

Risk Management & Insurance



Benefit News

HealthCare BlueBook – Look for Quality and Value

As Florida enters its first phase of reopening, surgeries and elective procedures are starting to be scheduled. Healthcare Bluebook can help you find high-quality medical care at the best cost. Plus for some procedures you may earn **cash rewards \$\$** for using a Fair Price Provider/Facility.

By using Healthcare Bluebook, you may save hundreds or even thousands of dollars on care by having your doctor perform tests and services at cost effective facilities. And with a quick search and simple color symbols, you'll see quality rankings for doctors by specialty and procedure (inpatient procedures only). Check out [HealthCare BlueBook](#) before you schedule any procedure or surgery.

Manage Work/Life Balance During CoVid 19.

It's been over six weeks since we started teaching and working remotely. Join us for helpful tips and techniques to Manage Work/Life Balance during CoVid 19.

WHEN: Tuesday, May 12, 2020 Time 8:30 – 9:00

Course: 19789 Section: 102241

WHERE: *Join Zoom Meeting*

<https://us02web.zoom.us/j/89597831745?pwd=ZDY0MFUrTUVxZWJBa1g4R01iR3lQdz09>

Meeting ID: 895 9783 1745 Password: 4pN1sd

WHEN: Tuesday, May 12, 2020 Time 9:00 – 10:00

Course: 19789 Section: 102244

WHERE: *Join Zoom Meeting*

<https://us02web.zoom.us/j/81577669209?pwd=bWZRUKVBclNUbzQ5dm13S1o4Uk45Zz09>

Meeting ID: 815 7766 9209 Password: 4aAqxY

Please go to PLN to register for either course.

Wellness News

May is Mental Health Awareness Month

Each year, May is designated as Mental Health Awareness Month to raise awareness of mental health, fight the stigma, and provide education. "You are not alone" is the National Alliance for Mental Health campaign for 2020. It is important to put your mental health first, now more than ever with COVID-19 impacting our world.

All PCS employees have access to free and confidential counseling through Resources for Living EAP. Members can call 1-800-848-9392 for 24/7 support or visit www.resourcesforliving.com for additional resources.

Username: pcsb

Password: eap