



YOUR PCS BENEFIT WEEKLY UPDATE

September 13, 2024

BENEFIT NEWS

Mark Your Calendars! 2025 Benefits Annual Enrollment is Coming soon!

Dates: October 23, 2024 - November 4, 2024.

During this time, you can enroll, change, or cancel your employee benefits for the upcoming year.

Look for your **Annual Enrollment Postcard** in the mail before October 23rd. It will include a QR code linking to important benefit updates and information for 2025.

Important: If you've moved recently, please update your address in the [PCS Employee Self Service \(ESS\) website](#). Accurate address information is crucial for receiving your Annual Enrollment materials and benefit plan ID cards.

Stay tuned for more details in the coming weeks.



Your Doctor, Anytime, Anywhere. Introducing CVS Primary and Immediate Care Network!

Are you struggling to find a doctor or dealing with long wait times? Don't let your health suffer! Effective September 1st, 2024, your Aetna Health plan now includes **24/7 access to CVS Health Virtual Primary and Immediate Care**. Get the care you need, from anywhere, with:

- **On-demand Primary Care:** Manage [chronic conditions](#) (i.e. Diabetes Management, High Blood Pressure Management, Thyroid Disease Management, etc.), order prescriptions, and more.
- **Mental Health Services:** Talk to a licensed therapist about stress, anxiety, or other mental health concerns.



- **Quick Sick Care:** Find relief for common illnesses like coughs, colds, and the flu.

Meet Your Virtual Care Team:

- **Board-certified Physician:** Leads your care and provides primary care services.
- **Nurse Practitioner:** Offers additional primary care support.
- **Registered Nurse:** Coordinates with specialists and assists with your care.

How Does It Work?:

1. **Choose your Doctor** (They will help you select the right fit!)
2. **Book a Visit Quickly** (Often within 5 days or sooner!).
3. **Get a Welcome Kit** (Includes vitals monitor)
4. **Connect with Your Care Team Online**
5. **Need an in-person specialist?** (Your Care Team will connect you with the right in-person specialist and can help schedule appointments with in-person care for you.)

Virtual Primary Care Hours:

Monday-Friday, 7:00 AM to 7:00 PM

What's Next?:

Visit [CVS.com/virtual-care](https://www.cvs.com/virtual-care) to register and schedule an appointment today!

[FAQs about Virtual Primary Care](#)

[FAQs about Virtual Mental Health Care](#)

Important Note: Effective January 1st, 2025, Aetna will no longer offer Teladoc services.



WELLNESS NEWS

Limeade: Mid-Year Raffle!

Join the 4-Week Mid-Program Wellness Raffle to celebrate the amazing strides you've made in PCS Limeade this year!

Between September 1st and September 30th, random winners will be announced every Friday to win a \$25 Tango gift card.

To enter, register for PCS Limeade. An additional entry can be earned by completing your Well-being Assessment. Winners will be announced every Friday on the Limeade social feed.

Remember to stay motivated! Participating in Limeade isn't just about earning prizes – it's about investing in your health and well-being.

Employees with the PCS Aetna medical insurance have access to Limeade.

Learn more about the program and how to get started by visiting pcsb.org/limeade.



Employee Assistance Program – September is National Suicide Prevention & Awareness Month

Suicide is a leading cause of death in the U.S. Learn about suicide myths and facts and how you can help protect yourself and those around you from suicide risk.

Many people show signs they're struggling before they plan or attempt suicide. Knowing what to look for can help you get support for someone who could be at risk.

[This flyer](#) provides six opportunities to learn more about suicide and how to help:

- **Week 1: Know the facts about suicide**
 - Misconceptions about suicide (Video)
 - Suicide Awareness (Webinar)
 - Help with suicide awareness & prevention (Article)

- **Week 2: Know the risk factors and warning signs**
 - Warning signs of suicide (Video)
 - Suicide risk & prevention factors (Infographic)
 - Suicide: Talk about it (Podcast)



If you or someone you know is having thoughts of suicide, feeling emotional distress, or struggling with substance misuse, know that you can call 988 24-hours a day for help and support.

And remember, the EAP is available 24/7 at **800-848-9392** to assist you with life coping skills. Log onto your PCSB Member website at www.resourcesforliving.com, **Username: pcsb**
Password: eap.



EMPLOYEE DISCOUNTS

2024 Fall Pinellas County School's Spirit Night with The Tampa Bay Rays!

The Tampa Bay Rays are again offering discounted tickets to students, staff, and their families as part of **2024 Fall Pinellas County School's Spirit night with the Rays.**



This year the Pinellas County School's night is Sunday, September 22nd, at 1:40 pm, vs. the Toronto Blue Jays.

Tickets will be offered for \$25 (up to \$70 value) in the following seating categories in the Lower Level while supplies last: Lower Box and Lower Reserved.

[Click on this link](#) to purchase your own tickets today!

Employee Discounts

Main employee discount page

Concerts & Events Discounts

Concerts and other event discounts through Amalie Arena and Yuengling Center

PerkSpot

Travel, theme park tickets, entertainment & local offers

Company Code: PCSB

Tickets at Work

Special offers like discounts on theme park tickets & more!

Company Code: PCS

