

As most of you are aware, the PCSB Blue Cross/Blue Shield (BCBS) insurance plan has changed. Please plan to attend an informational meeting to learn about the new plans and how to select the best option for you and your family. For more information about the plans, you may go online to [www.polk-fl.net](http://www.polk-fl.net) (keyword: Insurance) or call Risk Management at 519-3858.

The new 3160/3161 HRA Plan features an option referred to as a Health Reimbursement Arrangement (**HRA**) which helps you pay a portion of your covered medical expenses. Employees who complete a Personal Health Assessment (**PHA**) and a health screening will be eligible to receive an additional \$500 **HRA** contribution provided by the District.

The good news is that you may have already met part or all of the requirements for the \$500 **HRA** incentive if you participated in a Wellness health screening since January 1, 2009. If you completed a Wellness screening, but **did not** complete the health risk assessment or **PHA**, please go to [www.polk-fl.net/staff/employeeinfo/riskmanagement/documents/OnlineHRAInstructions.pdf](http://www.polk-fl.net/staff/employeeinfo/riskmanagement/documents/OnlineHRAInstructions.pdf) to do so. Before you get started, locate your 2009 screening results and enter the following values from the screening: blood pressure, total cholesterol, HDL cholesterol, LDL cholesterol, triglycerides, and glucose (blood sugar). Upon completion of the PHA, BCBS will verify that you have completed the required screenings and documentation to receive the additional \$500 **HRA** contribution. The details of your personal health assessment will not be available to the District.

Please contact Risk Management at 519-3858 with any questions or concerns.