



## YOUR PCS BENEFIT WEEKLY UPDATE



**RISK MANAGEMENT NEWS &  
ANNOUNCEMENTS**  
October 6, 2022

### BENEFITS NEWS

#### **2023 ANNUAL ENROLLMENT - Begins Next Week!**

Mark your Calendars! Annual Enrollment for 2023 will be from **October 12 – October 24, 2022**. Employees may enroll, change, or cancel coverages during Annual Enrollment. All benefit-eligible employees should have received an Annual Enrollment newsletter **mailed to their latest address on file**. Go to employee self service to verify or change your address: <https://ess.pcsb.org/empss/>



PCSB Annual Enrollment: October 12 – 24, 2022

Please visit [www.pcsb.org/annual-enrollment](http://www.pcsb.org/annual-enrollment) for electronic links to the Newsletter, the full BENEFlex Guide, as well as additional information and other useful links to review prior to October 12th.

### **Attend a Live Zoom Benefits Education Meeting Make Your Reservation Today!**

**Click on the link(s) below to Register for a Live Zoom Annual Enrollment Education Meeting  
Wednesday, October 12th at 11:30 AM - [Register here](#)**

**Thursday, October 13th at 4:30 PM - [Register here](#)**

**Tuesday, October 18th at 8:00 AM - [Register here](#)**

**Thursday, October 20th at 5:00 PM - [Register here](#)**

## WELLNESS NEWS

### October is Breast Cancer Awareness Month!

More than 1 in 8 women will be diagnosed with breast cancer in their lifetime. 85% of women diagnosed have no family history of breast cancer, meaning it's important for everyone to get screened regardless of risk factors. Routine screenings, including routine mammograms and monthly self-checks are vital to detect breast cancer early! When detected early, treatment is more effective and less costly. Talk to your doctor today about your screening options.

#### [Pinellas Goes Pink - Thursday, October 20](#)

Mark your calendars to wear **pink** on **Thursday, October 20** to raise awareness of breast cancer and the importance of routine preventative screenings.

### Employee Assistance Program – Resources for coping after the storm

When unexpected events happen, feeling stressed, anxious or sad is understandable. We thought you might find these resources helpful in light of recent hurricanes and tropical storms. [This flyer](#) from Resources for Living (RFL) provides information on Coping with disaster, Helping children cope with a disaster, Facing the unknown after a disaster, Stages of recovery from trauma and loss, and Emotional Recovery After a Crisis Guidebook. 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](#)