

Weekly Update March 29, 2019

Benefit News

FLEXIBLE SPENDING ACCOUNTS

The deadline to submit 2018 claims for reimbursement or substantiation is **March 31, 2019**. Balances left over will be forfeited and used to offset the expense of the plan.

- Visit [Flexible Spending](#) for a claim form, a list of eligible expenses and answers to frequently asked questions.
- For additional information, contact [Humana FSA Administration at 800-604-6228](#).

2018 Humana Personal Care Account (PCA)

If you were enrolled in Humana's CDHP plan in 2018, the deadline to submit 2018 claims for reimbursement for your personal care allowance (PCA) is **March 31, 2019**.

- If you enrolled in the CDHP plan for 2019, any remaining funds will roll over to the Aetna Health Reimbursement Account (HRA), administered by PayFlex. We anticipate this to happen in mid-May after Humana has verified and balanced all accounts.
- Visit [Humana Spending Account](#) for a claim form. For additional information, contact [Humana PCA Administration at 800-604-6228](#).

Retirement News

Understanding your Retirement Benefits Under the Florida Retirement System Pension Plan

Risk Management is hosting a Retirement Presentation with Diane Spearin from the Ernst and Young FRS Guidance program as the sole speaker. This is an invaluable seminar for an FRS Pension Plan member who is within five years of service retirement or entering DROP. The topics that will be discussed are:

- What is the Deferred Retirement Option Plan (D.R.O.P.)
- Investment Plan vs. Pension Plan
- A thorough explanation of benefits under the Pension Plan
- Explanation of the four Benefit Payment Options
- FRS Online

Planning for a secure retirement is important and staying informed of recent changes as well as possible future changes is important for all employees; regardless of age or years of service.

April 24th
Pinellas Park High
5:30 – 7:30 p.m.

Representatives from the Risk Management Retirement Team and BENCOR will be there to assist you. Please RSVP: wynnsa@pcsb.org. Spouses and guests are welcome to attend.

Save the Date for the Retirement Appreciation Brunch!



The Risk Management Department is hosting the Retirement Appreciation Brunch for employees who are retiring during the 2018-19 school year or submitting their retirement paperwork to Risk Management with a Retirement date prior to August 5th, 2019. (This does not include employees *entering* DROP.)

All retirees will be invited to attend the Annual Retirement Appreciation brunch on May 11th, at 10:00 a.m. at the Holiday Inn on Clearwater Beach. Invitations will be sent to the employee/retirees' home address by U.S. mail. For additional information contact the Retirement Team at 588-6214.

Wellness News

Register for the Mindfulness Challenge today!

Earn 1 credit towards the Aetna Health Promise Incentive by joining the Mindfulness Challenge. The Mindfulness Challenge is a 4 week digital challenge to help manage stress, reduce burn out and be more mindful throughout your life. This program will provide weekly resources including mindfulness practices, practical work tips, curated articles and more.

Updated Mindfulness Registration Info: Challenge begins April 1, 2019.

1. Visit [Mindfulness Challenge](#)
2. Fill out the Personal Information.
 - Company name is *pinellascountyschools*.
 - If you are a PCS employee, please use your PCS email to assist with incentive tracking.
3. Agree to the terms and conditions and select continue.
4. Login using the email and password you created.
5. Complete the Mindfulness Challenge Survey.
6. Starting April 1, you will have access to weekly tips, activities, meditations, and more

Employees can earn 1 credit towards the Aetna Health Promise Incentive

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 [Health Advocate](#)

Health Care Blue Book

Are you going to have an upcoming surgery? 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 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
- [Beall's](#) Pinellas County Schools promotion (March 31st and April 1st only)
- [Barnes and Noble April's educators discounts](#)