

Risk Management & Insurance



Benefit News

Remember to keep Aetna updated on other health insurance you may have.....

You may be covered on your spouse's plan as well as your plan through PCS. Your children may be covered on both parent's health insurance. Or, you and your dependents may not have any other health insurance covering you. The point is that situations change and Aetna needs to have your updated information so that your claims are paid quickly and accurately. Failure to update your information may cause a delay in your claims being paid.

Please update your health insurance information yearly. It's easy to do through the Aetna member website at: <https://www.aetnapcsb.com/>. On the home page of your Aetna member website you will find the first letter of your first name on the top right of the page. Click the letter, then click on Account Settings. When the "my profile" page opens, click on the "Your Other Insurance" icon. Complete the information and click through the process until finished.

You've got Teladoc – Talk to a doctor for \$25

If you have Aetna insurance, set up your account today to talk to a U.S. - licensed physician for non-emergency medical conditions like the flu, sinus infections, bronchitis, and much more. For a \$25 copay, you can talk to a doctor anytime, anywhere by phone or video. For additional information: [Teladoc](#)

Did you make New Year's resolutions or set a new goal? Five Rules to Set Yourself Up for Success.

It takes 21 days to create a new habit and most New Year's resolutions do not make it to day 21. Only 8% of people actually achieve their goals. Are you one of the 8%, if not, [read more](#) to assist you in accomplishing your resolutions or goals.

Wellness News

2020 Aetna Health Promise

Visit pcsb.org/wellness to view the 2020 Aetna Health Promise details.

The Weight is Over

A new weight loss program, The Weight is Over, is open for registration. There will be 3 locations across the county that will host this in-person 8 week program. For registration and details, click [here](#).

Blood Pressure Program through the Y

Together with the YMCA, PCS is offering a Blood Pressure program in spring 2020. Learn how to manage high blood pressure and earn one credit towards the 2020 Aetna Health Promise.

Aetna Get Active Team Step Challenge Starts January 27th

Join the *Steps to be Healthier Together* team step challenge through Virgin Pulse to increase your activity and earn 1 credit towards your 2020 Aetna Health promise. [Details and directions for the Aetna Get Active Step Challenge.](#)

Employee Discounts

[Pinellas County Schools Main Discount Page](#)

- [PerkSpot](#): cell phones, travel discounts, electronics, health & wellness, tickets & entertainment, local offers and so much more. Company code: PCSB
- [Tickets At Work](#): exclusive discounts, special offers and access to preferred seating and tickets to top attractions, theme parks, shows, sporting events, movie tickets, hotels and much more. Company code: PCS
- [Ruth Eckerd Hall events](#)
- [Amalie Arena and Yuengling Center upcoming events](#)
- [TB Lightning games](#)
 - [February 4th](#)
 - [February 6th](#)
- [Barnes and Nobles offers](#)
 - [Educator Discount Card form - Updated](#)
 - [25% Discount Saturday & Sunday January 25-26, 2020 - Educator Appreciation](#)
 - [NEW STEM Curriculum: Story Design](#)