

Weekly Update  
May 3, 2019

## Benefit News



### **Have you experienced a life event that qualifies you to modify your current benefit elections?**

Life changes. People get married, have babies, get divorced or change jobs and may need to change their benefit elections during the year. According to IRS regulations, you cannot change your benefit elections during the year unless you experience a qualified change in status, or life event. Changes must be made within 31 days of a qualified life event.

Visit our web page for more information: <https://www.pcsb.org/Lifeevents>

### **Special Enrollment Coming – MetLaw Group Legal Services**

There will be a special mid-year election available for the MetLaw Group Legal Services Plan, who offers expert legal help when you need it. Pinellas County Schools is pleased to offer you MetLaw, with unlimited<sup>1</sup> access to top-quality network attorneys **for less than \$1 a day**. The per pay deductions will be \$11.85 and you'll have legal assistance that might cost others hundreds, even thousands of dollars — ready whenever you are.

Enroll in MetLaw during **May 6<sup>th</sup> to May 24<sup>th</sup>, 2019** for an **effective of July 1, 2019**. (Note that deductions will not begin until August 30<sup>th</sup> for instructional/ administrative/ professional/ technical/ supervisory staff and September 6<sup>th</sup> for support staff.)

To enroll or find more information about the plan visit [metlife.com/mybenefits](http://metlife.com/mybenefits) or call **1-800-GET-MET-8**.

## Wellness News

### **Registration for next step challenge is open!**

The second team challenge of the year is quickly approaching! Registration is now open for the US National Parks 6 week team challenge. The challenge will begin on May 6, 2019.

All employees can participate in the team challenge, regardless of insurance coverage.

Employees with medical insurance coverage through PCS can earn 1 credit towards their Aetna Health Promise incentive by participating in the challenge – must track your steps for 3 out of the 6 weeks. For more information, please visit [pcsb.org/wellness](http://pcsb.org/wellness).

### **Register today!**

1. Visit <http://join.virginpulse.com/AetnaGetActive> or download the Virgin Pulse App on your smart phone.

2. Begin to enter 'Pinellas County Schools' into the search bar and select Pinellas County Schools.
3. Complete the information to sign up. You must enter in your PCS email using the domain @pcsb.org.
4. Follow the instructions to complete your account.
5. Employees will be able to invite friends and family once your account is created.
6. Once logged in, click on the Challenge tab at the top of the page and choose US National Parks. Join or create a team and get stepping!

If you are having issues with registration or syncing a device, please call 833-525-5786.

### **What to Know About Hepatitis A?**

Tampa Bay, especially Pinellas County, has seen an increase in hepatitis A infections in the recent months. Hepatitis A is a communicable disease of the liver caused by the hepatitis A virus. It is usually transmitted person to person through the fecal-oral route or consumption of contaminated food or water. Hepatitis A is not a chronic disease and symptoms typically last anywhere from 2 to 6 months, depending on severity. Symptoms include; fever, fatigue, loss of appetite, nausea, vomiting, abdominal pain, dark urine, diarrhea, clay colored stools, joint pain and jaundice (yellowing of skin and eyes).

### **How to Prevent Hepatitis A?**

Hepatitis A can be prevented by a vaccine and personal hygiene. The hepatitis A vaccine is covered at 100% through the PCS medical insurance through Aetna. If you do not have the PCS medical insurance, talk to your insurance provider to ask about coverage information. Talk to your doctor before receiving the vaccine to see if the vaccine is right for you. The hepatitis A vaccine is safe and effective – no serious side effects have been reported. Soreness at the injection site is the most common side effect reported. Talk to your doctor if you have any severe allergies before receiving the vaccine.

### **Wash Your Hands!**

Washing your hands is one of the most important things you can do to prevent or stop the spread of many diseases and germs, including the Hepatitis A virus. Wash your hands before, during and after preparing food; before eating food; before and after caring for someone who is sick with vomiting or diarrhea; before and after treating a cut or wound; after changing diapers; after blowing your nose, coughing or sneezing; after handling pet food or waste; after touching garbage; and finally, after using the toilet.

As a reminder, to effectively wash your hands wet your hands with clean running water (warm or cold), apply soap and lather your hands by rubbing them together. Scrub your hands for 20 seconds (sing the 'Happy Birthday' song twice). Rinse your hands well under clean, running water. Finally, dry your hands using a clean towel or air dry them. Avoid touching public bathroom door knobs. Hand sanitizer should only be used if you do not have access to soap and water or in addition to- sanitizers do not get rid of all types of germs.

To learn more about Hepatitis A, please visit [CDC information](#)

## **Other Important Links**

### **May is Mental Health Awareness Month**

It's normal to feel stressed or anxious—or even depressed—now and then. But it's time to call for help if emotional problems interfere with your life, job or personal relationships or there are changes in your eating, sleeping or moods.

EAP is here to help. A Licensed Professional Counselor can help you explore underlying issues, learn coping skills, and direct you to more help, if needed. It's totally confidential. In a crisis, we're here 24/7.

[Click](#) or call: 844-240-6863 for more information

## 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](#)