

Risk Management & Insurance



**Weekly Update
September 12, 2019**

Benefit News

When you don't have time to wait, you have Teladoc.

When you're sick, the last thing you want is a long wait in an expensive and germ-filled urgent care center or ER. With [Teladoc](#), you can talk with a licensed doctor 24/7 by phone or video and get back to life.

Receive treatment for many non-emergency illnesses, including:

- Sinus Infection
- Flu
- Cough
- Sore throat
- Rash
- Allergies
- Upset Stomach
- Nausea and more

Retirement News

The ABC's of DROP

To DROP or Not to DROP... that is the question. Risk Management is hosting a DROP Meeting for employees who are deciding if going into DROP is the best retirement option available for them. The Retirement Team will provide a DROP Presentation and Britt Barr from BENCOR will also provide a presentation regarding what BENCOR has to offer DROP participants.

Tuesday, September 24, 2019, 5:30 p.m. - 7:00 p.m. Pinellas Park High

Reserve your space today by emailing the Retirement Team at wynnsa@pcsb.org.

Wellness News

Aetna's Mindfulness Challenge – September 16, 2019

Register today for the second opportunity of the Mindfulness Challenge. This is a 4 week challenge that provides the tools and techniques for mindfulness-based stress reduction. If you participated in the Mindfulness Challenge in April, you do not need to participate in this challenge. If you registered for the April challenge but did not finish the challenge, you can log in and complete it – you do not need to re-register.

To register: Visit [Mindfulness Challenge](#)

Fill out the Personal Information.

Company name is *pcs02*.

If you are a PCS employee, please use your PCS email to assist with incentive tracking.

Agree to the terms and conditions and select continue.

Login using the email and password you created.

Complete the Mindfulness Challenge Survey.

Starting September 16, you will have access to weekly tips, activities, meditations, and more

Employees can earn 1 credit towards the Aetna Health Promise Incentive

On-site Flu Shots: September 25– October 10

This year, about 50 PCS worksites will be offering flu vaccinations. Employees and dependents over the age of 16 who are on the PCS Aetna medical plan can receive a vaccine on-site free of charge. If your worksite is not offering flu shots, keep in mind you can go to your primary physician's office or any major pharmacy counter to receive a flu shot free of charge with your Aetna insurance card. For questions about flu shots, please contact Dawn Handley at handleyd@pcsb.org.

[2019 Flu Shot Schedule](#)

[Flu Shot FAQs](#)

The Y Programs

PCS has partnered with the Y to provide a Blood Pressure and Diabetes Prevention Program. All employees with PCS insurance can earn 1 point towards their Aetna Health Promise Incentive for completing one of the programs.

[Diabetes Prevention Program](#) & [Blood Pressure Program](#)

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](#)
- [Amelia Arena upcoming events](#)
- [Tampa Bay Lightning Preseason and Home Opener- Special Ticket Offer](#)