



YOUR PCS BENEFIT WEEKLY UPDATE

March 23, 2023

Benefit News

Plan Default¹

Membership Class	Plan Default
Special Risk Class	➔ Pension Plan
All classes (except Special Risk Class)	➔ Investment Plan

1st Election Deadlines

Month of Hire	Enrollment Deadline ²
July 2022	March 31, 2023
August 2022	April 28, 2023
September 2022	May 31, 2023
October 2022	June 30, 2023
November 2022	July 31, 2023
December 2022	August 31, 2023
January 2023	September 29, 2023

New Employee of PCSB this school year?

Anyone who was hired by PCSB this school year will need to make an election selecting which FRS retirement plan they want to elect.

A member whose retirement plan choice is not received by their 1st Election deadline will be enrolled in the default plan based on their membership class, as shown in the picture to the left.

[ChooseMyFRSplan.com](https://www.choosemyfrsplan.com) is the Fastest Way to Submit a Retirement Plan Choice.

EY Financial Services provides Investment Plan and Pension Plan members with financial planning services. These services are provided to FRS members free of charge, courtesy of the FRS. EY financial planners are experienced, unbiased, and credentialed.

FRS Employer Assistance Line

1-866-377-2121 (toll-free)

EY representatives are available from 8:00 a.m. to 6:00 p.m.

ET, Monday through Friday, except holidays.

Flexible Spending Account (FSA)

The deadline to submit 2022 claims for reimbursement or substantiation for the FSA is March 31, 2023. Balances left over will be forfeited and used to offset the expenses of the plan. Visit our [Flexible Spending page](#) for a claim form, a list of eligible expenses, and answers to frequently asked questions. Don't wait until the last day to submit your claims!

Health Reimbursement Account (HRA) Included with the CDHP Health Plan

The HRA deadline to submit 2022 claims for reimbursement or substantiation is also March 31, 2023. Funds for the 2023 plan year were added to the account and accessible on January 1st for 2023 claims. In addition, anything left in the 2022 HRA account that is under the HRA Rollover Maximum will be rolled over in the first part of April to be used for any 2023 claims. Use this reimbursement form for the HRA plan connected to the CDHP Health Plan: [Aetna Health Reimbursement Account \(HRA\) Reimbursement Form](#).

If you have questions, please contact PayFlex at 1-888-678-8242.

Retirement News

Schedule an appointment with The Risk Management Retirement Team Today!

The Risk Management Retirement Team is offering individual appointments for employees who are considering retirement, prepared to submit a Regular/Early Service Retirement application, Entering DROP application, Termination from DROP, Retirement Insurance forms, and FRS Investment plan resignation/retirement form. Morning and afternoon appointments are available in person or through Teams or Zoom. Notaries will be available if necessary.

Individual appointments are available on:
Tuesdays: 9:00 AM – 11:00 AM and 2:00 PM – 4:00 PM
Thursdays: 2:00 PM – 4:00 PM

Please visit our [Retirement Scheduling Page](#) for an individual appointment with a Retirement Specialist. Should you have any difficulties, you may also call the Retirement Team at 727-588-6214 or email risk-retirement@pcsb.org for assistance with registration.

WELLNESS NEWS



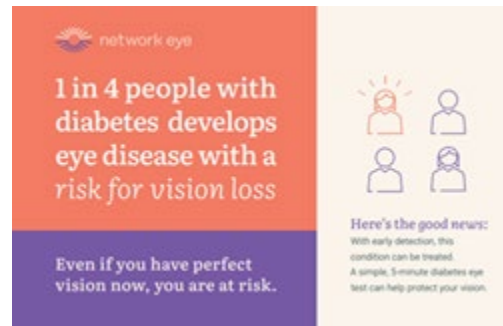
Join the Limeade Program Today and Race to Level 1!

Employees and dependent spouses with Aetna medical insurance through PCS have access to Limeade to create healthy habits and earn incentives for completing wellness activities. Login to Limeade through the Limeade ONE mobile app or pcsb.limeade.com. To get started, complete Level 1 by taking your Well-Being Assessment. All employees who reach Level 1 before **3/31/2023** will be entered into a random drawing to win an *additional* \$50 gift card! 5 winners will be selected. Visit pcsb.org/limeade for more information.

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 – Resources to Fight Burnout and Increase Resilience

Burnout is an emotional, mental, and physical reaction to constant stress. Burnout can rob you of energy and productivity and make you feel like you have nothing more to give. Resilience is your ability to bounce back from stressful times. It involves a set of skills that helps you cope with daily challenges and changes in a healthy way. The [attached](#) flyer from Resources for Living provides tips and resources to increase resilience and prevent burnout. 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 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 & more!

[Company Code: PCSB](#)

Dell's Semi-Annual Sale

[The sale runs March 9th - April 6th accessible on your exclusive member portal](#)

