

Weekly Update
January 25, 2019

Benefit News

Employee Rights & Responsibilities

You are able to access notices on your rights and responsibilities as an employee. The following information is available on the Risk Management website under [Your Rights & Responsibilities](#).

This link provides information on the following: HIPPA (Health Insurance Portability & Accountability Act); COBRA (Consolidated Omnibus Budget Reconciliation Act); FMLA (Family Medical Leave Act); PCS Notice of Privacy; and PCS Special Enrollment.

Teladoc replaces Doctor on Demand:

When you enroll in an Aetna medical plan for 2019, you and your covered dependents have access to Teladoc. They provide access 24 hours, 7 days a week to a U.S. board-certified doctor by phone, video, or mobile app.

A Teladoc doctor is just a call or click away.

- Online go to www.Teladoc.com/Aetna and click "set up account."
- Mobile app Download the app and click "Activate account."
- Visit www.teladoc.com/mobile to download the app.
- Call 855-Teladoc (835-2362)

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.

Wellness News

“New Year... New You - 10 Financial Resolutions You Can Actually Keep”

Get your New Year off to a good start by concentrating on 10 financial resolutions that you can actually keep! We discuss: how health and finances go together, how to create an action plan, and how to [implement a monthly budget and other resources](#).

Aetna Health Promise

Learn more about the Aetna Health Promise and the new incentive by visiting pcsb.org/wellness.

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

Challenge Begins: Monday, 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.
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.

If you are having trouble registering or adding a partner on Aetna Get Active please call 833-525-5786 or email aetnagetactive@virginpulse.com.

Employees who are insured through PCS medical and who complete a challenge will receive 1 credit towards their Aetna Health Promise Incentive.

To learn more about the Aetna Health Promise and the Aetna Health Promise Incentive, please visit pcsb.org/wellness.

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!

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](#)