



YOUR PCS BENEFIT WEEKLY UPDATE

April 6, 2023



RETIREMENT NEWS

Ready To Submit Retirement Paperwork?

If you are retiring this school year, during the summer or in August, the Risk Management Retirement Team is offering one-on-one appointments with a Retirement Specialist for the purpose of submitting completed Retirement forms and electing retirement insurance. The meetings will be held at the Administration Building-Risk Management office on:

Wednesday, April 26th 2023, 3:00 p.m. - 7:00 p.m.

Once you reserve your appointment online, you will be emailed the appropriate retirement application and a retiree insurance packet to elect the benefits you would like to maintain during your retirement. The retirement application and insurance packet will need to be brought to the meeting, along with a check for health, life, and/or vision insurance if electing retirement benefits.

[Click here to schedule appointment](#)

WELLNESS NEWS



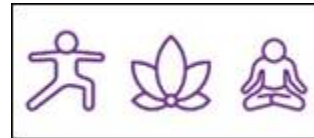
Apply Today for the Wondr Weight Loss Pilot Program!

Ever wonder what it would be like to lose weight and feel better? Pinellas County Schools is partnering with Wondr to offer a weight loss program at no cost to you! Wondr is a skills-based digital weight loss program that has helped hundreds of thousands of people in different stages of health lose weight and feel their best mentally and physically.

Employees or dependent spouses with the Aetna medical insurance through PCS can apply for Wondr today. To learn more about eligibility and to apply for the Wondr program, please visit wondrhealth.com/pcsb. This is a pilot program so space is very limited. **Application closes on 4/16/2023 and program begins 5/1/2023.**

Employee Assistance Program – How to overcome challenges in your daily life to improve your mental wellbeing

Making small changes to the ways you think about things can have a big impact on your emotional well-being. For instance, people often feel better when they practice: Positive self-talk, self-compassion, and forgiveness. The [attached flyer](#) highlights new approaches to everyday life that can contribute to your mental health and wellbeing . And remember, the EAP is available 24/7 at 800-848-9392 to assist you with life coping skills.



Tips for Taming Spring Allergies!

Spring is a beautiful time of year, but it's also a key time of year for seasonal allergies. If you sneeze and cough during certain times of the year, you may suffer from these allergies. There's no cure but you can take steps to curb the allergies. Teladoc offers some tactics you can try to help:

[Tips for Taming Spring Allergies](#)

Employee Discounts

Main employee discount page

Concerts & Events Discounts

Concerts and other event discounts through Amalie Arena and Yuengling Center & Yuengling Ruth Eckard Hall

PerkSpot

Travel, theme park tickets, entertainment & local offers

Company Code:
PCSB

Tickets at Work

Special offers like discounts on theme park tickets & more!

Company Code: PCSB



