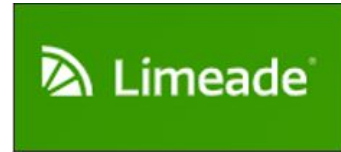




## **WELLNESS NEWS**

### **Limeade**

The current program year of Limeade ends on 2/13/2023. Below is a list of all the upcoming important dates.



### **Important Dates**

- **2/13/2023:** Last day of the program year. Participants can earn points by completing Limeade activities through this time.
- **2/13/2023-2/28/2023:** Program Quiet Time. During this period of time, participants will be able to access their accounts but will not be able to complete activities and earn points. During this time all accounts will reset to get ready for the new year.
- **3/1/2023:** New program year begins! Participants accounts will be reset and participants will now be able to complete new activities and earn new points.
- **March/April 2023:** Qualified employees who reached Level 3 before 2/13/2023, you are eligible for the \$300 Annual Wellness incentive. We expect this incentive to be added to your paycheck in March or April. We will send an email to those who qualify when that payout date is determined. *You must be an active PCS employee with the Aetna medical insurance through PCS at the time of payout to be eligible for this.*

### **Preventative Exams**

Any missing 2022 preventative exam had to have been reported before 1/31/2023 in order to process for the current year. All 2023 preventative exams will count towards the new program year that begins on March 1, 2023! Be sure to log on after March 1 to track your self-submitted 2023 exams. For more information, please visit [pcsb.org/limeade](https://pcsb.org/limeade).



### **Employee Assistance Program – Mindful Moment: Showing up for yourself**

This month's mindful moment is entitled "Showing up for yourself". Showing up for yourself means doing the things that support your mental and emotional health. It's figuring out what you want, what you need, and what adds value to your life. It's all about you! The [below](#) 2-minute audio from Resources for Living discusses ways to show up for YOU in your life. And remember, EAP is available 24/7 at **800-848-9392** to assist you with other life coping skills.

**Listen to this month's Mindful Moment...**



**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

