



## **YOUR PCS BENEFIT WEEKLY UPDATE**

### **April 10, 2025**

#### **BENEFIT NEWS**

##### **Aetna One Choice – Ongoing Nurse and Coaching Support When You Need It Most**

Your health – both physical and mental – is everything. Whether you're managing a chronic condition, or dealing with complex health challenges, the Aetna nurses can help.



Review this [flyer](#) if you are identified for Care Management.

A nurse will help put together a plan, help you understand your benefits and answer your health-related questions.

Get started and make an appointment today by logging into your [Aetna Member Website](#). Or, if you are on the go, be sure to download [Aetna's Mobile App](#) so you can manage your health wherever and whenever you need to.

Questions, please contact Aetna's Concierge Customer Service at 1-866-253-0599.

For more information, visit [www.pcsb.org/healthinsurance](http://www.pcsb.org/healthinsurance).



## **Brighten Your Smile: Schedule Your Appointment Today!**

Ready for a healthier smile? Schedule today and take the first step toward a brighter, healthier smile!

There are two providers for Dental Insurance for Pinellas County School Employees', the Humana Dental Advantage Plus 2S Plan and the MetLife Preferred Dental Plan:

**Humana Dental:** You MUST only go to an in-network dentist. The plan ID#548085 and the member services phone number is 800-979-4760. Member services can answer questions regarding your coverage and/or you can request an ID card. If you use an out-of-network dentist, you will be responsible for the entire bill.

**MetLife Dental:** The MetLife Preferred Dentist Program (PDP) operates like a preferred provider organization (PPO). The plan ID# (PDP) #95682 and the member services phone number is 877-638-3379. You can choose to visit any dentist, although you can reduce your out-of-pocket expenses by visiting a dentist in the MetLife network. An out-of-network provider can charge you a greater amount and you will be responsible for the balance due after MetLife pays their standard negotiated in-network fee. It is often to your financial advantage to use in-network providers.

Visit the Risk Management and Insurance [Dental Webpage](#) for more information.

## **Find the Best Care in Your Network**

Looking for in-network providers? View this [flyer](#) to easily find medical, dental, and vision care options near you. It's quick and simple – get the coverage you need today!



## **Additional resources on where to go for care:**

[Urgent Care/Convenient Care Clinics](#)

[CVS Health Virtual Care](#)

For more information, visit

[www.pcsb.org/healthinsurance](http://www.pcsb.org/healthinsurance).

## **RETIREMENT NEWS**



### **FRS/DROP Virtual Workshop**

We are excited to invite you to a virtual workshop designed to provide essential information about the Florida Retirement System (FRS) Pension Plan and the FRS DROP Program. This workshop was previously presented in person in February and is back by popular demand virtually!

**Target Audience:** Employees interested in learning more about their retirement benefits. A separate virtual workshop will be offered later for those already enrolled in DROP.

For more information, view the [FRS/DROP Virtual Workshop Flyer](#).

### **Workshop Webinar Details:**

- **Hosted by:** Chris Brown, Financial Wellness Consultant, US Omni & TSACG Compliance Services
- **Date:** Thursday, April 17<sup>th</sup>
- **Time:** 5:30pm – 7:00pm
- [Register Here Today!](#)

## **WELLNESS NEWS**

### **2<sup>nd</sup> Annual Cornhole Tournament!**

Sign up for the [2<sup>nd</sup> Annual PCS Wellness Cornhole Tournament](#). This will be a fun-filled event for the whole family, including free food, activities for kids, and an exciting competition of cornhole!

PCS employees can create a team of two to compete against other employees in a double elimination cornhole tournament. All players must be PCS employees. \$100 prize for each winning player! **Last day to register is Tuesday, April 22<sup>nd</sup>!**



### **Tournament Details:**

- **Date:** Saturday, April 26
- **Location:** PCS Admin Building
- **Time:** 10:00am – 1:00pm
- [Register your team today!](#)



## **District Wide Wellness Webinars**

PCS's district wellness team will be hosting live webinars each month on various topics. Visit the [District Wellness Campaigns](#) for a complete of the upcoming webinars.

Nutrition and EAP webinars will count as 1 component credit in PLN and 25 Limeade points. Participants **MUST** register using the links below - NOT on PLN. The PLN credits will be entered based off the attendance list of the live webinar. Webinars will be virtually hosted through Zoom or Teams. Employees will also receive Limeade points for attending a live webinar.

### **Investing 101 – Financial Education Webinar (virtual):**

- **Hosted by:** Chris Brown, Financial Wellness Consultant, US Omni & TSACG Compliance Services
- **Date:** Thursday, April 10<sup>th</sup>
- **Time:** 5:30pm – 7:00pm
- [Register Today!](#)

### **Wellness for Busy People:**

Emotion well-being and mental health are building blocks of our overall well-being. Learn more about how to maintain or improve your health with monthly webinars from our on-site EAP Coordinator, Darlene Rivers.

- **Hosted by:** Darlene Rivers, EAP
- **Date:** Thursday, April 10<sup>th</sup>
- **Time:** 5:30pm – 6:30pm
- [Register Today!](#)

### **Employee Assistance Program – Help within reach: Explore**

Taking time to explore new things can bring unexpected rewards. April is National Stress Awareness Month.



This [flyer](#) highlights this month's resources that can help you explore ways to manage stress, build meaningful connections and more.

1. Featured Article: Stress Awareness
2. Think Tank Podcast: Building meaningful connections

3. Video: How your mind & body react to stress
4. Video: Finding the positives
5. Blog: Press start to relax

And remember, if you or a family member in your household is having difficulty coping with any life issue, the EAP is available 24/7 to assist you.

Contact RFL at **800-848-9392** to get started or visit [www.resourcesforliving.com](http://www.resourcesforliving.com) (**Select:** Company Login/Register | **Employer:** pcsb | **Access code:** eap).

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## **EMPLOYEE DISCOUNTS**

### **Employee Discounts**

Main employee discount page.

### **Concerts and Events**

Concerts and other event discounts through Amalie Arena & Yuengling Center.

### **PerkSpot**

Travel, theme park tickets, entertainment & local offers.

**Company Code:**  
**PCSB**

### **Tickets at Work**

Special offers like discounts on theme park tickets and much more!

**Company Code:**  
**PCS**

