


## Weekly Update February 1, 2019

### Benefit News

#### Are You a Diabetic?

If you currently are using diabetic meter supplies that are not included on the formulary, you may be charged more at the pharmacy. For more information - [Diabetic Supplies and CARE Program](#)

#### When You Need a Doctor, Make a Smart Choice!

 Teladoc®: \$25 Co-pay	 Family Doctor	 Urgent Care	 ER
<ul style="list-style-type: none"> <li>• Available 24/7/365, anywhere<sup>1</sup></li> <li>• Talk to a doctor in minutes</li> <li>• Visit by phone or video</li> <li>• Get a prescription<sup>2</sup></li> <li>• Never costs more than an office visit</li> <li>• Cannot treat severe medical conditions</li> </ul>	<ul style="list-style-type: none"> <li>• May not be available for days</li> <li>• Long-term relationship</li> <li>• Periodic checkups</li> <li>• Treats more severe issues</li> <li>• You must leave home or work and may sit in a waiting room with other sick people</li> </ul>	<ul style="list-style-type: none"> <li>• Availability varies</li> <li>• Treats minor illness or injury issues</li> <li>• Higher cost of care</li> <li>• Potentially long wait times</li> <li>• You must leave home or work and may sit in a waiting room with other sick people</li> </ul>	<ul style="list-style-type: none"> <li>• Available 24/7/365</li> <li>• Provides life-or-limb-saving care for emergency issues</li> <li>• Highest cost of care</li> <li>• Long wait times</li> <li>• You must leave home or work and may sit in a waiting room with other sick people</li> </ul>

<sup>1</sup> Not available outside of the U.S.

<sup>2</sup> If medically necessary

Where to Go for Care: [Urgent Care/Convenient Care](#)

### Wellness News

#### February is National Heart Health Month

February is designated as National Heart Health Month to help raise awareness of heart disease in Americans. Nearly 1 in every 4 deaths is contributed to heart disease. It is important to know your numbers and know your risk. [Take the Risk Test.](#)

#### YMCA Programs

##### Blood Pressure Program

Ready to take control of your high blood pressure? Coming to the local YMCA locations in 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](#)

### **Aetna Health Promise**

Learn more about the Aetna Health Promise and the new incentive by visiting [pcsb.org/wellness](https://pcsb.org/wellness).

## **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
- [Daytona International Speedway – 2019 Race Season](#)
- [Ruth Eckerd Hall](#)
- [Disney on Ice](#)
- [Barnes and Noble](#)