**Dental Insurance**

We understand at this time most dentist offices are closed or only treating patients for emergency care only. However, if you are scheduling appointments when they open, here are a few reminders.

**Humana Dental:** you MUST go to an in-network dentist. The plan ID#548085 and member services contact number is 800-979-4760. Member services can answer questions in regards to your coverage and/or you can request an ID card. If you use an out-of-network dentist you will be responsible for the entire bill.

**MetLife Dental:** The MetLife Preferred Dentist Program (PDP) operates like a preferred provider organization (PPO). The plan ID# (PDP) #95682 and member services number is 877-638-3379. You can choose to visit any dentist, although you can reduce your out-of-pocket expenses by visiting a dentist in the MetLife network. An out-of-network provider can charge you a greater amount and you will be responsible for the balance due after MetLife pays their standard negotiated in-network fee. It is often to your financial advantage to use in-network providers.

For more information on either [Dental Plans](#)

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**Wellness News**

**NEW Back & Body Works Program begins the Week of April 27**

This 4 week virtual program will focus on general health of your back and body and how to prevent injury in our day to day life.

- Open to all PCS employees.
- Employees with Aetna medical insurance through PCS can earn 1 credit towards their Aetna Health Promise Incentive by completing the program.
- Weekly Prize Drawings!
- Register by Friday April 24
- Back & Body Works begins week of April 27

[Register here!](#)

**Get Active Challenge – Food Around the Globe Walking Challenge**

The second team challenge of 2020 begins April 27. Participants can join or create a team (max 10 people) to complete and track their steps.

[Directions for how to create or join a team.](#)

Open to all PCS employees. Employees with the Aetna medical insurance coverage through PCS can earn 1 credit (max) for participating in one of the four team step challenges.