

Weekly Update
April 19, 2019

Benefit News

Benefit News You Can Use

Did you know...?

All three Aetna plans have NATIONAL NETWORKS! Find an in-network provider outside the State of Florida. No primary care physician (PCP) required! No referrals required for specialists!

Retirement News



The nuts and bolts of planning for retirement...

Don't miss the final Retirement Presentation hosted by the Risk Management Retirement Team for the 2018/19 school year. Diane Spearin from the Ernst and Young FRS Guidance program will present on behalf of The Florida Retirement System. This is a valuable presentation for a FRS member who is within five years of service retirement or entering DROP.

The topics discussed are:

- What is the Deferred Retirement Option Plan (D.R.O.P.)
- Investment Plan vs. Pension Plan
- Explanation of the four Benefit Payment Options

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

For more information, go to aiq.com/RetirementServices

Wellness News

The Busy Person's Guide to Healthy Weeknight Suppers

Preparing a healthy meal can be difficult on those busy weeknights. [This guide](#) is a great source to keep your meals on track on those hectic days!

With the right tricks and tools, you can have a slimming, delicious dinner on the table in the same amount of time it takes to go through a drive-through.

Focus on your health over Summer!

Summer is a great time to put your health first, get your preventative exams, and earn credits towards your \$200 or \$300 Aetna Health Promise incentive. Visit pcsb.org/wellness for details of the new Aetna Health Promise.

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
- [Amelia Arena upcoming concerts](#)