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!

<table>
<thead>
<tr>
<th>Teladoc® $25 Co-pay</th>
<th>Family Doctor</th>
<th>Urgent Care</th>
<th>ER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Available 24/7/365, anywhere¹</td>
<td>May not be available for days</td>
<td>Availability varies</td>
<td>Available 24/7/365</td>
</tr>
<tr>
<td>Talk to a doctor in minutes</td>
<td>Long-term relationship</td>
<td>Treats minor illness or injury issues</td>
<td>Provides life-or-limb-saving care for emergency issues</td>
</tr>
<tr>
<td>Visit by phone or video</td>
<td>Periodic checkups</td>
<td>Higher cost of care</td>
<td>Highest cost of care</td>
</tr>
<tr>
<td>Get a prescription²</td>
<td>Treats more severe issues</td>
<td>Potentially long wait times</td>
<td>Long wait times</td>
</tr>
<tr>
<td>Never costs more than an office visit</td>
<td>You must leave home or work and may sit in a waiting room with other sick people</td>
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¹ Not available outside of the U.S.
² 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.

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**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**