



YOUR PCS BENEFIT WEEKLY UPDATE

January 19, 2023



BENEFIT NEWS

EyeMed Vision Services - New Phone Number

We have been notified that the Member Services phone number for EyeMed has changed to **866-723-0513**. Please note this on your records.



Dental Services:



HumanaDental Advantage Plus 2s Plan (#548085)

1. Go to www.humana.com and Click on "Member Resources"
2. Scroll to: "find a doctor" and click on the Dentist tab

3. Enter your zip code or the zip code for the provider and the distance of the search you want to do, such as '15 miles'
4. Under 'Select a Lookup Method', choose "all dental networks"
5. Choose "HumanaDentalAdvantagePlus" from the Network drop-down menu and hit Select
6. To search by name, under 'Select a Lookup Method', choose "Name" from the drop-down menu and type your dentist's name in the box
7. For a provider listing, choose "Specialty" from the drop-down menu and type "All" in the box. This will give a listing of all dentists in the Zip Code you choose.

MetLife Dental Plan - PPD Plus - #G95682

1. Go to www.metlife.com/dental
2. Under Dental Insurance Plan Participants, select 'Find a participating dentist'
3. Under 'Your Network' select PDP Plus
4. Enter your zip code or the zip code for the provider



WELLNESS NEWS



YMCA Weight Loss Program - Virtual

This program is designed for adults who want to achieve a healthier weight by making small changes to daily behaviors and forming sustainable healthier habits. Along with a dedicated Y professional and a supportive peer group, you will design a personal action plan that will bring long-term, positive change in your life. Classes begin the week of February 6th and will be held virtually. Participants must be a PCS employee with the PCS medical insurance and have a BMI of 25 or higher.

For registration details and more information, view this [YMCA Weight Loss Program Flyer](#).

The Last Day to Report Missing Limeade Points is January 31, 2023

Participants must check their point history to make sure all of their 2022 preventative exams are processed. If you are missing any 2022 preventative exams at this time, you must email hillca@pcsb.org or pcs.oconnellj@pcsb.org by Tuesday, January



31, 2023, to report the missing points. Any points reported after this date may not be processed in time for this program year.
[Directions for how to check your point history.](#)



Employee Assistance Program - Creating Good Health Through Humor

Some say laughter is the BEST MEDICINE and it is a vital part of well-being. The simple act of laughing is a powerful form of medicine. For a long time, humor remained the only tool for laughter but unfortunately, it seldom leads to continuous hearty laughter. *“A smile starts on the lips, a grin spreads to the eyes, a chuckle comes from the belly; but a good laugh bursts forth from the soul, overflows, and bubbles all around.”* -Carolyn Birmingham. The [attached](#) article list six things that happen when we laugh. Laugh more and create good health through humor. And remember, EAP is available 24/7 at **800-848-9392** to assist you with other life coping skills.



Tampa Bay Lightning Tickets - Tuesday, January 24th, 7:00 PM

Pinellas County School Board Night - Tampa Bay Lightning vs. Minnesota Wild

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 and much more!
[Company Code: PCSB](#)

