

Benefit News

Aetna Medical Plans

Pinellas County Schools and our health insurance carrier, Aetna, want to help you stay safe and healthy. 100% coverage is available for COVID-19 testing through the Federal Mandate. In addition, Aetna's member costs will be waived for treatment of COVID-19 Diagnosis or Complications of COVID-19 through 9/30/20.

Aetna members can use telemedicine through [Teladoc](#) as their first line of defense in order to limit potential exposure in physician offices.

Aetna members also 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. Aetna's member costs will be waived through 9/30/20. See [Teladoc's Behavioral Health](#) for additional details.

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 (RFL) to set up **Virtual Visits** with a counselor, by calling 1-800-848-9392. In addition, their [website](#) has many useful resources. Please use login - pscb, password - eap.

Resources for Living COVID-19 Resource Center: COVID-19 response is bringing a lot of changes to our lives, including stress and anxiety. RFL continues to put together resources to help you cope during this challenging time. This resource is provided FREE to all Pinellas County Schools employees. Below are few upcoming support live webinars in August:

- **Strategies for staying positive**
 - [Aug 11, 4 PM ET](#)
 - [Aug 13, 4 PM ET](#)
- **Strategies for families: Tips for surviving school when school is at home**
 - [August 18, 4 PM ET](#)
 - [August 20, 4 PM ET](#)
- **Self-care during COVID-19**
 - [August 25, 4 PM EST](#)
 - [August 27, 4 PM EST](#)

Also, there are recorded webinar series that you are able to listen to at your convenience. To list a few:
Staying CALM to cope during COVID-19
Challenges for parents during COVID-19
Finding your resilience during COVID-19

For the entire list in the series, [recorded webinar](#)

Wellness News

[Why a Good Night's Sleep is so Important, Now More Than Ever – COVID 19](#)

Aetna Health Promise

There is still time to earn your 5 or 8 credits for the \$250 or \$350 Aetna Health Promise Incentive. Visit [Wellness](#) for more details. Don't wait to earn this benefit!

You can still meet the point requirement by the end of the year by completing the following:

- Health Risk Assessment
- Biometric Screening
- Annual Physical
- Back and Body Work Virtual program – to be offered again Oct. 5th, 2020
- Flu Shot
- Step Challenge
- Skin Screening
- Dental Exam/Cleaning
- Vision Exam
- Preventative Screenings (Mammo/Well Woman/Colorectal)

Spouse Eligible Activities:

- Health Risk Assessment
- Annual Physical
- Flu Shot
- Skin Screening
- Dental Exam/Cleaning
- Vision Exam
- Preventative Screenings (Mammo/Well Woman/Colorectal)

Begin Today by Completing Your Health Assessment at Home

Employees and dependent spouses with Aetna Medical Insurance through PCS can earn 1 credit towards their Aetna Health Promise Incentive for completing their Online Health Assessment.

[Directions for completing Online Health Assessment.](#)