

# BCSD EMPLOYEE NEWSLETTER

— BUILDING CONNECTIONS IN BRADFORD- AUGUST 2023 —

## DATES TO REMEMBER!

Aug 3-District Back to School Meeting 8:30a.m. -10:00a.m.

Aug 4- ESE Back to School Meeting

Aug 10- Students Return

## 2023-24 SCHOOL CALENDAR



23-24 Bradford School Calendar.pdf

[Download](#)

99.1 KB

**PAYROLL CALENDAR**

**PAYCHECK FAQ (CLICK TAB)**

Understanding my paycheck



YOUR Money YOUR Choice

**For ALL Employees**

## **FRS RETIREMENT WORKSHOP**

**WHEN**

**THURSDAY, AUG. 31ST, 4-5:30PM**

**WHERE**

**501 WEST WASHINGTON STREET  
STARKE, FL**

**MORE INFORMATION**

Using FRS to Plan for Your Retirement

### **REGISTER USING THE LINKS BELOW**

In Person Registration--[FRS.Workshops@ey.com](mailto:FRS.Workshops@ey.com)


Zoom Online Registration-

[https://ey.zoom.us/webinar/register/WN\\_EguKTaAeRQiHzLj\\_RL6n1w](https://ey.zoom.us/webinar/register/WN_EguKTaAeRQiHzLj_RL6n1w)


### **FLORIDA RETIREMENT FINANCIAL GUIDANCE**

Call the toll-free MyFRS Financial Guidance Line at 1-866-446-9377, Option 2 (TRS 711), Monday through Friday from 8 am - 6 pm EST.

**BCSD HEALTH & WELLNESS**



Date	Site/Schools & Employee Numbers	Time	Location Hosts Schools
Friday, Aug 4	Bradford High School (57), Rainbow (13), District Office (30)	8:30am - 4:30 pm	Bradford High School Room 408
Monday, Aug 7 <b>Medicare &amp; Individual agent here today!</b>	Bradford Middle School (58), Transportation/ Maintenance (40)	8:30 am - 4:30 pm	Bradford Middle School Room - Media Center
Tuesday, Aug 8	Bradford Elementary (78) & Lawley Elementary (36)	8:30 am - 4:30 pm	Bradford Elementary School Room -Teacher's Lounge & Lawley Elementary Room - Front Office Conference Room
Wednesday, Aug 9 <b>Medicare &amp; Individual agent here today!</b>	Starke Elementary (70) & North Florida Technical College (29) (Approx.)	8:30 am - 4:30 pm	Starke Elementary - Teacher's Lounge in Cafe & North Florida Technical College Room - Admin Bldg.
Thursday, Aug 10	Makeups Only	9:00 am - 3:00 pm	District Office - Room 504



Please visit our benefits consultants during the above days and times to answer your questions and help complete your enrollment. **ALL FT Employees MUST Complete the enrollment this year!**

You can choose to complete your enrollment on your own by visiting: [benefits.plansource.com](https://benefits.plansource.com)  
Username: Skyward Username  
Password: DOB (YYYYMMDD format)

**NEW this year!** If you have dependents enrolled we must verify their eligibility. **Documentation is REQUIRED!**

The Plansource system opens 8am August 4<sup>th</sup> and closes 5pm August 16<sup>th</sup>

## 23-24 EMPLOYEE BENEFITS GUIDE

Insurance and Health Saving Account Benefits Guide

 [benefits.plansource.com](https://benefits.plansource.com)

**PLANSOURCE LOG ON INSTRUCTIONS FOR INSURANCE INFORMATION**

Username- Is Your Skyward User Name  
Password- Birthdate in YYYYMMDD format

## A helping hand when you need it.

Rely on the support, guidance and resources of your Employee Assistance Program.



There are times in life when you might need a little help coping or figuring out what to do. Take advantage of the Employee Assistance Program,<sup>1</sup> which includes WorkLife Services and is available to you and your family in connection with your group insurance from Standard Insurance Company (The Standard). It's confidential — information will be released only with your permission or as required by law.

### Connection to Resources, Support and Guidance

You, your dependents (including children to age 26)<sup>2</sup> and all household members can contact the program's master's-level counselors 24/7. Reach out through the mobile EAP app or by phone, online, live chat, and email. You can get referrals to support groups, a network counselor, community resources or your health plan. If necessary, you'll be connected to emergency services.

Your program includes up to three counseling sessions per issue. Sessions can be done in person, on the phone, by video or text.

### EAP services can help with:

-  Depression, grief, loss and emotional well-being
-  Family, marital and other relationship issues
-  Life improvement and goal-setting
-  Addictions such as alcohol and drug abuse
-  Stress or anxiety with work or family
-  Financial and legal concerns
-  Identity theft and fraud resolution
-  Online will preparation and other legal documents



### Contact EAP

888.293.6948  
(TTY Services: 711)  
24 hours a day,  
seven days a week

[healthadvocate.com/standard3](http://healthadvocate.com/standard3)

NOTE: It's a violation of your company's contract to share this information with individuals who are not eligible for this service.

With EAP, personal assistance is immediate, confidential and available when you need it.

### WorkLife Services

WorkLife Services are included with the Employee Assistance Program. Get help with referrals for important needs like education, adoption, daily living and care for your pet, child or elderly loved one.

### Online Resources

Visit [healthadvocate.com/standard3](http://healthadvocate.com/standard3) to explore a wealth of information online, including videos, guides, articles, webinars, resources, self-assessments and calculators.

# You Don't Have to Leave Home to See the Doctor

Virtual Visits Deliver Care Anytime, Anywhere



Sometimes it's not easy to get to the doctor's office when a health issue pops up. Try a virtual visit, and see the doctor anytime, from anywhere.

Virtual visits let you speak securely by online video with your family doctor, specialist or mental health therapist. Your cost share is as little as \$0!

Many Florida Blue doctors and therapists now offer virtual visits. If yours doesn't or if they aren't available, you can schedule a virtual visit using Teladoc, the nation's largest virtual health care company. Just sign up on the Teladoc website or app and speak with a U.S. board-certified doctor within minutes. Or schedule an appointment with one of Teladoc's licensed behavioral health therapists. Your cost share is still as little as \$0!

## Medical

Primary Care	Specialists		
Try a virtual visit with a primary care doctor when you have a non-emergency illness like:	Consider a virtual visit for follow-up care from your:		
Flu	Cardiologist	Endocrinologist	
Rashes	Sore throat	Dermatologist	Neurologist
Sinus infections	Other minor issues	Gastroenterologist	Or other specialists

### It's easy

- Call your in-network doctor and ask if they offer virtual visits. They already know you and have access to your medical records.
- If your primary care doctor doesn't offer virtual visits or if you need care after hours, Teladoc offers primary care 24/7. Teladoc also offers specialist care for dermatology and mental health.
  - Register by downloading the Teladoc mobile app, visit [Teladoc.com](http://Teladoc.com) or call 800-TELADOC (835-2362).
  - Fill out your medical history.
  - Request a visit. State the reason for your visit and your preferred time.
  - Enter the virtual waiting room for your appointment.

During a virtual visit, you can be diagnosed, treated and prescribed medication. If you use Teladoc, details of your visit can be shared with your family doctor at your request.



## Mental Health Care

Use a virtual visit with a mental health doctor or therapist to help you find peace of mind when you're experiencing:

- Anxiety
- Depression
- Substance abuse
- Grief
- Family issues
- Eating disorders

### It's easy

- ☑ Call your Florida Blue network mental health doctor or therapist and ask if they offer virtual visits. If they do, you can schedule an appointment right away!
- ☑ If your doctor doesn't offer virtual visits or if you need care after hours, Teladoc offers mental health visits from 9 a.m. - 9 p.m.
  - Register by downloading the Teladoc mobile app, visit [Teladoc.com](https://www.teladoc.com) or call 800-TELADOC (835-2362).
  - Fill out your medical history.
  - Select your therapist from a list of providers. Fill out an emotional health questionnaire and choose your preferred dates and times.
  - A Teladoc therapist will schedule an appointment and confirm it with you.

### Your Cost Share as Low as \$0

In-network	
Family doctor Mental health doctor or therapist	As low as <b>\$0<sup>1</sup></b>
Specialist	Same cost share as an office visit
Teladoc	
General medicine doctor Mental health therapist	As low as <b>\$0<sup>1</sup></b>
Dermatology	Same cost-share as a specialist visit

<sup>1</sup>\$0 cost share does not apply to Health Savings Account (HSA) plans. Please refer to your health policy for specific benefits for virtual visits. Florida Blue and Florida Blue HMO are Independent Licensees of the Blue Cross and Blue Shield Association. BLUE CROSS<sup>®</sup>, BLUE SHIELD<sup>®</sup> and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield plans. Teladoc doesn't offer a crisis hotline. Appointments must be scheduled. Teladoc is an independent company contacted by Florida Blue to provide physician visits via phone or online video to members with non-emergent medical issues. Teladoc is only available in the U.S. Teladoc<sup>®</sup> is a trademark of Teladoc, Inc. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773). ATANAYON: Si w pale Kreyòl ayisyen, ou ka resevwa yon ed gratis nan lang pa w. Rele 1-800-352-2583 (pou moun ki pa tande byen: 1-800-955-8770). 104125 1021R

## BLUE CROSS BLUE SHIELD LOG-ON

BCBSFL Log-on for ID Cards, Physician Look-up, Medication

## SIGN UP FOR BCBSFL REWARDS

Earn \$\$ towards a prepaid card for health expenses

## PERSONNEL ITEMS OF INTEREST

## ID BADGES BY APPOINTMENT ONLY

Do you need a new ID badge? Changing schools? Changing positions? Call or email HR. (904) 966-6031 or [hr@mybradford.us](mailto:hr@mybradford.us)

## GRAMMARLY-SUPPORTS YOUR WRITING AND SPELLING SKILLS!



**Grammarly: Grammar Checker a...**

[chrome.google.com](https://chrome.google.com)

Improve your writing with Grammarly's communication assistance-including spell check, grammar check, punctuation check, and more.

### HOW TO APPLY FOR POSITIONS ON SKYWARD FAST TRACK

Interested in a new position? Here's how to apply!

### PARA TO PRO- BECOME A TEACHER!

NO COLLEGE, SOME COLLEGE, OR A BACHELOR'S DEGREE ALREADY?? We need you!

### ATTENTION –NEW CERTIFICATION RENEWAL REQUIREMENTS

### TEACHER CERTIFICATION

Links to video instructions for renewals, subject add-ons, upgrade from temporary to professional.

# CERTIFICATION RENEWAL INSTRUCTIONS

5-Year Professional Certification Renewal Instructions

## HOW MANY INSERVICE POINTS DO I NEED TO RENEW?

EVERYONE needs 20 points in the area of SWD (teaching students with disabilities). Certain certifications need 40 points in reading instruction. [Click here for more information.](#)

## DO I NEED TO BE READING ENDORSED?

WHO needs to be Reading Endorsed or to be Reading Certified? • Any teacher who will be providing Tier 3 interventions in Reading K-12 • Any teacher who will be teaching reading to third grade retained students including Summer Reading Camps.

## READING ENDORSEMENT/CERTIFICATION REQUIREMENTS

[Check here to see if you need reading certification.](#)

## 40 HOUR READING REQUIREMENT FOR RENEWAL

For renewal certain certificate coverages need courses that address use of explicit, systematic, and sequential approaches to reading instruction, developing phonemic awareness, and implementing multisensory intervention strategies.

## FREE ONLINE PD-READING, ESE, MTSS, AND MUCH MORE!

Free professional development. Online and self-paced. Includes 40 hours of reading and 20 hours of ESE/SWD.



## MYNEFEC

NEFEC is here to serve you. Check out Events including Reading Competency Courses, ESOL and much more!

## PRE-K SPECIALISTS & PRE-K PARAPROFESSIONALS PD

Scroll to these courses! Developmentally Appropriate Practices in Inclusive Pre-K Settings. Child Outcomes Summary Process. Increasing Outcomes for All Pre-K Children.

# HUMAN RESOURCES- HOURS OF OPERATION

*HR Hours: 8:00 a.m. to 4:00 p.m.*

*Monday-Friday*

*Please call to make an appointment for badges.*

*Please make an appointment for detailed retirement or benefits questions.*



## BRADFORD COUNTY SCHOOL DISTRICT

- Non-discrimination Policy

<https://www.bradfordschools.org/domain/315>

📍 501 West Washington Street, ...

✉️ [hr@mybradford.us](mailto:hr@mybradford.us)

☎️ (904) 966-6031

🌐 [bradfordschools.org](http://bradfordschools.org)