



YOUR PCS BENEFIT WEEKLY UPDATE

January 30, 2025

BENEFIT NEWS

Important Notice: 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.



RETIREMENT NEWS

Retirement Planning Workshop

February 12, 2025, from 5:30pm-7:30pm at the Administration Building. We are excited to invite you to an in-person workshop designed to provide essential information about the Florida Retirement System (FRS) Pension Plan and the FRS DROP Program. This workshop is a valuable opportunity for all Pinellas County School employees to learn more about your retirement benefits and how to make the most of them.

Topics include an overview of the Florida Retirement System (FRS) Pension Plan, understanding the FRS DROP Program and Retirement Planning Tips. View the [Retirement Planning Workshop Flyer](#) for complete list of details. [RSVP](#) Today – space is limited!

Risk Management Retirement Team Office Hours:

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

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

Email for FRS Retirement Applications to Risk Management at: FRSApps@pcsb.org

WELLNESS NEWS

National Wear Red Day, Friday February 7th!

Join us as we wear red on Friday, February 7th to help raise awareness to the leading cause of death among Americans, especially women. Devoting a little time every day to care towards yourself can go a long way to protecting the health of your heart.

Try these simple self-care ideas:

- Taking a moment to de-stress
- Giving yourself time to move more
- Preparing healthier meals
- Getting quality sleep

These acts can all benefit your heart. Learn more about heart disease and how to raise awareness and reduce your risk at heart.org.



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 or 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.



Employee Assistance Program – FAQ Regarding New Well-being Coaching Benefit

Resources for Living (RFL) has just launched a new Well-being Coaching benefit, in addition to the EAP Counseling benefit. Coaching is a proactive, solution-based program that works with people in their present situation to improve future outcomes. The goal of coaching is to create personal awareness and accountability by helping individuals learn models for resolving challenges. Members are able to access both benefits simultaneously.



The Well-being coach helps to keep the member accountable.

What can coaching do for a member?

- Develop your personal strengths
- Improve your health
- Create better life balance
- Build character strengths
- Find purpose
- Step out of their comfort zone
- Develop empowering habits
- Manage change
- Increase motivation
- Create Work/life balance

How coaching works

You'll start with a goal-setting session. You and your coach will create specific and attainable goals for you to work toward. Then you'll check in each week by phone. Talk about how things are going, think of ways to overcome any barriers,

and make changes to your plan as needed. This [flyer](#) has some FAQs to further explain the process.

Contact RFL at **800-848-9392** to get started or visit:
www.resourcesforliving.com (Select Company Login/Register
Employer username: pcsb | **Access code:** eap).

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 to assist you.

EMPLOYEE DISCOUNT NEWS

Florida Derby Preseason Tickets

Orlando City SC VS. International Miami CF
Friday, February 14 at Raymond James

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

