



limeade

March 1, 2025—February 17, 2026

Get Started Today!

Limeade is available to all employees, retirees and dependent spouses with PCS medical insurance coverage.

To get started download the Limeade ONE iOS or Android app. Search for *Pinellas County Schools* when it asks for the employer to access your program today. Scan this QR code with your phone camera to download the app now. You can also visit pcsb.limeade.com to access the platform on the web.



Follow the directions below to complete your registration today!

Employees (Including 2 Board Spouses)

1. Click on “Continue with PCSB Employee Sign On.”
2. Enter your PCSB single sign on (SSO) credentials. These are the same login credentials used to access PCS Intranet and Employee Self-Service. For assistance with your SSO credentials, please contact the PCS Help Desk at 727-588-6060.

Retirees & Spouses

1. Click on **Sign Up** next to Don't have an account?
2. Enter your last name & date of birth.
3. Use the below chart to determine your Unique ID
4. Click on “Find account.” if no account can be found, contact 727-588-6031.
5. Enter your email address & create your password.

NEW Security Verification Step

After entering credential, you will be prompted to *Secure Your Account*.

1. Follow the directions to enter in a phone number and select if you'd like to receive a security code through text message or voice call. Hit continue.
2. You will then receive a code. Enter the provided code into the space provided and hit continue.
3. Limeade will then provide a recovery code. Follow the directions to copy the code and store in a safe place. Once copied, check that you have safely recorded this code and hit continue.

[Click here to view additional directions, if needed.](#)

Employees Including 2 Board Spouses	Spouses	Retirees	Retiree's Spouse
The employee's ID will be their PCS Username or the first part of the email <i>without</i> @pcsb.org. Example: Jane Doe – DoeJ	Unique ID is their spouse's Unique ID + "S" + date of birth [UserID+S+DOB(MMDDYY)]. Example: Jane Doe is the employee and her Unique ID is DoeJ Her husband is Frank, and his birthday is 1/1/1970. Therefore, Franks Unique ID is DoeJS010170	Your Unique ID is your PCS R Dot account. For example: Jane Smith's is R.SmithJ If you do not know what your R Dot account is, please call PCS Wellness at 727-588-6031.	Dependent spouses of a retiree will need to know their spouses' R Dot Account Information because a Retiree's spouse's Unique ID will be spouse's Unique ID + S + Date of Birth (MM/DD/YY) . For example: Jane Smith's Unique ID is R.SmithJ Her husband is Frank and his birthday is 1/1/1970. Therefore, Frank's Unique ID is R.SmithJS010170

PCS Wellness Team

Caleigh Hill 727-588-6031 or hillca@pcsb.org
 Brandon McIntosh 727-588-6151 or mcintoshbra@pcsb.org
 Jessica O'Connell 727-588-6134 or pcs.oconnellj@pcsb.org

Limeade Support

888-984-3638

limeade ONE

Incentives

LEVEL	POINTS	Employee Reward	Spouse & Retiree Reward Including 2 Board Spouse
1	1,000 *	\$20 TANGO gift card	\$20 TANGO gift card
2	2,000	\$50 TANGO gift card	\$20 TANGO gift card
3	3,000	\$300 Annual Wellness Incentive <i>Paid directly in paycheck after program year ends in 2026. Employees must be an active PCS employee with the PCS medical insurance at the time of payout.</i>	\$20 TANGO gift card
4	4,000	\$75 TANGO gift card	\$20 TANGO gift card
*Well-Being Assessment is REQUIRED and set at 1,000 points			
All incentives will be considered taxable income			

Tango Gift Cards

Tango administers the gift cards provided. Once you earn a gift card, you will receive an email from Tango with directions on how to redeem your gift card. You will have access to a wide variety of retail locations to redeem your gift card including Amazon, Walmart, Target, Starbucks and more!

\$300 Annual Wellness Incentive

Once you reach level 3 you will be eligible for the \$300 Annual Wellness Incentive. This incentive will be a one-time payment that will be added directly to an employee's payout after the program ends in 2026. Employees must be actively employed and have active medical insurance through PCS (contract holder) at the time of payout to earn the reward.

All gift cards and incentives are subject to tax according to IRS guidelines. Employees earnings will be reported to Payroll and taxed according to IRS guidelines. If you are a retiree or a spouse of a retiree, consult your tax advisor.

How to Earn Points

- Well-Being Assessment: 1,000 points (Required)
- Limeade Activities: 15 - 50 points
 - My Choice (1,000 points max)
 - New Activities released every month
 - Team Challenges
 - Video Lessons
- 2025 Preventative Screenings: 100 - 500points



Learn more at pcsb.org/limeade

Preventative Exams (1/1/2025-12/31/2025)

You can earn credits for a variety of routine preventative exams! Preventative exams are one of the most important things you can do for your health to help treat any conditions and monitor your health. Certain preventative exams will be uploaded automatically from a claim submitted to Aetna. With these credits, you will not need to submit anything and you should see your points within 60 days. If you do not see your credits in 60 days or before 12/31/2025, you will need to contact the PCS wellness team at hillca@pcsb.org or pcs.oconnellj@pcsb.org.

Other exams will be submitted by you. After you complete your exam with the doctor, you will then go onto your Limeade portal and complete the activity for that specific exam before 12/31/2025. After 12/31/2025, you will need to contact the PCS wellness team to report them. The self-submitted exams will be audited and you may be asked to provide additional information about your exam. Below is a list of which exams are automatically uploaded and which ones are self submitted.

Automatically Uploaded Exams:

- Annual Physical (500 points)
- Mammogram (500 points)
- Colonoscopy (500 Points)
- Well Women's Exam (500 points)

Self Submitted Exams:

- Flu Shot (100 points)
- Skin Cancer Screening with a Dermatologist (100 points)
- Dental Exam/Cleaning (100 points)
- Vision Exam (100 points)
- COVID-19 Vaccine (100 points)