

Benefit News

****IMPORTANT** Have you moved in the last year?**

If you have moved recently, please double check your address to make sure your personnel record has been updated. It's important to have your correct address on file for you to receive annual enrollment information, benefit plan ID cards and annual W2 or 1099 information. PCS employees may update their address through the PCS [Employee Self-Service \(ESS\) website](#).

Flexible Spending Accounts (FSA) – now you can purchase certain over-the-counter (OTC) medications

FSA reimbursement for over-the-counter (OTC) drugs no longer require a doctor's prescription. This means that participants in a health care FSA can now use the benefit to pay for OTC items like cold medicine, allergy medicine and pain relievers, without having to make an extra trip to the doctor for a prescription. For more information click [FSA](#).

Aetna – coordination of benefits

Periodically, Aetna will ask you to update you and your dependents' other insurance information. This is because Aetna must follow the coordination of benefits guidelines and process claims according to which health plan one is primary.

It is important to keep this information status updated with Aetna on an annual basis, or earlier depending on the circumstance. Aetna will notify you if a claim has been received that cannot immediately be processed by putting comments on the claim explanation of benefits. If this occurs, please update your Aetna member website with the information, or call customer service. If you receive a letter from Aetna asking if you or your covered dependents have other insurance, please respond to Aetna at your earliest convenience.

There are two easy to keep your other insurance information current through the Aetna member website at: <https://www.aetnapcsb.com/>.

1. On the home page of your Aetna member website you will find the first letter of your first name on the top right of the page. Click the letter
 - o Then click on Profile and Preferences. When the page opens, click on "View Additional Preferences".
 - o When the next page opens, click on "Your Other Insurance" icon. Complete the information and click through the process until finished.
2. You may also update your other insurance information by logging on to your Aetna member website and on the home page you will find "Documents & Forms" at the top of the page.
 - o Once you click on "Documents and Forms", scroll down the page until you see "Your Other Health Plans".
 - o Click on "Your Other Health Plans", then "Your Other Insurance" and complete the necessary information and submit to Aetna.

Retirement News

Planning for Financial Security Workshop

Take control of your financial future. Discover the tools to create a strategy that can help you make sound financial choices throughout your life.

For more information including the schedule [click](#).

Topics:

- FRS and DROP: The Details You Need To Know
- DROP Questions? We Have Answers
- Social Security: What You Need To Know To Maximize Your Benefits
- Retirement Strategies for Women

To register: [VALIC Seminars](#)

Registration code: NAPWA11EJ

Wellness News

Fall Wellness Webinars

Throughout the fall semester, we will be offering weekly wellness webinars on various topics. Learn more about nutrition, back health, stress management, financial health and more! Registration is required and limited. For a full list of upcoming webinars, please visit [Wellness District Campaigns](#).

Upcoming webinar: 9/15 5:00pm- *Stress & Anxiety: Foods that can help!* [Register here.](#)

Back & Body Works: Fall 2020

Join the 4 week virtual Back & Body Works program this fall to learn how to prevent back and body injuries and pain in our day to day life. The program is open to all PCS employees. Employees with Aetna medical insurance through PCS will receive 1 credit towards their Aetna Health Promise incentive (1 credit max for completing one of the two offerings in 2020).

[Register here!](#)

Employee Assistance Program (EAP) - Suicide during today's difficult times

September is National Suicide Prevention and Awareness Month and Covid-19 can lead to tragic outcomes, especially among younger people. To read more: "[Is suicide on the rise?](#)"

And if you haven't yet, visit your member website and take the Talk Saves Lives online training today. You could save a life.

800-848-9392 (TTY: 711)

www.resourcesforliving.com

Username: pcsb

Password: eap

Get Your Flu Shot!

Flu season is quickly approaching. Be prepared and protect yourself, your family, and your community by getting a flu shot soon! For more information about the flu vaccine, where to go, and additional incentives you can receive visit [Flu Shots](#).

Employees with Aetna medical insurance through PCS can earn 1 credit towards their Aetna Health Promise incentive for receiving a flu shot each year! Learn more at pcsb.org/wellness.