

The Wellness Bulletin

Your Health and Wellness Lifeline



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MCPS
MARION COUNTY PUBLIC SCHOOLS
"Helping Every Student Succeed"



Employee
Wellness[®]

HEALTH INSURANCE BENEFIT ENHANCEMENTS

YOU SPOKE -
WE LISTENED!



ARE YOUR DUCKS IN A ROW?

Open Enrollment

October 9th - November 3rd

Starting January 1, 2024



\$75 Specialist Copay
*Plan #1, Plan #3 and Plan #4



Plan #1 - Decreased Deductibles
Single \$2,000
Family \$4,000



Plan #1 - Now Covers Brand Medication
*Brand Medications now include Tier 2
*Excluding self-administered specialty medications



Family Coverage payroll deductions
decreasing by \$100 per pay period*
*Not applicable with spouse also employed family rates

Important Things to Know!



FRS Pension Plan Changes

Time Period:

- The maximum time for eligible members to participate in DROP has been expanded from **5 years to 8 years**.
- This includes those currently participating in DROP.

Election Window:

- The restricted 12-month election window was removed.
- **There are no longer restrictions on when you can begin participating in DROP.**
- You may enter DROP any time after becoming fully vested and reaching your normal retirement date.

Interest Rate:

- **The annual interest rate has tripled from 1.3% to 4%**, compounded monthly, for your accrued monthly DROP benefit.

Employee Assistance Program (EAP) Financial Webinar

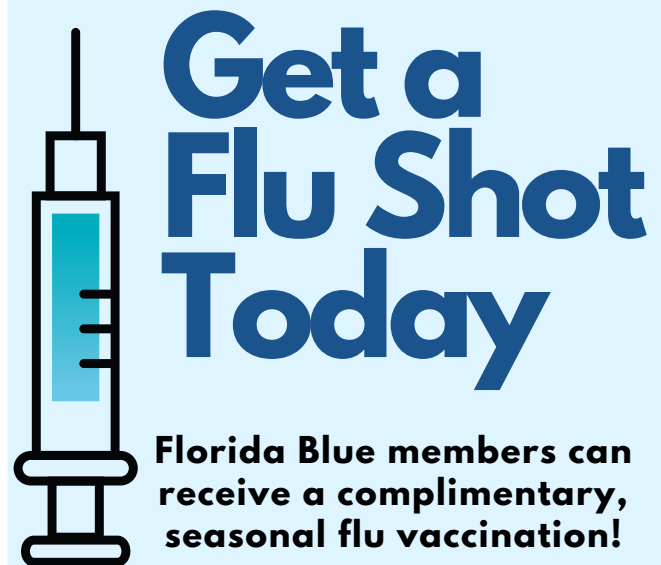
September 19, 2023
12:00 PM*

Discover new options for federal student loan borrowers!

Join this live event to help you find the best repayment strategy for your budget, lifestyle and career goals. Get answers to pre-submitted questions and ask your own in real time.

Scan QR code below to register.

*If you are unable to attend the live webinar, a recording will be sent out after to all who registered.



Get a Flu Shot Today

Florida Blue members can receive a complimentary, seasonal flu vaccination!

To receive your free flu shot:

1. Visit an in-network, retail pharmacy
2. Provide your Florida Blue ID Card at the time of service

Additional Programs

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

[Register with Teladoc at teladoc.com](http://teladoc.com)



Managing a health condition can be tough, but you don't have to do it alone. You have a dedicated nurse available to you at no extra cost.

[Click here for more information about care management](#)

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Through Delta Dental, if you or a covered family member has been diagnosed with a chronic medical condition like diabetes, cancer or rheumatoid arthritis, you may qualify for additional cleanings.

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