

### Benefit News

#### 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](#)

### 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.