day.



#### **Walk-in Cutoff time:**

	<i>*Mondays</i>	<i>NO walk-ins</i>
W/F	3:30pm	
T/Th	7:30pm	
Sat	12:30pm	

### **Dental and Vision Plans for 2014**

As you may already know, our Dental and Vision carriers have changed. Our dental insurance is now with **CIGNA Dental**. And the vision insurance plan is with **VSP**.

If you completed your enrollment on your own through LAWSON, we can inter-office a CIGNA Dental card to you. Or, you can also come by the benefits office any time during normal business hours to pick up a card.

**VSP** (the vision insurance) will not be sending out cards. We learned they are going paperless, so for insurance verification, your eye doctor will just need to know the name of the company and the phone number, 1-800-877-7195, and they can verify your coverage over the phone.

## **What can I do to *stay healthy* this year?**



- \* Don't use tobacco
- \* Eat a healthy diet
- \* Exercise regularly
- \* If you drink, do so in moderation
- \* Use seat belts (and car seats for children)
- \* See your doctor regularly for preventative care

**THE SIMPLE -  
GREEN SMOOTHIE  
FORMULA**

2 CUPS LEAFY GREENS	+	2 CUPS LIQUID BASE	+	3 CUPS RIPE FRUIT
SPINACH		WATER		BANANA
KALE		COCONUT WATER		MANGO
ROMAINE		COCONUT MILK		BERRIES
BOK CHOY		ALMOND MILK		ORANGE
SWISS CHARD				AVOCADO
COLLARDS				PEACH
DANDELION				PEAR
				APPLE
				PINEAPPLE
				GRAPES

1. BLEND LEAFY GREENS & LIQUID BASE TOGETHER FIRST.  
2. ADD FRUITS AND BLEND AGAIN.

\*Use at least one frozen fruit to chill smoothie  
\*\*This formula yields about 32 ounces and serves 2

**BOOST IT!**

CHIA SEEDS	HEMP SEEDS	CACAO
COCONUT OIL	HEMP PROTEIN POWDER	CINNAMON
ALMOND BUTTER	FLAX SEEDS	ACAI POWDER

— SIMPLEGREENSMOOTHIES.COM —



We hope you find the Wellness Newsletter helpful. If there is anything we can do to improve our publications, or any ideas you may have for future topics, send us an email to [cbeltran@pasadenaisd.org](mailto:cbeltran@pasadenaisd.org).