

Benefits Bulletin

45 is the New 50: Time to Start Screening for Colorectal Cancer

That's right, guidelines for colorectal cancer screenings have changed. The good news is that preventive screenings are covered by your OCPS Cigna plan and you have a choice in which type of screening you use.



**COLORECTAL
CANCER
RISK FACTORS**

What are the symptoms?

Many people do not show symptoms, especially in the early stages. If symptoms do occur they may include:

- Changes in your bowel habits.
- Blood in or on your stool.
- Abdominal pain, aches or cramps that don't go away.
- Unexplained weight loss.

What is colorectal cancer?

Cancer is a disease in which cells in the body grow out of control. Colorectal cancer, sometimes referred to as colon cancer, is cancer that occurs in the colon or rectum.

What screening options are available?

This list is not exhaustive. Your doctor may recommend other screenings specific to your health needs.

- Cologuard is a DNA test that you can take at home. It can detect blood and altered DNA in a stool sample. Depending on risk, this screening is recommended every three years.
- Fecal immunochemical tests or fecal occult blood tests (FIT or FOBT) are available to take at home but may require some dietary restrictions. Depending on risk, this screening is recommended every one to three years.

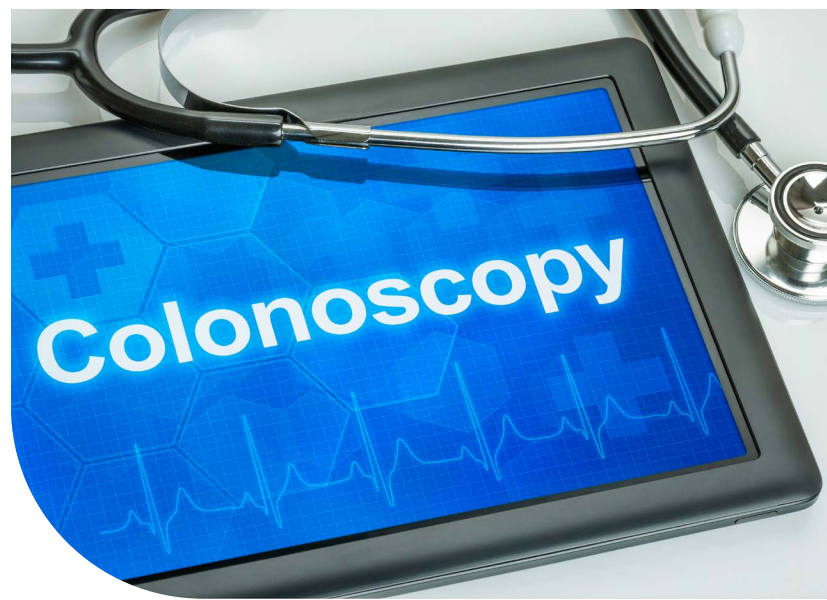


**GET
SCREENED**

- Colonoscopy is a more thorough procedure that checks for colon cancer but also allows for the removal of polyps from the colon. During this procedure you will receive medication to make you comfortable. A health care provider performs this screening using a long, thin, flexible, lighted tube to check for polyps or cancer inside the rectum and the entire colon. This screening requires preparation and depending on risk, it is recommended every ten years.

I had a Cologuard, FIT or FOBT done and now I need a diagnostic colonoscopy. Is this covered by my OCPS Cigna insurance?

Diagnostic procedures are covered under your medical plan and are subject to deductibles, coinsurance and copayments. BUT WAIT, OCPS has you covered with SurgeryPlus. Diagnostic colonoscopies are a covered procedure through SurgeryPlus and OCPS Cigna members can have the procedure performed at no cost. Simply call 1.833.552.1699 to speak with a dedicated care advocate who will help answer any questions and manage the entire procedure process.



Ready to have your colon cancer screening?

Call your doctor and discuss which colorectal screening is recommended for you. If you do not currently have a doctor, you can log into www.myCigna.com and find a primary care provider in your area or call Cigna at 1.800.244.6224.



NATIONAL COLORECTAL CANCER AWARENESS MONTH

Do you know your Employee Wellness Program?

At OCPS, we believe a healthy team is more productive and can more effectively model appropriate wellness behaviors to students. The OCPS **Employee Wellness Program** (EWP) is designed to reach all employees at various levels of interest and need. As a self-insured district, we strongly support wellness activities that encourage our employees to play an active role in their own health status. We offer preventive and disease management activities in two parallel tracks of complementary services (clinical/non-clinical). Both tracks offer prevention, early detection and health maintenance components.

Beyond offering support in a variety of disease states, the EWP can be seen out and about at district events big and small. From large events with over 1,000 employees to small group sessions, the EWP has something for everyone. Check out some events from this past year.

The EWP offers **onsite seminars** through Cigna, the **Employee Assistance Program** as well as presentations about Employee Wellness programming available. If you are interested in the EWP team coming to your work location, contact your Wellness Representative or email Wellness@ocps.net.



Teresa Jacobs highlighting Love the Bus and Employee Wellness Program at Board meeting



Three Points Elementary Get Active Autism Acceptance Walk



Wellness Expo



Love the Bus



Dr. Vazquez at Flu Shot Clinic



Mark Biddle, Health Assessment Campaign Winner



On-site Mobile Mammography

OCPS and Cigna are proud to announce that the Women's Center for Radiology's Mobile Breast Center will be on location offering screening mammograms in April (appointments at all locations start at 8 a.m.).

*Pine Hills Transportation Compound
Monday, April 22*

*Lake Nona Transportation Compound
Tuesday, April 23*

*Ronald Blocker Educational Leadership Center
Wednesday, April 24*

To make an appointment

CALL 407.841.0822, option 2.

Please note:



Appointments are required and patients must meet the eligibility requirements in order to participate. Visit <http://insurance.ocps.net> and go to the Employee Wellness page for more information and instructions.



**Sign Up
Today
for the**

 **Simply IOA** 
CORPORATE 5k

PRESENTED BY



Don't have a team? Join the OCPS – RBELC team!

DATE: Thursday, May 9, 2024

TIME: 6:15 p.m., Early arrival is recommended.

LOCATION: Lake Eola, Downtown Orlando
(virtual option is available)

WEBSITE: www.corporate5k.com

Several OCPS locations are already training. Contact your Wellness Representative to find out if your worksite has formed a team, or email wellness@ocps.net for more information. Proceeds are donated to the Track Shack Youth Foundation and Second Harvest Food Bank of Central Florida.

The OCPS Employee Wellness Program team will be onsite. Make sure to stop by the OCPS tent for treats and more.

The Health Information Line

Is Here for You 24/7

The Cigna Healthcare no-cost Health Information Line puts OCPS Cigna members in touch with a trained nurse ready to answer health questions. Whether you're looking for general information or have a specific health concern, the health information line is open 24 hours a day, seven days a week.

Log in to the myCigna App or myCigna.com to chat with a health advocate today or call 1.800.Cigna24.



Patient Centered Care Coming Soon

Isn't it time that you experience the comprehensive healthcare that you deserve? PeopleOne Health is coming to Orange County in the summer of 2024 to put the power of good health back into your hands. With PeopleOne Health, you'll conveniently receive quality primary care and so much more. Use PeopleOne Health's primary care doctor and extended care team of a registered dietitian, behavioral health specialist and pharmacist to care for your whole health. From routine check-ups to essential services like testing and imaging, you will have access to the best-in-class care you deserve.

This new benefit is planned for summer 2024. Additional information will be included in upcoming editions of the *Benefits Bulletin* and through all user email. **Stay tuned!**



MARCH Healthy Hero

Sometimes life gives you a wakeup call... or two. That's what motivated Angela Restrepo, Program Coordinator for ESE Policy & Procedures Non Public Charter, to prioritize her own well-being as well as that of her family through healthier habits. Her mother's cancer diagnosis and her child's health challenges associated with Down Syndrome encouraged her family to join in her healthy lifestyle choices. As her family experienced increased energy levels and positive changes in their well-being Restrepo noted, they became more receptive to the gradual changes introduced, making them feel empowered and involved in the process.

Restrepo was nominated by her colleague Kelly Castino, Ed.D, School Psychologist, to receive recognition for the impact she has on everyone in her department. Dr. Castino tells us "She completely transformed her family's diet in order to maintain a healthier body for all. She taught my department all about certain lifestyle changes, not diet, that could help a body and the reasons why. She looks out for everyone mentally and physically. A lot of people have transformed their lifestyle because of Angela's positive influence."

Three key things she has learned in her well-being journey are:

1. Regular physical activity became a crucial component of overall health.
2. The mind's powerful influence on healing and well-being.
3. The interconnectedness of mind, body, and emotions became evident, highlighting the importance of addressing all aspects for a holistic approach to health.

Restrepo shared the following words of advice and encouragement, "My key advice for anyone seeking a healthier lifestyle is to cultivate mindfulness in all aspects of their life. Being present and making conscious choices about food, movement and



overall well-being empowers individuals to take control of their health. Living a healthy life is achievable for everyone, regardless of circumstance. It doesn't require significant expense, and the benefits far outweigh the potential costs associated with neglecting one's health. By prioritizing healthy choices and fostering a mindful approach, we can all embark on a journey toward a healthier and more fulfilling life."

We honor Angela Restrepo as March's Healthy Hero. Her dedication and commitment to a healthy lifestyle is inspiring to her colleagues and throughout OCPS.

If you would like to nominate a co-worker as a Healthy Hero, please email wellness@ocps.net with the candidate's name, work location and why they deserve the title.

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A Simple Way to Eat Well

With so many different diets and sources of information, it can be hard to know what you “should” be eating. Luckily the USDA’s MyPlate offers a quick visual guide to eating healthy that can be used anytime and anywhere! The best part about MyPlate is that there are so many ways to customize a healthy plate for preferences and needs.

MyPlate encourages you to look at each meal and separate your plate into three easy to understand categories: $\frac{1}{2}$ fruits and vegetables, $\frac{1}{4}$ protein and $\frac{1}{4}$ grains.

- A. **Fruits and vegetables**
 - Focus on whole fruits and vegetables.
 - Eat the rainbow to get a range of nutrients.
- B. **Lean Proteins**
 - Vary your protein – try seafood, lean meats, poultry, eggs, beans, dairy or soy.
- C. **Grains**
 - Aim for half of your grains to be whole grains such as brown rice and whole wheat pastas.

The [Start Simple with Myplate](#) mini poster is a great tool you can print to guide your meals and provide suggestions for each of the major food groups. Visit www.MyPlate.gov for easy to understand tips and a virtual recipe book including balanced, nutritious and delicious meals such as:

- [Egg frittata made with broccoli and cheddar](#)
- [Grilled fish tacos with peach salsa in a flour tortilla](#)
- [Black bean and salsa quesadillas](#)
- [Buffalo chicken potato skins](#)
- [Lemon chicken and broccoli over whole wheat pasta](#)

Looking to learn more on making healthy eating simple and fun? Reach out to Health Coach Danielle at employeehealthcoach@ocps.net or 407.304.8042.



Benefits Bulletin is designed to keep OCPS employees and their families informed about available benefit programs. This information is not intended to replace professional health care. See your health care professional for information relevant to your medical history.

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