

**Weekly Update
February 14, 2019**

Amore

Do something HEALTHY today and show yourself, your sweetheart or your family how much you love and care about staying connected – body, mind and spirit.

1. Take a long walk before dinner.
2. Eat a light dinner instead of a big meal. (*You'll have more energy!*)
3. Skip the chocolates and dessert and opt for a big helping Florida's fresh fruit.

Don't have a special sweetie to share Valentine's Day with? ***YOU are the most special person of ALL!***

Show yourself lots of love today – eat healthy, get in a heart-pumping, sweat-inducing, muscle moving workout and pick something fun to do tonight that you LOVE and enjoy!

**Show and Share the Love!
Have a Healthy, Heart-Centered, Happy Valentine's Day!**

Benefit News

Teladoc Member ID card

If you are enrolled in an Aetna medical plan for 2019, you and your covered dependents have access to Teladoc. You will be receiving a Teladoc welcome letter and ID card in the mail this week that provides you with the information to use this benefit when you or your family member needs care and the doctor is not available.

They provide access 24 hours, 7 days a week to a U.S. board-certified doctor by phone, video, or mobile app for only a \$25 copayment.

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

Thinking about Retiring...

The Risk Management Retirement Team is providing a valuable retirement information event.

Pinellas Park High School--Tuesday, February 19th, 5:30 pm to 7:30 pm

Representatives from Risk Management, BENCOR and Humana Medicare are providing information about the following topics:

- DROP Termination
- Service/Early Retirement
- Retirement Insurance
- BENCOR – sick and vacation payout
- Humana Medicare

NOTE: This event is for those retiring as a regular/early retiree or someone exiting DROP. This event is not for employees who are interested in entering DROP, as there is a separate meeting for that.

Contact the Retirement Team to reserve your seat at 588-6214 or wynnsa@pcsb.org

Wellness News

Earn \$

Earn \$50 or \$100 for completing the Simple Steps Health Assessment and online wellness Journey

Employees and their spouse insured through PCS can earn \$50 each for a total of \$100.

Steps:

1. Login to www.aetna.com and complete the Health Assessment.
2. Members will receive recommendations based on their unique health risk provided in their assessment. Members can then select a Direction and Journey that best meets their healthcare needs and interests.
3. Once the Journey is completed, Aetna will send the member an email with directions on how to obtain their \$50. Please allow up to 45 days to receive the email.

The \$50 or \$100 is in addition to the Aetna Health Promise Incentive. Learn more at pcsb.org/wellness.

Aetna Get Active

About 5 more weeks of the step challenge left! Keep up the walking.

All PCS employees will be eligible to win a gift card during our biweekly drawings.

Employees must be tracking steps to be entered into the drawing.

Experiencing issues with Aetna Get Active? Call 833-525-5786.

Wellness Points: One (1) wellness point will be given for those who actively participate in at least four (4) of the eight (8) week challenge.

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](#)
- [Youfit Health Clubs](#)