

Benefit News

Flexible Spending Accounts (FSA) reminder

The deadline to submit 2020 claims for reimbursement or substantiation for the FSA is March 31, 2021. Balances left over will be forfeited and used to offset the expenses of the plan. Visit our Flexible Spending website for a claim form, a list of eligible expenses and answers to frequently asked questions. Don't wait until the last day to submit your claims!

Health Reimbursement Account (HRA) included with the CDHP Health Plan

The HRA deadline to submit 2020 claims for reimbursement or substantiation is also March 31, 2021. Funds for the 2021 plan year were added to the account and accessible on January 1st for 2021 claims. In addition, anything left in the 2020 HRA account will be rolled over the first part of April to be used for any 2021 claims. If you have questions, please contact PayFlex at 888-678-8242.

Employee Assistance Program – “Is Your Life in Balance?”

Balance is a feeling derived from being whole and complete; it's a sense of harmony and it's essential to maintaining quality in life and work. It is important for each of us to recognize that we are the stabilizing factor. We control whether we are in or out of balance. When we do, we accept responsibility for our own work and life results. Signs that your life is out of balance may include: Marital or other relationship problems; no motivation, or thoughts about quitting or running away; indecision or poor attention span; overwhelmed or tired all the time; and no satisfaction in your role.

Remember, the EAP is available 24/7 at **800-848-9392** to assist you with life coping skills.

Wellness News

Join Limeade Today!

The new wellness program, Limeade, is now available to all employees with medical insurance through PCS and their dependent spouses.



To get started download the Limeade ONE iOS or Android app. Simply search for *Pinellas County Schools* or use program code PCSB 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.

[Registration Details.](#)

Employees will have opportunities to earn the annual Wellness Incentive, as well as additional incentives. Employees can visit pcsb.org/wellness for details of the new program!

March is Colon Cancer Awareness Month

Colon cancer is the third most commonly diagnosed cancer and the second leading cause of cancer death in men and women combined. The rate of colon cancer is on the rise for the past decade, so it's important to know your risks regardless of your age!

Review this [fact sheet](#) and complete the [Colon Cancer Awareness Word Search](#) by March 24th to be entered into a random gift card drawing.

Employee Discounts

[Pinellas County Schools Main Discount Page](#)

- [PerkSpot](#): travel discounts, tickets & entertainment, local offers and so much more. Company code: PCSB
New! [PerkSpot Browser Extension](#) – Never miss a deal!
- [Tickets at Work](#): exclusive discounts, special offers and access to preferred seating and tickets to top attractions, theme parks, shows, sporting events, movie tickets, hotels and much more.
Company code: PCS
- [LA Fitness/Esporta](#) – 30-day free guest pass.
- [Amalie Arena and Yuengling Center upcoming events](#)
Please note, Amalie Arena is not allowing fans at this time due to Covid-19. Tickets will remain on sale for future events and customers will be contacted for any changes to their events.