



## YOUR PCS BENEFIT WEEKLY UPDATE

May 3, 2024

### **BENEFIT NEWS**

#### **Unlock Savings: My Bluebook Journey**

Are you ready to play the Bluebook Journey? In this fun and interactive game, you'll have the option to choose a healthcare path while completing two simple searches. You'll see how easy it is to find high-quality providers who deliver care at a **Fair Price™** using Bluebook's green-yellow-red color guide.



With **Healthcare Bluebook**, you could save hundreds – potentially thousands – of dollars on care with a simple search. Discover the dramatic price differences on medical care and see how much you can save using **Healthcare Bluebook**.

Plus, you can **earn up to a \$200 reward** every time you search for select procedures in **Healthcare Bluebook** and use a **Fair Price™** facility for your care. No forms or extra steps are required.

Completing the game qualifies you for a chance to win one of (4) \$50 Amazon gift cards!

[Play The My Bluebook Journey Game Here!](#)

#### **How Much is a Fair Price™ for Common Outpatient Procedures?**

How much is a fair price for common outpatient procedures, such as a colonoscopy or knee arthroscopy? [Click here](#) for local fair-price, high quality providers in the Pinellas County Area.



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### **RETIREMENT NEWS**

## What are the steps to Exit Drop?

If you plan on exiting DROP in the next six months, the Risk Management Retirement team would like to provide you with the attached [PCS DROP Termination process guide](#). This guide provides a timeline and gives employees an outline of the process to exit DROP with PCS and the Florida Retirement System.



## Risk Management Retirement Team Office Hours:

<b>Individual Appointments</b> Telephone, video or in-person meetings are available. <a href="#">Click here to schedule an appointment.</a>	<b>Tuesdays: 8:30am to 11:30am</b> <b>2:00pm to 4:00pm</b> <b>Thursdays: 8:30am to 11:30am</b>
<b>Walk-in Wednesdays</b> Walk-in hours are available on Wednesday. Retirement Specialists will be available to employees on a first come, first serve basis.	<b>Wednesdays: 8:30am to 11:30am</b> <b>2:00pm to 4:00pm</b>

**Please note:** If you do not want to come into the office, most retirement processes can be handled by telephone, email or by video conference.

## Retirement Team Contact Information:

Phone: 727-588-6214

Email: [risk-retirement@pcsb.org](mailto:risk-retirement@pcsb.org)

To submit FRS Retirement Applications email to Risk Management at: [FRSApps@pcsb.org](mailto:FRSApps@pcsb.org)



## WELLNESS NEWS

### Schedule Your Preventative Exams This Summer

Going to the doctors and receiving your routine preventative exams are one of the most important things you can do for your health. By going to the doctors regularly, you can build a relationship with you doctor and receive screenings that can help detect chronic conditions early. By catching things early, they are often more easily treated and cost effective. Summer is a great time to schedule your exams! Aetna members can use the [Find a Doctor](#) tool to locate in-network physicians.



## Did You Know You Can Earn 100 to 500 Points for Preventative Exams Through Limeade?

PCS employees with the Aetna medical insurance can earn points for completing various preventative exams including annual physical, mammogram, dental exam and more!



Visit [pcsb.org/limeade](https://pcsb.org/limeade) to learn more about the Limeade program and how to track your exams.

## Employee Assistance Program – May is Mental Health Awareness Month

There has always been a focus on keeping our bodies healthy. Now we're recognizing our mental health is just as important. Mental health is an important part of our overall health. Yet there are still many misconceptions about mental health challenges and disorders. Lack of understanding and stigma can get in the way of people getting the help they need.



Check out the [attached flyer](#). If you, or someone you know, is struggling with depression, anxiety, fear, low self-worth, or lack of interest in things you used to enjoy, reach out to EAP or ask your healthcare provider for a mental health check-up. Additionally, we have included a monthly calendar of activities designed to help improve your mental state of being. Take time for your mental health by participating in these daily action item activities.

And remember, the EAP is available 24/7 at 800-848-9392 to assist you with life coping skills. It's always free and confidential to call. You can also visit [www.resourcesforliving.com](http://www.resourcesforliving.com), **Username: pcsb** **Password: eap** at any time.



## EMPLOYEE DISCOUNT NEWS

### Employee

#### Discounts

Main employee discount page

### Concerts & Events

#### Discounts

Concerts and other event discounts through Amalie Arena and Yuengling Center

### PerkSpot

Travel, theme park tickets, entertainment & local offers

Company Code: PCSB

### Tickets at Work

Special offers like discounts on theme park tickets & more!

Company Code: PCS



