

RISK MANAGEMENT AND INSURANCE UPDATE



**RISK MANAGEMENT NEWS
& ANNOUNCEMENTS**

December 3, 2021

WELLNESS NEWS

Stay Mindful Through the Holidays

The holidays can be a wonderful time, but also can be overwhelming. Luckily, there are things you can do to stay mindful and well all season long. Savor the season with these [tips from Aetna](#). Don't hesitate to reach out for support. Use [this flyer](#) to compare which behavioral health benefit is right for you!

Limeade | Last Few Weeks to Earn Points for Preventative Exams

The limeade program runs through February 14, 2022. However, all preventative exams must be completed between January 1, 2021 and December 31, 2021. Annual physicals, well woman's exams, mammograms, and colonoscopies will be automatically uploaded within 60 days. However, if you do not see those points within 60 days or by mid-December you will need to report those credits to Limeade support at 888-984-3638 or support@limeade.com. [Check your credits!](#) Dental exams, vision exams, skin cancer screenings, flu shots and COVID-19 vaccines will need to be self-submitted through Limeade. [Directions for how to self-submit exams.](#)

- **Sprint to Level 3**

- All Limeade participants who complete level 3 before 12/31/2021 will be entered into a random drawing for one of 10 \$50 gift cards. The program ends 2/14/22, however, we are encouraging everyone to track and check your points early! For more information about the Sprint to Level 3 challenge and Limeade, visit pcsb.org/limeade.

Wellness District Webinars

Wrap up 2021 with upcoming wellness webinars on a variety of topics including nutrition, stress management/EAP, financial health and more! For full list and recordings from past webinars, visit the PCS Wellness District Campaigns.

12/7 @ 5:30pm – Detox Diets: Let’s Talk about it – [Registration](#)

12/9 @ 5:30pm – Limeade 101: Focus on Preventative Exams - [Registration](#)

Employee Assistance Program – Managing Holiday Stress

Normally, the greatest source of stress during the Holidays is the tremendous pressure and anxiety that we create internally with our own thoughts and feelings. However, this year with Covid continuing to impact the holidays, we may need to adjust our expectations and thus reduce our stress level. [The attached article](#) provides tips and techniques to manage stress during this time of year.

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 much more. Company code: PCS
- [Amalie Arena & Yuengling Center Events](#)
- [T-Mobile is Giving Customers 1 Year of AppleTV+!](#)