



YOUR PCS BENEFIT WEEKLY UPDATE



**RISK MANAGEMENT NEWS
& ANNOUNCEMENTS**
November 4, 2022

BENEFITS NEWS

Dependent Documentation Reminder

If dependents were added to your medical, dental, or vision coverages, you will need to submit documentation to Keven Jones at joneskev@pcsb.org by November 18, 2022.

For your legal spouse, please submit a copy of your marriage license. If you do not have a copy of your marriage license, we will accept a copy of page 1 of the most recent tax return.

For children, please submit a copy of their birth certificates, adoption certificates, and/or guardianship certificates.

To view more information of Dependent Eligibility and documentation, please see pages 10-11 of the [2023 BENEFlex Guide](#).

WELLNESS NEWS

Employees and Covered Family Members (18 and over) can earn A \$10 Gift Card When They Get A Flu Shot At Select CVS HealthHUBs

This is a special offer for PCS Employees with the Aetna medical insurance. When you get your flu shot at select CVS HealthHUB locations, Aetna will give you a \$10 gift card. Use [this flyer](#) to learn more about the details, available locations and how to select an appointment.

PCS District Wellness Webinars

Below are the upcoming wellness webinars. Please Visit [PCS Wellness District Campaigns](#) to view all of the upcoming webinars and recordings. Participants must register using the registration link(s) below. Those who attend the live webinars, will receive PLN credits and Limeade points. Recordings will become available for 1 week after the live webinars. All webinars will be held from 5:30 PM - 6:30 PM.

- 11/9 - Does Portion Size Matter? Quality Over Quantity Debate I Nutrition - [Registration](#)
- 11/16 - Importance of Saying "No" I EAP - [Registration](#)

Employee Assistance Program – [How to use the EAP](#)

The Employee Assistance Program (EAP) is a *free* benefit that all employees at PCSB have access to - full time, part time, substitute, first day on the job. It provides in-the-moment support and counseling with a licensed professional. EAP covers you, any family member living in your household, and your children up to 26. The services are available 24/7 and members are eligible for up to eight sessions per issue, per person. [This guide](#) explains how to use the EAP benefit to get the most from this service, including: In the Moment Counseling, Provider Placement, TalkSpace: Chat Therapy and CVS HealthHUB. Please remember, the EAP is available 24/7 at 800-848-9392 to assist you with life coping skills.

EMPLOYEE DISCOUNTS

- [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](#)