

Benefit News

New Talkspace Chat Therapy – Coming May 24, 2021!



What is Talkspace? Talkspace is an online therapy platform that makes it easy and convenient for you to connect with a licensed behavioral therapist—from anywhere, at any time. With Talkspace, you can send unlimited text, video and audio messages to your dedicated therapist via web browser or the Talkspace mobile app. No commutes, appointments or scheduling hassles.

[What is Talkspace: Talkspace Fast Facts](#)

[About Talkspace](#)

Ways to Access Emotional Well-being Support

Did you know there are multiple services available to access emotional well-being support for PCS employees?

[Attached](#) is a comparison of services available through Resources for Living EAP, Teladoc Behavioral Health, Aetna Behavioral Health Benefits, and EAP's new chat therapy benefit through Talkspace.

Wellness News

Schedule Your Preventative Exams Over Summer!

Summer is the perfect time to schedule your preventative wellness exams. By going to your doctor regularly, you can manage your health to prevent serious conditions from forming or detect conditions early. When detected early, treatments can be more effective and less expensive! Aetna members can use the [Aetna Provider Search](#) to look for in-network physicians. Visit [pcsb.org/benefits](https://www.pcsb.org/benefits) for more information about your medical, dental, and vision benefits.

All employees with the Aetna medical insurance through PCS can earn points for their preventative exams towards their Limeade program. To learn more about Limeade, visit [pcsb.org/limeade](https://www.pcsb.org/limeade).

Summer Mobile Mammography Bus Stops



The AdventHealth Mobile Mammography is coming back to PCS sites over summer to provide 3D mammograms. The mobile mammography bus accepts PCS Aetna medical insurance and other major insurances. For details, schedule, and how to make an appointment, click the links below.

[Mobile Mammography Details and Dates](#)

[Mobile Mammography FAQs](#)

Employee Assistance Program – Upcoming RFL Webinars for June

Resources for Living (RFL) provides webinars on a monthly basis to help employees be less stressed. [Attached](#) is a flyer announcing the four new webinars for June which will cover the following: Tips for Summer Safety (sun, water, heat); Being your Best Self: Self-esteem for Adults; Hobbies: Good medicine for Mind & Body; and Perils of Perfectionism & Procrastination. To register, log in to your PCSB member website at www.resourcesforliving.com, Username: pcsb Password: eap.

Remember, the EAP is available 24/7 at **800-848-9392** to assist you with life coping skills.

Employee Discounts

[Pinellas County Schools Main Discount Page](#)

- [PerkSpot](#): travel discounts, 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
- [Amalie Arena and Yuengling Center Events](#)