



## YOUR PCS BENEFIT WEEKLY UPDATE

January 10, 2025

### **BENEFIT NEWS**

#### **Important Notice: Printing Error on Aetna Select Open Access ID Cards**

If you are enrolled in the Aetna Select Open Access plan, please be aware of a printing error on the member ID cards. The current cards incorrectly list the Emergency Room (ER) copay as \$600. This is incorrect. The actual ER copay remains \$500, unchanged from last year.

Aetna is in the process of correcting this error and will issue updated replacement cards soon. We appreciate your understanding and apologize for any inconvenience.

If you have any questions, please contact the Aetna Concierge Customer Service Team at 866-253-0599.



#### **CVS Health Virtual Care has replaced Teladoc Effective 1/1/2025.**

Effective 1/1/2025, Aetna no longer offers Teladoc. CVS Health Virtual Care is included in your Aetna Health plan. You have access to 24/7 On-Demand Urgent Care, Virtual Primary Care, and Mental Health Services.



Visit [CVS.com/virtual-care](https://www.cvs.com/virtual-care) to register and schedule an appointment today!

For more information on CVS Health Virtual Care, review this [flyer](#).

[FAQs about Virtual Primary Care Flyer](#)

[FAQs about Virtual Mental Health Care Flyer](#)

## How often should I get an Eye Exam?

You have your annual physicals. You see your dentist regularly. You've got this healthcare thing down. However, is seeing your eye doctor on that list?

Vision changes can happen slowly—you may not even notice it. Annual eye exams are a good rule of thumb unless your doctor suggests more frequent checks; **EyeMed suggests** making it part of your regular preventive care routine.

Clear vision isn't the only benefit of getting an annual eye exam. Through an eye exam, your eye doctor can identify early warning signs and manifestations of many systemic and chronic diseases including:

- Diabetes
- Heart disease
- High blood pressure
- Autoimmune diseases including multiple sclerosis, lupus, Sjögren's syndrome and rheumatoid arthritis
- Lyme disease
- Brain tumor
- Cancers of blood, tissue, or skin

[Click here](#) for more information.



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## **RETIREMENT NEWS**

### **Thinking about Retirement?**

Are you considering retirement? It's never too early to start preparing for retirement. Click on the link above to determine the best available retirement option for you!

[The Retirement Roadmap](#) is a useful tool to prepare for all aspects of retirement. It's a valuable resource for all employees, from new hires to retirees.

### **Risk Management Retirement Team Office Hours:**

<b><u>Individual Appointments</u></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 2:00pm to 4:00pm</b>  <b>Thursdays: 8:30am to 11:30am</b>
<b><u>Walk-in Wednesdays</u></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 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)

Email for FRS Retirement Applications to Risk Management at: [FRSApps@pcsb.org](mailto:FRSApps@pcsb.org)



## **WELLNESS NEWS**

### **Check Your Preventative Exam Points!**

The Limeade program year ends February 20, 2025. New Limeade activities are available now on your Limeade account. However, all preventative exams had to have been completed in 2024. All 2025 preventative exams will count towards the next program year that begins on 3/1/2025.

Participants can earn points for certain preventative exams completed between January 1, 2024, and December 31, 2024. Exams include Annual Physical, Well Woman's Exam, Mammogram, Colonoscopy, Dental Exam, Vision Exam, Skin Cancer Screening, Flu shot and Covid Vaccine. Please check your points! [Directions for how to check your points.](#)

### Missing Points? Report them by February 14, 2025!

If you are missing any points from 2024 exams, you must email [hillca@pcsb.org](mailto:hillca@pcsb.org) or [pcs.oconnellj@pcsb.org](mailto:pcs.oconnellj@pcsb.org) by **2/14/2025** to make sure they process before the end of the year. Please include your exam and date of the exam in the email.

For more information on the Limeade program, please visit [pcsb.org/limeade](https://pcsb.org/limeade).



### New! Resources For Living Well-being Coaching

Do you have goals you aspire to reach? Whether you already have a plan in place or you're just getting started, a RFL Well-being Coach can help you organize your time, map out the road ahead, track your progress, so you can achieve your goals!

You can use **free** and confidential coaching sessions to:

- Develop your personal strengths,
- Invest in healthier habits
- Work toward personal and professional goals
- Build relationship skills, and more!



This new benefit is in addition to your EAP Counseling benefit. This [flyer](#) provides information on how Well-being Coaching works and how easy it is to get started. Simply give Resources for Living a call and ask about working with a Well-being Coach today at **800-848-9392**.

You can also visit [www.resourcesforliving.com](http://www.resourcesforliving.com), Organization Username: **pcsb** Access Code: **eap**

[FAQ Well-being Coaching](#)

### Employee Assistance Program – The Highs and Lows of Life: Coping with Grief, Loneliness, and Finding Meaning

Join us for a [live](#) Webinar on January 15<sup>th</sup> at 1 p.m. ET

Many people have a plan for how their life may go and are surprised at life's turns when they also feel aimlessness, loss, and isolation. It's



common to find yourself grieving your planned life, feeling stressed about how to fill your time and feeling overwhelmed. The good news is that with all transitions in life, there are practical ways to both support yourself through the grieving process and cultivate new meaning and purpose.

Click on this [flyer](#) for more information and to register. If you can't attend on that day, you can access previous recordings at a time that works best for you.

And remember, if you or a family member in your household is having difficulty coping with any life issue, the EAP is available 24/7 at **800-848-9392** to assist you. You can also visit [www.resourcesforliving.com](http://www.resourcesforliving.com),  
Organization Username: **pcsb** Access Code: **eap**

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## **EMPLOYEE DISCOUNT NEWS**

### **Employee Discounts**

Main employee discount page

### **Concerts & Events Discounts**

Concerts and other event discounts through Raymond James Stadium, 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

