

Weekly Update
May 9, 2019

Benefit News

HealthCare BlueBook Shop Smart Challenge

Shop for the best deal on consumer products, then see how saving on your medical care can be just as easy when you use Healthcare Bluebook! To take the challenge click - [Shop Smart Challenge](#)

With Healthcare Bluebook, you could save hundreds – potentially thousands – of dollars on care with a simple search. Discover dramatic price differences on medical care and how much you can save using Healthcare Bluebook.

Participate between 5/9/2019 - 5/24/2019 for a chance to receive a \$25 Amazon gift card! We will draw five names each week. For more information go to [HCBB](#)

When you need a doctor, make a Smart Choice

Need a doctor? Think of Teladoc® first by going to: [Smart Choice](#)

Benefit news you can use!

Did you know all three Aetna medical plans offer?

- Preventive care covered 100%
 - Annual physical
 - Well woman care
 - Well baby visits
 - Flu shot
 - Skin cancer screening
 - Mammogram
 - Colonoscopy
- No referrals required

Retirement News



LAST WORKSHOP THIS SCHOOL YEAR
FOR RETIREMENT PAPERWORK PROCESSING
(For anyone retiring May through August 2019)

If you are retiring during the summer, this meeting is the perfect opportunity to submit retirement forms, elect retirement insurance and provide you with important information regarding the subsidy, taxes and direct deposit.

- A BENCOR Representative will provide information regarding terminal pay and information about the options that BENCOR has available.
- Risk Management provides a one on one appointment with a Retirement Specialist to accept retirement forms.
- The Retirement Team will email each DROP Termination and Service Retirement participant an insurance packet to bring to the meeting.

This event is not for the purpose of gathering information regarding retirement.

Notaries will be available if needed.. Contact the Retirement Team at 588-6214 or e-mail wynnsa@pcsb.org to reserve your appointment. **An appointment time is highly recommended.**

Retirement Paperwork
May 16th
Pinellas Park High School
5:00 Entering DROP
6:00 DROP Termination
7:00 Service Retirement

Wellness News

Mindfulness Challenge: Post Survey

If you participated in the mindfulness challenge in April, please be sure you completed the post-challenge survey. Visit [Mindfulness Challenge](#) to log in and complete the post-challenge survey.

Registration for next step challenge is open!

The second team challenge of the year is quickly approaching! Registration is now open for the US National Parks 6 week team challenge and it's not too late to join.

All employees can participate in the team challenge, regardless of insurance coverage.

Employees with medical insurance coverage through PCS can earn 1 credit towards their Aetna Health Promise incentive by participating in the challenge – must track your steps for 3 out of the 6 weeks. For more information, please visit pcsb.org/wellness.

Register today!

1. Visit [Virgin Pulse Aetna Get Active](#) or download the Virgin Pulse App on your smart phone.
2. Begin to enter 'Pinellas County Schools' into the search bar and select Pinellas County Schools.
3. Complete the information to sign up. You must enter in your PCS email using the domain @pcsb.org.
4. Follow the instructions to complete your account.
5. Employees will be able to invite friends and family once your account is created.
6. Once logged in, click on the Challenge tab at the top of the page and choose US National Parks. Join or create a team and get stepping!

If you are having issues with registration or syncing a device, please call 833-525-5786.

Other Important Links

May is Mental Health Awareness Month

It's normal to feel stressed or anxious—or even depressed—now and then. But it's time to call for help if emotional problems interfere with your life, job or personal relationships or there are changes in your eating, sleeping or moods.

EAP is here to help. A Licensed Professional Counselor can help you explore underlying issues, learn coping skills, and direct you to more help, if needed. It's totally confidential. In a crisis, we're here 24/7.

[Click](#) or call: 844-240-6863 for more information

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
- [Amelia Arena upcoming concerts](#)