

Weekly Update
January 11, 2019

Benefit News

Need and ID card for your health plan?

To print an ID card, go to www.aetnapcsb.com and create a user ID and password for the Aetna Member website. You can access and print your ID card there.

- OR Download the Aetna Mobile App to access and store a copy of your ID card on your phone.
- OR Contact Aetna Concierge Customer Service at 866-253-0599 to request an ID card by mail.

Reminder: No Changes to Dental and Vision coverages in 2019

- Dental: The two Dental plans did not change in 2019.
 - Humana Advantage Dental (Only new participants received cards)
 - MetLife Dental (MetLife Dental does not issue cards)
- Vision: The Vision plan did not change in 2019.
 - EyeMed Vision: (Only new participants received cards)

Diabetic Supplies

Check with Aetna to confirm if your diabetic meter and testing supplies are in the same pharmacy tier and copayment. The list of the meters and supplies that are on the Aetna formulary are: Freestyle, One Touch and Precision.

If you currently are utilizing a meter diabetic supplies that are not included on the formulary, you may be charged more at the pharmacy. We recommend you discuss any possible changes with your physician. If you plan to change meters or supplies to one on the preferred formulary, you will need a new script.

Members can go to any medical supply company in Aetna's network to obtain. They can also request via online or through these programs below.

- To request a free FreeStyle or Precision blood glucose monitor by Abbott Diabetes Care, call 1-866-224-8892 and provide Offer Code: 7NEPFFOD. Or visit www.choosefreestyle.com and enter Offer Code: 7NEPFFOD
- To request a free OneTouch blood glucose monitor by LifeScan, Inc., call 1-877-764-5390 and provide Offer Code: 123Aet200. Or visit www.onetouch.orderpoints.com and enter Offer Code: 123AET200

Attached to the email is a listing of DME providers within Clearwater area. The highlighted the ones have confirmed they provide monitors.

Interested in receiving free Diabetic Supplies? The [Diabetic Care Program](#) will continue under Aetna. Employees who commit to taking control of their health may receive free Diabetic Supplies (preferred Tier 1 & 2 only). Click here to learn more about the [Diabetic Care Program](#).

Wellness News

Aetna Health Promise

Pinellas County School employees insured through Aetna now have access to a variety of new wellness programs provided Aetna called the Aetna Health Promise. These programs focus on overall health of the employees in a holistic approach. To learn more about the program and the new Aetna Health Promise incentive, please visit pcsb.org/wellness for details or read the new SmartStart Newsletter!

BeSmart Newsletter – January 2019

YMCA Programs

Blood Pressure Program

Ready to take control of your high blood pressure? Coming to the local YMCA locations in January & February. Participants will work with trained YMCA Healthy Heart Ambassadors for the duration of the four-month program. Just a few check-ins per month can improve your health!

For additional information [BP](#)

Diabetes Prevention Program (DPP)

Lose weight, gain health and reduce your risk for diabetes!

- Take control of your health.... Learn how to eat healthier, increase your physical activity and lose weight
- Receive a FREE YMCA gym membership during the initial 16-week portion of the program.
- Earn 16 PLN component points (component points will be posted after attendance requirements are met)

For more information, [DPP](#)

Other Important Links

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. Call the free and confidential 24 hour Careline at 1-800-327-9757 or visit www.HealthAdvocate.com/PCS

Health Care Blue Book

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 new rewardable procedures and details about how to earn them!

Teladoc (New)

Can't get in to see your primary doctor? Do you have a family member that is home sick? This program will assist you in getting quality care you need with the convenience you want. Speak to a licensed doctor by web, phone or mobile app in minutes.

How does it work? [Teladoc's](#) U.S. board-certified doctors can diagnose, treat, and even prescribe medicine, if needed, for a wide range of medical needs, including the flu, allergies, rash, upset stomach and much more.

Employee Discounts

- [Pinellas County 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 Discount Newsletter](#)
- Tampa Bay Lightning - [Individual ticket Sales](#)
- Daytona International Speedway – [2019 Race Season](#)
- PCSO Youth Ranch Thrift Store – [Discount Day for Staff](#)