



MCPS
MARION COUNTY PUBLIC SCHOOLS
"Helping Every Student Succeed"

WELLNESS

101

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Self-Care Starts Here!

An annual wellness check with your primary care provider (PCP) is one of the most important steps you can take towards good health. And, it can cost you as little as \$0!*

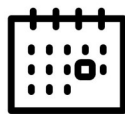
Don't have a PCP? Florida Blue makes it easy!
Follow these 3 steps to schedule a wellness check today.



STEP 1: Visit floridablue.com and log in to your member account.



STEP 2: Go to *Find Care Near Me* and search by your location or doctor.



STEP 3: Schedule your annual well check.

*If you ask your physician about a specific health concern that is not part of your annual wellness check, it may change the type of visit and your out-of-pocket costs. See page 2 for a comparison between an annual wellness check and an office visit.



Understand the Difference

Well Check vs. Office Visit

Annual Wellness Check

The purpose of an **annual wellness check** is to review your overall health, identify risk factors, and find out how to stay healthy.

At your appointment, your physician will:

- Check your weight, height, temperature, blood pressure, pulse, and listen to your heart.
- Examine your ears, eyes, throat, skin, and abdomen.
- Provide immunizations, cancer screenings, and blood tests.
- If your physician requests lab work related to your wellness check *before* your visit, it should be covered at \$0 cost share.

Office Visit

The purpose of an **office visit** is to discuss or get treated for a specific health concern or condition.

At your appointment, your physician may:

- Do lab work or X-rays
- Recommend additional tests related to a specific health concern, condition, or injury.
- If your physician orders additional tests or a follow-up visit at your annual wellness check, this would be considered an office visit, and you may have to pay a copay or towards your deductible.

If you want to know about costs, ask for an estimate of fees before you visit. You can also call the number on the back of your Florida Blue member ID card to find out what your plan covers.

Recommended Screenings

General Wellness Guidelines - 2022

During your annual wellness check, discuss these recommendations with your healthcare provider.

Abdominal Aortic Aneurysm (AAA) Check	One time for ages 65 to 75 for those who have ever smoked or have a family history of AAA.
Bone Mineral Density Screening	Women beginning at age 65; and in younger women with an increased risk.
Cholesterol Screening	Men - Age 35+; Age 20-35 at risk Women - Age 45+; Age 20-45 at risk
Colorectal Cancer Screening*	Age 45-75; Colonoscopy, or Fecal Occult blood test, or Sigmoidoscopy
Mammogram	Women** should have a baseline mammogram age 35-40. Thereafter, every two years age 40-50; every year age 50+. At any age if recommended by a physician based on risk factors.
Pap Test/Pelvic Exam	Women age 21-29 – every 3 years. Women age 30-65 – every 3 years or every 5 years when combined with HPV testing.
Prostate Cancer Screening	Consult with your physician based on risk factors and family history.
Skin Cancer Screening	Consult with your physician based on risk factors and family history.

For a full list of recommended screenings and vaccinations, [please click here.](#)

*Beginning May 31, 2022, if Florida Blue members have a positive colon cancer screening, follow-up colonoscopies will be covered at \$0 cost share.

**Men who are at risk or have a family history should consult with their physician.



BlueForMe

Care Management Phone App

Connecting with your Care Team just got easier!

The Florida Blue Care Team works hand-in-hand with your physician to ensure you are receiving the quality care you deserve. And now, the BlueForMe app provides extra support!

Your Florida Blue plan includes these services at no extra cost*:



Dedicated nurses and other clinical professionals focused on helping you reach your health goals



Access to community resources that help with transportation, food, finances, and more



Health support at your fingertips through the secure and convenient BlueForMe app with your smartphone. Features include:

- Secure, two-way, HIPAA-Compliant messaging
- A daily checklist of tasks to complete
- Reminders to keep track of medications and appointments

**To find out if Care Management is right for you,
call 844-730-2583 to speak to a representative.**

Once enrolled, download the BlueForMe app by visiting your app store.

*FREE to employees covered under the Florida Blue health insurance provided by Marion County Public Schools.

Preventive Care Update - Colonoscopy

Effective May 1st, Florida Blue lowered the recommended screening age for Colorectal Cancer screening to age 45*.

Colorectal Cancer Screening

- Age 45* - 75
- Colonoscopy or Fecal Occult blood test or Sigmoidoscopy
- Beginning May 31st, if Florida Blue members have a positive colon cancer screening, follow-up colonoscopies will also be covered at \$0 member cost.

Teladoc™ Update



Teladoc™ provides 24/7/365 access to acute care by utilizing board-certified physicians through telemedicine.

The Public Health Emergency (PHE) has been extended for an additional 90 days (through 7/15/2022). **Employees and dependents, who are covered on the MCPS-sponsored Florida Blue Health Plan, can now access Teladoc™ at no cost.**

[For more information or to register, click here.](#)

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Calling All Fitness Instructors!



The MCPS Employee Wellness Program is looking for group fitness instructors to join our team next fall!

Potential candidates must:

- Maintain a current certification
 - Group Fitness
 - Personal Training
 - Zumba
- Hold a CPR certification
- Be able to teach between 4 & 6 pm.

Email laurel_lingle@ajg.com for additional information.

Cancer Insurance - Wellness Benefit

Are you enrolled in the MCPS cancer insurance?

If so, don't forget about the benefit associated with completing an annual wellness check!

By simply participating in one of many preventive screenings, employees covered under the cancer insurance are able to submit a claim form to receive the wellness benefit.

Low Plan = \$75 per year

High Plan = \$100 per year

[Click here to view a full list of preventive screening options and to access the claim form.](#)



SCREENING OPTIONS

Biopsy for Skin Cancer
Blood test for Triglycerides
Colonoscopy
EKG
Lipid Panel
Mammogram
Pap Smear
PSA

Financial Fitness

*Using the Florida Retirement System to
plan for the future!*

Whether you are retiring tomorrow, or just starting your career in education, the Florida Retirement System (FRS) has free resources available to keep your future financially fit.

For more information:

**New Hires -
www.MyFRS.com**

**Investment Plan -
www.MyFRS.com**

**Pension Plan -
www.FRS.FL.GOV**

(866) 446-9377

Online Account

Set up your online account to name beneficiaries, run estimates, and check balances.

Pension - www.FRS.FL.GOV

Investment - www.MYFRS.com



FRS Calculators

- Retirement savings
- Mortgage
- Loan
- Debt management
- Investments and more!



My FRS Financial Guidance Line/Live Chat

Access to experts who can provide unbiased financial advice and retirement planning guidance.



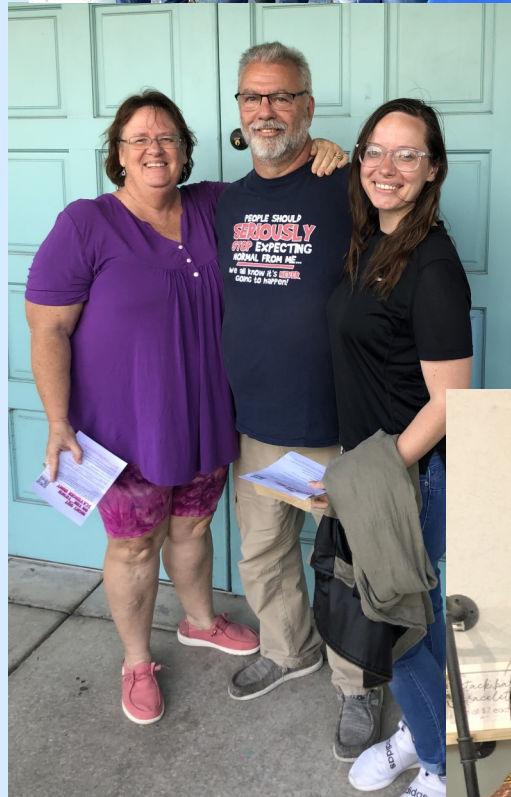
Financial Planning Webinars

Webinars are available live or pre-recorded. These workshops will help you understand the nuts and bolts of retirement planning.





NIGHT OUT ON THE



DOWN TOWN

