

## Benefit News

### **Aetna Medical Plans – Teladoc Waives Copay/Coinsurance until June 4, 2020**

Pinellas County Schools and our health insurance carrier, Aetna, want to help you stay safe and healthy. Effective now through **June 4, 2020**, all **Teladoc visits** will be covered at 100%, with \$0 copay or coinsurance. Aetna members can use telemedicine through [Teladoc](#) as their first line of defense in order to limit potential exposure in physician offices.

In addition to Teladoc visits, all CoVid-19 testing and treatment under the health plan will be covered at 100%.

### **Behavioral Health Feature of Teladoc**

Aetna members have access to virtual mental health benefits through Teladoc Behavioral Health. Employees and eligible dependents (age 18 or older) can schedule appointments with Psychiatrist, Psychologists, and Licensed Therapists by video. See [Teladoc's Behavioral Health](#) for additional details. *Please Note:* Now through June 4, 2020, all TelaDoc visits will be covered at 100%, with \$0 copay or coinsurance.

### **Resources for Living Employee Assistance Program**

Our EAP program is a confidential 24/7 resource for you and family members living in your household to obtain assistance with stress, depression, finances, and other personal concerns. You may contact Resources for Living to make an appointment (telephonic and tele-video appointments are available) 1-800-848-9392. In addition, their [website](#) has many useful resources. Please use login: PCSB, Password: EAP.

Please consider the following Resources:

#### Coping during CoVid-19: Managing your stress webinar

Darlene Rivers, our on-site EAP representative, will be presenting two engaging district-wide webinars next week using Zoom. Join Darlene as she discusses how to reduce stress during these challenging times, tips for working from home, the impact of social distancing and staying safe during the crisis.

To register - [April 28<sup>th</sup>](#)

To register - [April 30<sup>th</sup>](#)

#### Coping with fears

COVID-19 response is bringing a lot of changes to our lives, including stress and anxiety. You might be wondering what you can do to protect yourself and the people you care about. Resources for Living have put together these resources to help you cope during this challenging time. Our employee assistance program provider, Resources for Living, has a recorded webinar with some helpful tips that can help you cope with your fears and a list of helpful resources on [coronavirus](#).

#### Working from home

Many people have always dreamed of working from home. But that dream probably did not include a spouse or children 24/7. You are now an employee working from home, parenting your

children, and home schooling, all while being quarantined. Here are [some tips](#) that can help you manage and enjoy your new work environment.

Working from home with children may feel overwhelming.

This situation is unprecedented, so go easy on yourself. Here are [Things to Do With Your Children](#) to ease the stress and make it more fun while you're home together.

## Wellness News

### **Last Chance to Register for the Back and Body Works Program is TODAY!**

This 4 week virtual program will focus on general health of your back and body and teach you how to prevent injury in our day to day life. Back & Body Works program begins the week of April 27

- 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 end of day TODAY.

[Register here!](#)

### **New Aetna Get Active Step Challenge begins 4/27**

Start stepping while practicing social distancing!

The Food Around the Globe is an 8 week team step challenge that will take you on a virtual food tour around the world.

[Directions for how to join.](#)

Please follow the CDC COVID-19 guidelines while participating in the step challenge