

### Benefit News

#### EyeMed Mobile App Revamped

EyeMed has revamped their Mobile App to provide fresh new features to help you get the most from your EyeMed Experience. Make sure you download the newest version as the older versions will no longer be updated.

See our [Vision website page](#) for more information.

#### Employee Assistance Program – [Upcoming RFL Webinars for May](#)

Resources for Living (RFL) provides webinars on a monthly basis to help employees be less stressed. There are four new webinars for May, which will cover the following: What parents need to know about teen suicide; Fight the funk: Dealing with depression; Think yourself healthy; and Healing from heartbreak. To register, log in to your PCSB member website at [www.resourcesforliving.com](http://www.resourcesforliving.com), Username: pcsb Password: eap.

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

### Retirement News

#### USING THE FRS TO PLAN FOR YOUR RETIREMENT

This 90-minute retirement planning workshop provides an overview of the FRS and helps you understand the nuts and bolts of planning for your retirement. The workshop will demonstrate how everyday living expenses and inflation dramatically reduce your fixed retirement income. You will see the role the FRS Retirement Plans play in meeting your financial goals as well as the income gap that must be made up through saving and investing. You will leave the workshop with a full understanding of the ongoing financial planning resources available to you as a member of the FRS.

[Using the FRS to Plan for Your Retirement Video](#)

[Using the FRS to Plan for Your Retirement Video - Spanish](#)

#### Key Topics:

- Free Planning Resources
- 6 Step Retirement Planning Process
- FRS Pension Plan including DROP
- FRS Investment Plan
- 2nd Election
- Social Security
- The Importance of Saving Early
- Deferred Compensation, 403(b), and IRAs

#### Target Audience:

Everyone from Early to Late Career employees

## Wellness News

### 2021 Spring Wellness Webinars

The final webinars for the school year are coming soon! Employees must register for these webinars. Full list of webinars and details can be found on [Wellness District Campaigns](#).

#### Upcoming webinars

5/4 @ 5:00pm – *Managing Your Time at Work and Home* | EAP – [Register](#)

5/11 @ 5:00pm – *Mindful Eating vs. Mindless Eating* | Nutrition – [Register](#)

5/19 @ 5:00pm – *Speak Positives: Words Matter* | EAP - [Register](#)

## 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
- [Amalie Arena and Yuengling Center upcoming events](#)  
Please note, Amalie Arena is allowing limited fans at this time. Tickets will remain on sale for future events and customers will be contacted for any changes to their events.
  - [Toronto Raptors Friends and Family Offer](#)