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| YOUR PCS BENEFIT WEEKLY UPDATE March 9, 2023 |

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| **RETIREMENT NEWS** |

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| Ready To Submit Retirement Paperwork?If you are retiring by the end of this school year, 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 Walter Pownall Service Center Maintenance Conference Room on:**Tuesday, April 11th 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 appointmen**t](https://www.pcsb.org/Page/37811) |

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| **WELLNESS NEWS** |

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| **The New Limeade Program Began March 1, 2023!** Limeade is the PCS wellness program that is designed to help you live your best life. Achieve your wellness goals by participating in activities that interest you. As you complete activities, lessons and preventative exams, you will earn points through Limeade and earn incentives to keep you motivated throughout the year! Employees and dependent spouses with the PCS medical insurance through Aetna can access Limeade by visiting [pcsb.limeade.com](https://pcsb.limeade.com/) or downloading the Limeade ONE mobile app. Use the [2023 Limeade Guide](https://www.pcsb.org/cms/lib/FL01903687/Centricity/Domain/200/Limeade%20Guide%202023%20-%20EE%20Spouse%20Retirees%20update.pdf) for login information and details about the program. * **Race to Level 1**Complete Level 1 by taking your Well-Being Assessment before **3/31/2023** and you will be entered into a random drawing to win an *additional* $50 gift card! 5 winners will be selected. Visit [pcsb.org/limeade](https://www.pcsb.org/Page/35558) for more information.
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| Employee Assistance Program – Ready To Conquer Your Fear?Do you have things that you are afraid to do? Doing scary things can help you manage your fears. In many cases, you can overcome your fears by confronting them. The [attached](https://www.pcsb.org/cms/lib/FL01903687/Centricity/Domain/200/ReadyToConquerYourFear_RFL.pdf) flyer from Resources for Living helps you learn how to use your brain’s natural response to outwit fear. And remember, if you or someone you know has anxiety, depression or other mental health issues, the bravest step is to reach out for help. And remember, the EAP is available 24/7 at 800-848-9392 to assist you with life coping skills. |

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| [**Employee Discounts**](https://www.pcsb.org/Page/511)Main employee discount page | [**Concerts & Events Discounts**](https://www.pcsb.org/cms/lib/FL01903687/Centricity/Domain/200/Amalie%20Arena%20and%20Yuengling%20Center%20Concert%20Offers%203.9.pdf)Concerts and other event discounts through Amalie Arena and Yuengling Center  | [**PerkSpot**](https://pslogin.perkspot.com/login?communityId=180)Travel, theme park tickets, entertainment & local offers[Company Code: PCSB](https://pslogin.perkspot.com/login?communityId=180) | [**Tickets at Work**](https://www.ticketsatwork.com/tickets/)Special offers like discounts on theme park tickets and much more![Company Code: P](https://www.ticketsatwork.com/tickets/)CSB | [**Dell’s Semi Annual Sale**](http://www.dell.com/mpp/PinellasCSD)The sale runs 3/9 - 4/6, accessible on your exclusive member  |

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| **Pinellas County School Board** | [Website](https://www.pcsb.org/pcsb) |

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