

Risk Management & Insurance



Weekly Update
September 6, 2019

Benefit News

Aetna Resources for Living--Your New Employee Assistance Program (EAP) provider!

Effective September 1, 2019, Resources For Living® (RFL) is available for you and your family for in-the-moment emotional support, counseling, and resources. With EAP, you, all members living in your household and children up to age 26, regardless of where the children live, are eligible for up to eight sessions per issue. Best of all, the program is confidential and provided at no cost to you.

A letter and an informational flyer was sent to the home of every PCS employee last week. Check your mail!

In addition, a special package of brochures and posters is being sent to all principals this week.

Easy to access Counseling & Services

You and your household members can access free, confidential support 24/7. They are there to listen and help you find solutions. Your services include:

- **Emotional support** — Talk to a counselor about what's on your mind — stress, relationships, mood issues and more. You can meet over the phone, face-to-face or online by video stream.
- **Legal** — Speak with an attorney about basic legal issues like estate planning, tenant disputes, family issues and more.
- **Financial** — Discuss budgeting, credit and more with a financial expert.
- **Daily life assistance** — Let our specialists help you solve everyday issues and coordinate caregiving needs.
- **Website** — Check out articles, quizzes, webinars and more. Your member website is available in English and Spanish.

You can call **1-800-848-9392** anytime: 24 hours a day, seven days a week. When you call, they'll guide you to resources that can address your needs. In addition, you can visit resourcesforliving.com and enter Username **pcsb** and Password **eap**.

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.

Challenge begins: September 16, 2019

To register:

1. Visit [Mindfulness Challenge](#)
2. Fill out the Personal Information.
 - a. Company name is *pcs02*.
 - b. If you are a PCS employee, please use your PCS email to assist with incentive tracking.
3. Agree to the terms and conditions and select continue.
4. Login using the email and password you created.
5. Complete the Mindfulness Challenge Survey.
6. 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

Don't wait to complete your Wellness Screening

Employees with medical insurance through PCS can earn 1 credit towards your [Aetna Health Promise Incentive](#) by completing a wellness screening through Quest. The last day to complete your wellness screening is *11/1/2019*. To learn more about the wellness screening and how to register, please visit pcsb.org/wellness.

Peerfit

Peerfit is an incentive employees can earn for completing a [Wellness Screening](#) through Quest (employees must have medical insurance through PCS). PCS will provide employees 16 Peerfit credits for up to 6 months (ending 12/31/2019). Employees can use these credits to purchase fitness classes or gym memberships at no cost to them. Credits will reset each month. The 6 month period will begin at the time you receive the initial registration email from Jessica O'Connell. Employees will have access to their Peerfit account after the 6 month period and can enter in credit card information to purchase additional credits at a discounted rate. For more information about the Peerfit incentive, please visit pcsb.org/wellness.

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
- Tampa Bay Buccaneers – [September 8th opening game](#)
- [Ruth Eckerd Hall events](#)
- [Amelia Arena upcoming events](#)
- [Tampa Bay Lightning Preseason and Homer Opener- Special Ticket Offer](#)