

Weekly Update  
January 18, 2019

## Benefit News

### Need an ID card for your health plan?

To print an ID card, go to [www.aetnapcsb.com](http://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. For additional information visit [Diabetes CARE Program](#)

## Retirement News

### The ABC's of DROP

#### What is the Deferred Retirement Option Program ([DROP](#))?

To DROP or Not to DROP... that is the question. Risk Management is hosting a DROP Meeting for employees who are deciding if going into DROP is the best retirement option available for them. The Retirement Team will provide a DROP Presentation and Britt Barr from BENCOR will also provide a presentation regarding what BENCOR has to offer DROP participants.

Thursday, February 7, 2019  
5:30 p.m. -7:00 p.m.  
Pinellas Park High

Reserve your space today by emailing the Retirement Team at [wynnsa@pcsb.org](mailto:wynnsa@pcsb.org).

## **FRS Retirement Workshop - A Seminar Designed for FRS Employees Approaching Retirement**

### TOPICS

- FRS PENSION
- ANALYSIS & OPTIONS
- DROP
- 403(b) OR 457
- SOCIAL SECURITY OPTIONS

727-578-2828  
EXT. 117

Call to register one (1) day prior to event, for additional information, click [here](#)

## Wellness News

### **Aetna Health Promise**

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

### **Aetna Get Active team challenge: Step It Up to a Better You!**

Challenge Begins: January 28, 2019 Registration is open- join or create a team today!

To register on Aetna Get Active follow these steps:

1. Visit <http://join.virginpulse.com/AetnaGetActive>
2. Begin by entering Pinellas County Schools' into the search bar and select Pinellas County Schools.
3. Enter your information to sign up. You must use your PCS email using the domain [@pcsb.org](mailto:@pcsb.org).
4. Follow the instructions to complete your account.
5. You will be able to invite friends and family once your account is created.

Aetna Get Active is available to ALL PCS employees, regardless of insurance coverage.

### **Participate for a chance to win gift cards!**

Members of the top 3 teams will win gift cards.

PCS Wellness will also be rewarding randomly selected participants throughout the challenge to receive gift cards.

- \* Participants must be PCS employees to win.

Employees who are insured through PCS medical and who complete a challenge will receive 1 credit towards their Aetna Health Promise Incentive. Employees can only earn 1 credit per year through Aetna Get Active.

To learn more about the Aetna Health Promise and the Aetna Health Promise Incentive, please visit [pcsb.org/wellness](http://pcsb.org/wellness).

### **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](http://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

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
- Daytona International Speedway – [2019 Race Season](#)
- [Ruth Eckerd Hall](#)