



January 2023 Edition

DIRECTOR'S CORNER



HAPPY NEW YEAR!

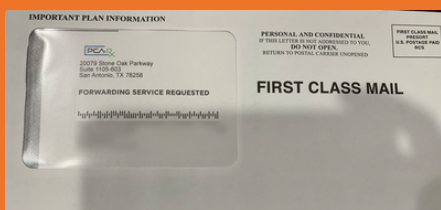
We began a new medical plan year on 01.01.2023. We encourage staff to review their January check stubs for payroll deduction verification. This new year, practice a positive attitude and smile 😊 its contagious!

DEDUCTIBLE REMINDER

A deductible is the amount you pay for covered health care services before your insurance plan starts to pay. Participants of the ECISD Medical plan have until December 31st to meet their deductible and is reset back to \$0 every January 1st.

Deductible Amounts	OPT I - \$1300 Individual / \$2600 Family
	OPT III - \$1900 individual / \$3800 Family

NEW PRESCRIPTION CARDS



New ID cards and ID numbers were issued in response to a Federal Regulation requirement. Cards were delivered over the winter break, all employees participating in ECISD's medical plan should have received one. Please check your mail, should you need to request a replacement card or you have not received the card please contact PCA-RX by calling 1.855.283.7882 or 1.844.722.7948; you may also email info@pcarx.com

It is important that the new card be presented to the pharmacy for processing.

PCA Rx Call Center and Client Services

- +1 855 283 7882 main
- +1 844 722 7948 ext. 712 direct
- info@pcarx.com
- PCA Rx Website
- Patient Portal
- Prior Authorization Form



PREPARING FOR RETIREMENT: FINANCIAL READINESS

We're excited to welcome First Financial Group of America to host another round of presentations on Preparing for Retirement: Financial Readiness

RETIREMENT PLAN



*DETAILED SCHEDULE TO FOLLOW

TIPS FOR SETTING REALISTIC RESOLUTIONS

Set your goals around the process, not the outcome.



It's better to build your goals around a process, like exercising four times a day or eating an additional serving of vegetables each day

Choose a fitness activity you'll actually want to do



You'll likely stick with a fitness routine if you look forward to doing it. It may take some trial and error but keep an open mind and you'll find a fitness activity that you look forward to and enjoy

Don't be afraid to experiment or ask for help



There are countless options available to discover a fitness activity you will enjoy. Keep an open mind, don't beat yourself up if you don't enjoy something.

Match your resolutions to your personal confidence levels



Don't set a highly aggressive goal that you don't feel extremely confident that you can maintain. You can open yourself up to getting hurt or sick. You can always build on your progress.

Think about what you're adding to your diet, rather than what you're taking away



Focus on healthy things that you're going to add like fruits, vegetables, lean proteins, healthy fats, and whole grains; you'll find that the less healthy choices fall away on their own

Form 1095 Update

Our team is currently verifying data on 1095's for 2022; to be distributed no later than March 2023. Contact our office should you have any questions or concerns

