



YOUR PCS BENEFIT WEEKLY UPDATE

March 30, 2023



WELLNESS NEWS

FREE FIVE-MINUTE DIABETES EYE SCREENING

Join us on Friday, April 7, 2023, for a FREE diabetes eye screening from 8:30 AM – 12:30 PM at the PCS Administration Building. You must be a type 1 or type 2 diabetic to receive a screening.

Visit pcsb.org/diabetes to register and find more information about the Diabetes Care Program.

Employee Assistance Program – RFL Webinars for April

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 April: 1) Simplify your life 2) addressing loneliness and isolation 3) Wellness for busy people 4) Unplug to recharge. To register for the webinars, log in to your PCSB member website at www.resourcesforliving.com, **Username: pcsb Password:**



eap. If you cannot attend a live webinar, **check out webinars on-demand from our webinar library.** And remember, 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 & Yuengling Center and through 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

Dell's Semi-Annual Sale

The sale runs March 9th - April 6th accessible on your exclusive member portal

