

Benefit News

Important Coronavirus Update for Aetna Members

Aetna members can use telemedicine through [Teladoc](#) as their first line of defense in order to limit potential exposure in physician offices. Aetna announced they are temporarily offering a zero co-pay for telemedicine medical visits for Aetna members. Please note, Teladoc is experiencing significantly higher volume than normal, which may cause longer wait times. As a result, Teladoc is working to expand their network to be able to assist members, and they have also provided additional information with [Frequently Asked Questions](#) regarding the COVID-19.

Resources for Living (RFL) Employee Assistance Program

COVID-19 is bringing a lot of changes to our lives, including stress and anxiety. RFL has put together these resources to help you cope during this challenging time.

- National resources
- Managing anxiety and stress
- For parents and children
- Spending time at home
- Self-paced online support

[RFL Resources](#)

[Adjust to Remote Work](#)

You've also got access to myStrength™ to learn strategies for coping with heightened stress, keeping your relationships strong, practicing mindfulness and more. After you have signed into the Resource For Living website, simply click on "Services" at the top of the navigational bar > MyStrength on the left side navigational bar to get started. Remember, you can call RFL 24/7 for support with personal issues, including those related to COVID-19 at 1-800-848-9392.

If You Need Assistance while PCS Administration Building is Closed

In response to the Coronavirus (COVID-19) outbreak and in accordance with CDC recommendations for social distancing, the Risk Management department is not available for walk-ins. You may reach any of our staff members by phone or email and we will assist you. Click here for their [phone numbers](#), [emails](#), and [additional information](#).

Aetna Onsite Representatives for the Pinellas County Schools, will not be onsite. However, your Aetna representatives are available by phone, Monday through Friday from 8 a.m. to 4:30 p.m. For their numbers and additional information, [click here](#).

Flexible Spending Accounts (FSA)

The deadline to submit 2019 claims for reimbursement or substantiation is **March 31st 2020**. Balances left over will be forfeited and used to offset the expense of the plan. Visit our [Flexible Spending](#) web page for a claim form, a list of eligible expenses and answers to frequently asked questions. Don't wait until the last day to submit your claims!

Retirement News

The Nuts and Bolts of Retirement scheduled for Thursday, April 2, 2020, 5:30 p.m. to 7:30 p.m. Pinellas Park High will be rescheduled at a later date.