



YOUR PCS BENEFIT WEEKLY UPDATE



RISK MANAGEMENT NEWS & ANNOUNCEMENTS

August 26, 2022

BENEFITS NEWS

Flexible Spending Accounts (FSA) Reminder –You can purchase certain over-the-counter (OTC) medications

FSA reimbursement for over-the-counter (OTC) drugs no longer require a doctor's prescription. This means that participants in a health care FSA can now use the benefit to pay for OTC items like cold medicine, allergy medicine and pain relievers, without having to make an extra trip to the doctor for a prescription. For more information click [FSA](#).

Eligible expenses must be incurred in the plan year 2022 or through the end of the month in which you terminate employment. Any amount remaining in your account after eligible claims have been processed will be forfeited. You must “use it or lose it” by the end of the plan year. If you need to submit receipts for reimbursement, you will have until March 31, 2023 or three months from the date you leave employment.

WELLNESS NEWS

Now is Your Time to Quit Smoking!

You can quit smoking and we can help. Did you know within 2 weeks to 3 months of quitting tobacco products, your lung function begins to improve? Take the steps to quit by joining the [FREE Freedom From Smoking group program](#). Classes begin September 6.

For more information or to register, please contact Jessica O'Connell at pcs.oconnellj@pcsb.org or 727-588-6134 by Wednesday, August 31st.

Free Diabetic Testing Supplies Available!

Employee's with the Aetna medical insurance through Pinellas County School and their dependents can receive free testing supplies at no cost for participating in the revised PCS Diabetes CARE Program. Employees and/or dependents must have a Type 1 or Type 2 Diabetes diagnosis to be eligible for this program. For more information and to enroll, please contact Jessica O'Connell RN at pcs.oconnellj@pcsb.org or 727-588-6134.

Employee Assistance Program - RFL Webinars for September

Resources for Living (RFL) provides webinars on a monthly basis to help employees be less stressed and more productive. This [webinar flyer](#) announces the four new webinars for September: 1) Raising Confident Kids 2) 10 Questions to Become a Better You 3) Ways to Console Someone who is Grieving 4) 'Til Debt do us Part. To register for the webinars, log in to your PCSB member website at www.resourcesforliving.com, Username: pcsb Password: eap. And remember, the EAP is available 24/7 at 800-848-9392 to assist you with life coping skills.



PCS Fragrance-Free Zone

Help keep the air we share healthy and fragrance-free. Fragrances from personal care products, air fresheners, plug-ins, oil diffusers, and even cleaning products have been associated with health issues like headaches, upper respiratory symptoms, shortness of breath, and difficulty with concentration. Some people are more susceptible than others. Please be mindful of how your fragrances may impact other's health. We ask all employees to refrain from perfumes, cologne, aftershave, scented lotions, plug ins, and oil diffusers.

EMPLOYEE DISCOUNTS

Pinellas County Schools Main Discount Page

- PerkSpot: travel discounts, tickets & entertainment, local offers and so much more. Company code: PCSB
- Tickets at Work: exclusive discounts, special offers, and much more. Company code: PCS
- Amalie Arena Concerts and Events
 - Rod Stewart
- Fitness Discounts
 - Camp Gladiator - 9/6-9/7 Flash sale!