



## YOUR PCS BENEFIT WEEKLY UPDATE

January 26, 2023



### WELLNESS NEWS



#### **Limeade | Last Chance to Report Missing 2022 Exams**

Participants must check their point history to make sure all of their 2022 preventative exams are processed. If you are missing any 2022 preventative exams at this time, you must email [hillca@pcsb.org](mailto:hillca@pcsb.org) or [pcs.oconnellj@pcsb.org](mailto:pcs.oconnellj@pcsb.org) by Tuesday, January 31, 2023, to report the missing points. Any points reported after this date may not be processed in time for this program year. For more information about Limeade, please visit [pcsb.org/limeade](https://pcsb.org/limeade).  
[Directions for how to check your point history.](#)

## Next Friday, February 3 is National Wear Red Day!

February is American Heart Month, a dedication to help raise awareness of cardiovascular health. The first Friday in February is National Wear Red Day to bring awareness to heart disease as the leading cause of death for Americans, especially American women. Most cardiovascular diseases can be prevented with education and healthy lifestyle changes. Talk with your doctor about your heart health and learn more at [goredforwomen.org](http://goredforwomen.org).



### Employee Assistance Program - RFL Webinars for February

Resources for Living (RFL) provides webinars on a monthly basis to help employees be less stressed and more productive. [This flyer](#) announces the four new webinars for February: 1) Thriving in your empty nest 2) Matchmaker: Surviving the dating scene 3) Intuition: Hearing and trusting your inner voice 4) Your body language speaks volumes. To register for the webinars, log in to your PCSB member website at [www.resourcesforliving.com](http://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.



### Esporta Fitness 14-Day Free Membership!

Clearwater, Largo, Seminole, St. Petersburg, Dunedin & Palm Harbor

#### Employee Discounts

Main employee discount page

#### Concerts & Events Discounts

Concerts and other event discounts through Amalie Arena and Yuengling Center

#### PerkSpot

Travel, theme park tickets, entertainment & local offers

Company Code: PCSB

#### Tickets at Work

Special offers like discounts on theme park tickets and much more!

Company Code: PCSB

