



YOUR PCS BENEFIT WEEKLY UPDATE - January 13, 2023



BENEFIT NEWS

EyeMed Vision Services - New Phone Number

We have been notified that the Member Services phone number for EyeMed has changed to 866-723-0513. Please note this on your records.



WELLNESS NEWS



Limeade | Program Ends February 13, 2023

The Limeade program ends on Monday, February 13. Participants have until 2/13/23 to participate in activities and earn points toward this year's incentives. All preventative exams must have been completed in 2022 to count towards the current program year. Any exams completed in 2023 will count towards the next program year that begins on March 1, 2023. Please visit pcsb.org/limeade for more information.

The Last Day to Report Missing Limeade Points is January 31, 2023

Participants must check their point history to make sure all their 2022 preventative exams are processed. If you are missing any 2022 preventative exams at this time, you must email hillca@pcsb.org or 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.

[Directions for how to check your point history.](#)

Make 2023 Your Year to Quit!

You can quit smoking. We can help.

Did you know that your lung function begins to improve within 2 weeks to 3 months of quitting tobacco products?

Hundreds of thousands of people have become smoke-free through Freedom From Smoking®, a small personalized Group Clinic. Get ready to start the new year off right by joining the American Lung Association's free eight-session program starting Tuesday, January 23rd at Pinellas County Schools Administration Building.



More information and registration to follow in January. For questions, please contact Jessica O'Connell at pcs.oconnellj@pcsb.org or 727-588-6134



Employee Assistance Program - RFL Webinars for January

Resources for Living (RFL) provides webinars monthly to help employees be less stressed and more productive. [This flyer](#) announces the four new webinars for January: 1) Don't wait until Monday: Get motivated now 2) Pennywise: Everyday budgeting and savings 3) How small changes can lead to big results 4) You are what you post: What's your online persona? To register for the webinars, log in to your PCSB member website at www.resourcesforliving.com, **Username: pcsb Password: eap.** Please remember, the **EAP is available 24/7 at 800-848-9392** to assist you with life coping skills.

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