

SMART START Newsletter



Visit www.pcsb.org/wellness or contact Caleigh Bean, Employee Wellness Coordinator at 588-6031 or beanc@pcsb.org.

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In This Issue:

| | |
|---------------------------------|---|
| Wrapping up 2019 | 1 |
| New for 2020..... | 1 |
| 2020 Aetna Health Promise | 2 |
| How to check your credits..... | 3 |

Wrapping up 2019 Aetna Health Promise

If you have completed the correct amount of credits for 2019, the incentive will be added directly to your first paycheck of February 2020. Employees must be actively employed and insured through Aetna with PCS at the time of payout to receive the incentive.

Check your credits to know if you will receive the wellness incentive in 2020. If you have earned credits and they are not showing up on your Aetna member website, please reach out to one of the onsite Aetna representatives: Jessica O'Connell at pcs.oconnellj@pcsb.org or Gina DeOrsey at pcs.deorseyg@pcsb.org with the activity you are missing, the date the activity was completed, and your date of birth. Visit page 3 for directions of how to check your credits.

IMPORTANT: All missing credits for 2019 must be reported to the onsite Aetna representatives by **February 28, 2020**. Any missing ones that are reported after **February 28, 2020** will not count towards the incentive.

2020 Aetna Health Promise

New for 2020

Below are highlights of the changes made for 2020. Details of changes can be found on page 2 or pcsb.org/wellness.

- NEW! Vision and Dental screening credits
- \$50 gift card earned for Health Assessment & Routine Well Adult Exam
- NEW! Back & Body Works and the Weight is Over
- Increased incentive amount for 2020 Aetna Health Promise

The changes made for the 2020 Aetna Health Promise will begin January 1, 2020. They will not count towards the 2019 Aetna Health Promise, paid in 2020.

Please visit page 2 for complete list of 2020 Aetna Health Promise programs. Click on each activity for details and more information of each program.

Aetna Health Promise Incentive

Employees can earn a lump sum payment for completing wellness activities from the list below.

| Plan | Employee Only Employee + Children | Employee + Spouse Employee + Family 2 Board Family Plan |
|-------------------|--------------------------------------|---|
| Number of Credits | 5 | 8 |
| Incentive | \$250 | \$350 |

Credits must be earned between January 1, 2020 and December 31, 2020. Incentive will be paid in the first quarter of 2021 directly in an employees paycheck. Employees and spouses can earn credits. Employees can view the incentives earned through their secure Aetna member website www.aetna.com.

Click on each activity below for details of each program or view complete [Aetna Health Promise Guidebook](#).

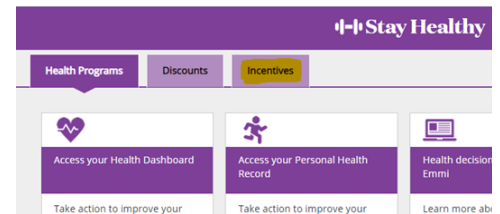
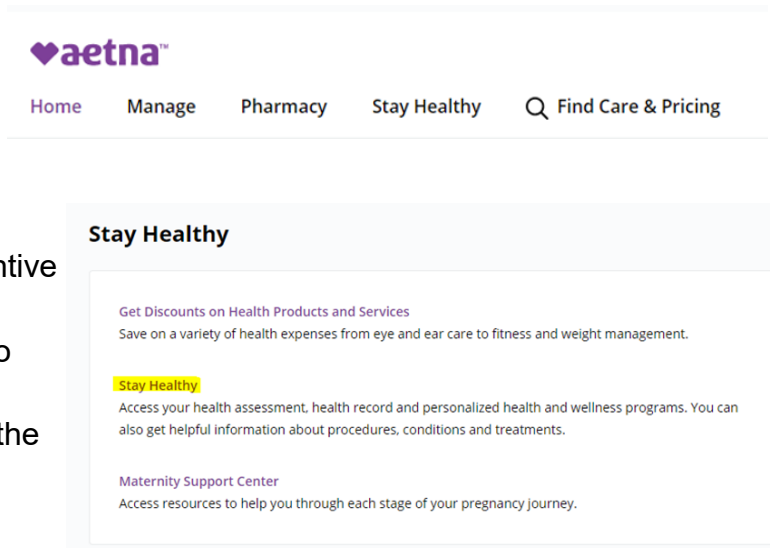
| Program | | Credit | Spouse Credit |
|--|----------------|--------|---------------|
| Online Health Assessment | \$50 gift card | 1 | 1 |
| Routine Well Adult Exam | | 1 | 1 |
| Biometric Screening <small>Metabolic Syndrome</small> | | 1 | 0 |
| Colorectal Screening | | 1 | 1 |
| Flu Shot | | 1 | 1 |
| Mammography | | 1 | 1 |
| Skin Cancer Screening <small>in a dermatologist office</small> | | 1 | 1 |
| Well Women Exam | | 1 | 1 |
| Dental Exam/Cleaning | | 1 | 1 |
| Vision Exam | | 1 | 1 |
| Aetna Get Active <small>Step Challenge by Virgin Pulse</small> | | 1 | 0 |
| Back and Body Works | | 1 | 0 |
| The Weight is Over <small>Weight loss program</small> | | 1 | 0 |
| Aetna Maternity | | 1 | 1 |
| Blood Pressure Program <small>YMCA</small> | | 1 | 1 |
| Diabetes CARE Program | | 1 | 1 |
| Kick Butt or AHEC Classes <small>Tobacco Cessation</small> | | 1 | 1 |

Where to check your Aetna Health Promise credits?

Members will be able to track how many credits they have earned through

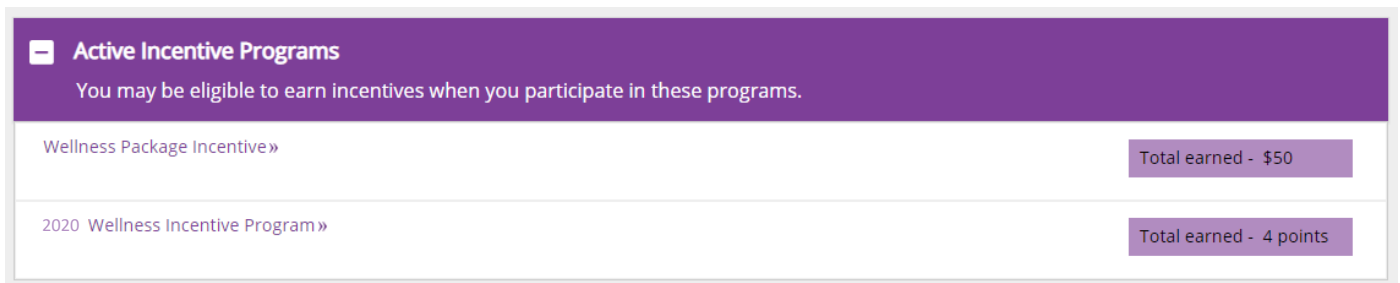
Directions:

1. Members will login to
2. Click on the Stay Healthy tab. Then click the second link, *Stay Healthy*.
3. Click on the *Incentive* tab.
4. There will be two options: Wellness Package Incentive and 2019 Wellness Incentive Program.
 - A. The Wellness Package Incentive will refer to the \$50 gift card employees and their dependent spouse can earn by completing the Health Assessment and Routine Well Adult Exam (see page 2)
 - B. The 2020 Wellness Incentive Program will refer to the 5 or 8 credits needed for the overall Aetna Health Promise Incentive.
5. If you click on 2020 Wellness Incentive Program, at the top of the page you will see the total points earned and all the programs will appear below. You will be able to click on each incentive programs to see the details of credits earned.



Please note: Depending on the program, credits may take up 30 or 60 days to post.

The Aetna continually works to enhance the function of the Aetna member website, therefore, the directions for checking credits may vary in the future.



Missing Credits?

Members can check how many credits they have through Aetna.com. If you are missing any, please email pcs.oconnellj@pcsb.org or pcs.deorseyg@pcsb.org with the activity, date of activity, and your date of birth. Please allow 30-60 days for credits to be posted before reaching out.

Be SMART Employee Wellness Program

When it comes to managing your health, you are not alone. PCS offers a wide variety of programs to support you in reaching your health goals.

Visit www.pcsb.org/wellness



SMART START Newsletters

Watch your inbox for our monthly newsletter that covers a wide variety of wellness topics, and upcoming programs!



Talk to your Wellness Champion

Wellness Champions at nearly every worksite offer wellness programs on a variety of topics.



Employee Assistance Program (EAP)

Call the EAP toll-free number at 1-800-848-9392 to reach a professional who can assist you with a variety of work/life concerns.



Mobile Mammography

The Mobile Mammography bus will be visiting most worksites throughout the year. You can view the full schedule of the bus and book an appointment anytime at www.pinellasmammo.com.



Discounts at Fitness Centers

As a PCS employee, you receive discounts at local, participating fitness centers.



Quitting Tobacco Resources

Quitting tobacco isn't easy. Finding help should be. PCS offers free tools and services to help you get started.



Diabetes CARE Program – Aetna members only

Eligible employees can receive pharmacy prescription diabetic supplies at zero co-pay.



Aetna Informed Health Line –

Aetna members only

For immediate health concerns or questions, you can call a registered nurse anytime (24/7) through Aetna at 1-866-253-0599.



Healthcare Bluebook – Aetna members only

Healthcare Bluebook can help you find high-quality medical care at the best cost. Visit www.pcsb.org/healthcarebluebook



Teladoc – Aetna members only

Participate in a live video doctor visit from a mobile device or computer 24/7. Visit www.teladoc.com/aetna

Contact Us

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