

## Weekly Update March 22, 2019

### Benefit News

#### **FLEXIBLE SPENDING ACCOUNTS**

The deadline to submit 2018 claims for reimbursement or substantiation is **March 31<sup>st</sup> 2019**. Balances left over will be forfeited and used to offset the expense of the plan. Visit our [Flexible Spending](#) for a claim form, a list of eligible expenses and answers to frequently asked questions. Don't wait until the last day to submit your claims!

For additional information, contact [Humana FSA Administration at 800-604-6228](#).

#### **Your Aetna On-Site Team**

If you need assistance with Aetna coverage and benefits, explanation of benefits, review claims and billing, spending account questions, the Diabetic CARE program, Aetna In Touch Care, 24/7 Informed Health Line, Teladoc, Aetna Maternity, Aetna Health Promise programs: GetActive, Peerfit, Mindfulness Challenge and Small Bytes reach out to Janet Lang, Gina Deorsey or Jessica O'Connell. See the attached flyer or click [Aetna team](#) for additional information. Their office hours are: Monday – Friday, 8:00 AM - 4:30 PM

### Retirement News

#### **Navigating Medicare**

This program is [sponsored and presented by Humana Medicare](#)

What you need to know when considering your Medicare options Understanding when to enroll in Medicare benefits can be challenging. Make plans to attend this educational seminar so that you can learn more about Medicare and your options. [Click](#) for additional information.

### Wellness News

#### **Register for the Mindfulness Challenge today!**

Earn 1 credit towards the Aetna Health Promise Incentive by joining the Mindfulness Challenge. The Mindfulness Challenge is a 4 week digital challenge to help manage stress, reduce burn out and be more mindful throughout your life. This program will provide weekly resources including mindfulness practices, practical work tips, curated articles and more.

#### **Register today! Challenge begins April 1, 2019.**

1. Visit [Mindfulness Challenge](#)
2. Fill out the Personal Information.
3. If you are a PCS employee, please use your PCS email to assist with incentive tracking.
4. Agree to the terms and conditions and select continue.
5. Login using the email and password you created.
6. Complete the Mindfulness Challenge Survey.
7. Starting April 1, you will have access to weekly tips, activities, meditations, and more

Employees can earn 1 credit towards the Aetna Health Promise Incentive.

## **FREE at home EZ Detect colon test kit**

March is National Colorectal Cancer Awareness Month. Colorectal cancer is the 2nd leading cause of cancer related deaths in the United States. Although, colorectal cancer is a very deadly cancer, it can be successfully treated when detected early via screenings. There are often no signs or symptoms of colon cancer, which is why it is so important to get screened regularly.

If you would like to receive an EZ-Detect Colon test kit, please email Leslie Viens at [viensl@pcsb.org](mailto:viensl@pcsb.org) with your name, worksite, pony route and the number of kits you would like. You will receive the kit(s) via pony within a week of your request. Detailed instructions will be included as well as information about risk factors, symptoms and prevention of colon cancer. This kit does not replace a doctor recommended colonoscopy or count towards the wellness credit for the Colorectal Screening.

NOTE: If you have already requested a kit from reading the SMART START newsletter, please do not duplicate your request.

## **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 [Health Advocate](#)

### **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 rewardable procedures and details about how to earn them!

### **Teladoc**

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
- [Camp Gladiator](#) – buy two weeks of workouts, get two free for \$29