



YOUR PCS BENEFIT WEEKLY UPDATE

February 16, 2023



BENEFIT NEWS

Are you enrolled in a Flexible Healthcare Spending Account (FSA) for 2023?

If so, see these tips on how to manage your account:

Save Your Receipts

It is important to save all your itemized receipts and Explanation of Benefits (EOBs) from the Insurance Company to validate your expenses. [An itemized bill lists the details of the services you were provided, including dates and charges for each service.] It is required by the IRS. If PayFlex requests documentation, be sure to respond and provide what is needed. Unsubstantiated claims will be reflected as taxable income.

Know Your FSA Balance – Register for an online account with PayFlex

Avoid surprises when receiving care or filling prescriptions. Track your account activity so you know the balance in your account. Create an Account on the PayFlex website (www.payflex.com) to see your balance anytime. It is extremely helpful for managing your money.



Use It or Lose It Rule

The IRS “use it or lose it” rule states that any FSA balance not used by the end of the plan year must be forfeited. You have 90 days after the end of the plan year – *or 90 days after your employment ends* – to submit receipts for reimbursement for expenses during the plan year.

For more information, go to www.pcsb.org/FSA.

RETIREMENT NEWS

Ready To Submit Retirement paperwork?

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. Each appointment will be 15 minutes in length. The meetings will be held at The Walter Pownall Service Center maintenance conference room on:

Tuesday, April 11, 2023, 3:00 p.m. - 7:00 p.m.



When you contact Risk Management and reserve your appointment time 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

District Wide Webinars

PCS's district wellness team will be hosting live webinars each week on various topics. Below is a list of upcoming webinars. Visit the [District Wellness Campaigns](#) for a complete list of upcoming webinars and past webinar recordings. Nutrition and EAP webinars will count as 1 component credit in PLN and 25 Limeade points. All webinars will be held from 5:30pm-6:30pm.

Upcoming Webinars

3/08/2023: Plant Based Meat Alternatives: Is it worth it? - Nutrition - Carolina Jantac, RD - [Registration](#)

3/22/2023: Think Yourself Healthy - EAP – Darlene Rivers - [Registration](#)

Employee Assistance Program – Sweet Dreams: The Benefits of Sleep

Many people think a good night's sleep is a luxury. In fact, sleep is necessary and essential for physical, emotional, and mental well-being. The [attached flyer](#) from Resources for Living helps you better understand some of the advantages you enjoy when you get the sleep your body needs: immunity boost, stress reduction, better heart health, memory improvement, emotional balance, weight control, and many more. Give your body the gift of a good night's rest. And remember, EAP is available 24/7 at 800-848-9392 to assist you with other 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

