

Risk Management & Insurance



Benefit News

****IMPORTANT** Have you moved in the last year?**

If you have moved recently, please double check your address to make sure your personnel record has been updated. It's important to have your correct address on file for you to receive annual enrollment information, benefit plan ID cards and annual W2 or 1099 information. PCS employees may update their address through the PCS [Employee Self-Service \(ESS\) website](#).

Employee Assistance Plan (EAP)-- Resources for Living (RFL)

Resource for Living (RFL) is available for all employees or family members who may need assistance with real life challenges such as daily life assistance, emotional well-being support, stress management, or anxiety. There is \$0 cost for the employee or family member and depending upon the situation, may receive up to 8 visits.

There are 250+ mental health providers in Pinellas, however, it may take a bit longer in getting appointments due to the increased demand in our community. As an alternative, you may wish to consider virtual visits for those with immediate needs.

Appointment Assistance is available from RFL for members who receive a local provider list and have access/ availability challenges. RFL can assist you by doing the appointment legwork on your behalf. Through this placement process, they will make calls out to providers to find an appointment and timeframe that meets your needs, and then call you back with that provider and appointment information. For additional information, please see the attachment in the email or go to [Resource – Employee Assistance](#).

Teladoc through Aetna Health Plan

PCS health members can also request Behavioral Health services through Teladoc.

- Unlimited Visits with Mental Health Counselors, Psychologists, or Psychiatrists.
- Limited testing and medications administered
- Long term treatment and therapy available often with a diagnosis
- Familiarity with Teladoc from use for medical reasons
- Ability to go online, research providers and then make a choice as to who you would like to see.
- \$0 copay through Dec. 31, 2020
- For additional information, please see the attachment in the email or go to [Resources – PCS Teladoc](#)

To access RFL - EAP Services: 800-848-9392	To Access Teladoc (Aetna Health Plan members) 855-Teladoc (835-2362)
www.Resourcesforliving.com Username: pcsb Password: eap	www.Teladoc.com/Aetna and click "set up account." www.teladoc.com/mobile to download the app and click "Activate account."

Wellness News

Fall Wellness Webinars

Throughout the fall semester, we will be offering weekly wellness webinars on various topics. Learn more about nutrition, back health, stress management, financial health and more! Registration is required and limited. For full list of upcoming webinars, please visit [Wellness District Campaigns](#).

Upcoming Webinars:

- 9/29 *Resiliency: How to Bounce Back* @ 5:00pm – [Register Here](#)
- 10/6 *Financial Checkup 101* @ 5:00pm – [Register Here](#)
- 10/8 *Meditation Minutes: Relaxation Techniques* @ 5:30pm – [Register Here](#)

Need Aetna Health Promise Credits?

You still have time to earn Aetna Health Promise credit to earn the 2020 incentive. For more information about the incentive, please visit pcsb.org/wellness.

Upcoming credits you can earn:

- **Back & Body Works**: 4 week virtual back health and injury prevention program. Program begins October 5. [Register today!](#)
- **Flu shot!** Employees and dependent spouses can earn 1 credit each for receiving a flu shot in 2020. Visit [Flu Shots](#) for more information.
- **Preventative Exams**: Employees and dependent spouses can earn credits for routine preventative exams. For full list, visit pcsb.org/wellness.
- **Team Step Challenge**: Earn a credit for participating in a team step challenge through Virgin Pulse. Next challenge begins November 9. For more information, please visit pcsb.org/wellness.

[How to check your credits.](#)

Employee Discounts

SeaWorld offers free admission to Florida teachers

Certified teachers* can get free admission to SeaWorld through August 2021.

- SeaWorld Orlando announced that active and certified Florida teachers who teach kindergarten through 12th grade can register for a free SeaWorld Florida Teacher Card. Once registered, cardholders get free admission to the park through August 2021.
- In addition, teachers may also bring up to three guests for \$27.99 each. Also, teachers and up to three guests get 50 percent off Quick Queue Unlimited.
- To register, teachers must use the website [ID.me](#) to receive a SeaWorld Florida Teacher Card e-voucher. ([ID.me](#) is a website the parks use to register the military and now teachers for special discounts.) A Department of Education number is required to determine eligibility.

*This offer is ONLY for active & certified teachers, not support staff.

[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