

RISK MANAGEMENT AND INSURANCE



RISK MANAGEMENT NEWS & ANNOUNCEMENTS

August 6, 2021

BENEFIT NEWS

Aetna's Suicide Prevention Strategy

Suicide is a large and growing public health problem. We're tackling this critical health issue by executing a comprehensive strategy to reduce suicide attempts 20% among Aetna members by the year 2025.

[Aetna's suicide prevention strategy](#) focuses on the member-focused initiatives and provider-focused skill-based trainings available.

Mental Health Awareness Guide for Parents and Caregivers

Adolescence is an exciting time. But it can be challenging too. We know that teenage mental health and suicide are very real problems. So what can you do to support your child?

[This guidebook](#) will provide you with tools to help you support your child's mental health.

Learn About High Blood Pressure

Blood pressure is a measure of how hard the blood pushes against the walls of your arteries as it moves through your body. Your blood pressure naturally goes up and down throughout the day. But if your blood pressure stays up, you have high blood pressure, or hypertension. When blood pressure is high, it causes damage to your blood vessel walls which can increase your risk for heart disease, stroke, and kidney problems.

Having high blood pressure is serious, but there are many ways to manage blood pressure. Our topics cover lifestyle changes that can lower blood pressure, such as eating better, being active, and losing weight. For more information, refer to this link on Aetna's website: <https://www.healthwise.net/aetna/HighBloodPressure>

Employee Assistance Program – Upcoming RFL Webinars for August

Resources for Living (RFL) provides webinars on a monthly basis to help employees be less stressed. Attached is a flyer announcing the four new webinars for August which will cover the following:

- Communicating with Teens; End of Life Conversations; Self-esteem for Adults; and Making Stress your Friend.

To register, log in to your PCSB member website at www.resourcesforliving.com,

Username: pcsb Password: eap.

Remember, the EAP is available 24/7 at **800-848-9392** to assist you with life coping skills.

WELLNESS NEWS

Limeade: Earn Your Preventative Screening Points

Employees with the Aetna medical insurance through PCS can earn points for participating in Limeade activities and completing their preventative screenings throughout 2021. All skin cancer screening, dental exam, vision exam, flu shot and COVID-19 vaccine points must be self-submitted through Limeade to earn 100 points each. All annual physicals, well women's exams, mammograms, and colonoscopies will be awarded automatically through claims. Please allow 60 days for these points to process. If you are missing points after 60 days, contact Limeade Support at **888-984-3638** or support@limeade.com.

[Directions for how to submit exams.](#)

For more details about the Limeade program, visit pcsb.org/limeade.

EMPLOYEE DISCOUNTS

[Pinellas County Schools Main Discount Page](#)

- [PerkSpot](#): travel discounts, 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
- [Amalie Arena and Yuengling Center Events](#)