

### Benefit News

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

Effective March 1, 2020, Aetna members have access to Teladoc Behavioral Health. Employees and eligible dependents (age 18 or older) can schedule appointments with Psychiatrist, Psychologists, and Licensed Therapists by video.

The employee cost share for Teladoc Behavioral Health Services is based upon the Aetna Member's plan selection (Aetna Select \$50 specialist copay/Choice POS & CDHP 20% after annual deductible is met). See [Teladoc's Behavioral Health Announcement](#) for additional details.

#### **Coping With Coronavirus Fears**

It can be stressful to read about the coronavirus in the news. You might be wondering what you can do to protect yourself and the people you care about. Our employee assistance provider, Resources for Living, has a recorded webinar with some helpful tips that can help you cope with your fears. In addition, they've put together a list of helpful resources [coronavirus](#).

### Retirement News

#### **The ABC's of DROP**

To DROP or Not to DROP... that is the question. Risk Management is hosting a DROP Meeting for employees who are deciding if going into DROP is the best retirement option available for them. The Retirement Team will provide a DROP Presentation that includes:

- What is DROP and should I enter?
- How the DROP program can benefit me

Britt Barr from BENCOR will also provide a presentation regarding what BENCOR has to offer DROP participants.

**Thursday, March 12, 2020, 5:30 p.m. - 7:00 p.m. Pinellas Park High**

Contact the Retirement Team at 588-6214 or e-mail [risk-retirement@pcsb.org](mailto:risk-retirement@pcsb.org) to reserve your space.

### Wellness News

#### **March is Colorectal Cancer Awareness Month**

Colorectal Cancer is the second leading cause of cancer death in the US. Colorectal screenings save lives. About 1/3 of adults over 50 are not up to date with their screenings. Talk with your doctor about your risk and the different screening options. To learn more about colorectal cancer, how to lower your risk, and more information, please visit the [Centers for Disease Control & Prevention](#).

Employees and dependent spouses with the PCS medical insurance through Aetna can earn 1 credit towards their Aetna Health Promise Incentive for completing an age related colorectal screening. For more information about the Aetna Health Promise, please visit [pcsb.org/wellness](https://pcsb.org/wellness).

## Other Important Links

### **Health Care Blue Book**

Will you be scheduling surgery over spring break or considering it during the summer?

As an Aetna member, you can earn a cash reward for using a Fair Price™ (green) facility for common healthcare surgical procedures. [Click](#) to see the list of rewardable procedures and details about how to earn them!

### **Employee Assistance Program**

The EAP is here to help. Employees can access free counseling sessions in person or virtually, this is available for employees and their household members. Resources For Living® (RFL) EAP is available to you for counseling and provide additional resources to help you manage your daily life. The Resources for Living EAP provides up to 8 free counseling sessions per issue per year for employees and their household members.

Please call **1-800-848-9392** for free and confidential assistance 24 hours a day, 7 days a week.

- Finances
- Depression
- Alcohol/Drug Use
- Conflicts
- Stress
- Parenting
- Any Other Personal Concerns

## Employee Discounts

### [Pinellas County Schools Main Discount Page](#)

- [PerkSpot](#): cell phones, travel discounts, electronics, health & wellness, tickets & entertainment, local offers and so much more. Company code: PCSB
- [Tickets At Work](#): exclusive discounts, special offers and access to preferred seating and tickets to top attractions, theme parks, shows, sporting events, movie tickets, hotels and much more. Company code: PCS
- [Ruth Eckerd Hall events](#)
- [Amalie Arena and Yuengling Center upcoming events](#)
- [Valspar Championship](#) – expires March 13<sup>th</sup>
- [Dell Semi-Annual Sale - Price Valid until 03/19/20](#)
- [LA Fitness March Special - 15 Free Days!](#)
- [Tampa Bay vs Detroit Red Wings](#) – March 14<sup>th</sup>
- [Men's Basketball Tournament - 1<sup>st</sup> & 2<sup>nd</sup> Rounds](#) – March 19<sup>th</sup> and 21<sup>st</sup>