

YOUR PCS BENEFIT WEEKLY UPDATE - NOVEMBER 17, 2022



BENEFIT NEWS

Payroll Deductions

The newly elected coverage and plan changes will be effective 01/01/2023. Employee rates did not change for 2023 *with the exception of the Disability plans* (the district absorbed the 3.9% health insurance increase). Employees will not see changes unless they have enrolled in a new plan or have changed level of coverage.

As a reminder, 2023 employee insurance deductions will begin:

- 12/02/2022 Administrative/Instructional/Professional/Technical/Supervisory personnel
- 12/09/2022 Supporting Services personnel

The Flexible Spending Accounts (FSA) and MetLaw Legal plan deductions for 2022 will continue through the last December deduction. FSA and MetLaw Legal deductions for 2023 will begin with the first payroll in January.

For additional questions regarding benefits and insurance deductions, please contact the Benefits Team at 727-588-6197 and not the Payroll Department.

Travel Assistance During The Holidays

Winter months bring cheerful holidays -- and not-so-cheerful travel issues. See how The Standard's benefits can help protect you as you travel.

The Standard Insurance Company (The Standard), as part of their life insurance package, offers Travel Assistance to all benefit eligible employees who have life insurance through the district.

In preparation for your next vacation, see the links below to learn more about the program and how it could help you.

[The Standard's Travel Assistance Program Description](#)
[Travel Assistance - Security That Travels With You](#)
[Frequently Asked Questions on Travel Assistance](#)

[For these documents in Spanish, please refer to the Life Insurance Page: [Life Insurance - The Standard](#).

WELLNESS NEWS

Last Chance to receive Flu Shot Offer at Select CVS Healthhubs on November 19th!

This is a special offer for PCS Employees with the Aetna medical insurance and their adult dependents. When you get your flu shot at select CVS HealthHUB locations, Aetna will give you a \$10 gift card. Use [this flyer](#) to learn more about the details, available locations and how to select an appointment.



November is National Diabetes Awareness Month

37 million Americans live with diabetes and about 1 in 3 US adults have prediabetes. Nearly 80% of those with prediabetes do not know they have it. Learn more about managing diabetes and prediabetes today through the [American Diabetes Association](#).

Join the Diabetes CARE Program for Free Testing Supplies!

PCS Aetna members with a diabetes diagnosis can join the Diabetes CARE Program to earn free testing supplies! For more information about the program and registration, contact Jessica O'Connell RN at pcs.oconnellj@pcsb.org or 727-588-6134.

Employee Assistance Program - Dial Down Your Holiday Stress

As much as the holidays can bring joy, they can also lead to added stress. From deciding how to celebrate to preparing and following through, it can be easy to forget to set aside time to relax. Recent losses can also weigh heavily at this time of year. We may feel as if we're "supposed" to be happier than we really feel. Practicing a few healthy habits can make a big difference in your enjoyment of the holidays.



[This flyer](#) explains how to set boundaries to de-stress, self-care tips to help you be your best, healthy eating suggestions and the power of giving back. Please remember, the **EAP is available 24/7** at **800-848-9392** to assist you with life coping skills.

Employee Discounts

[PCS Main Discount Page](#)

[PerkSpot Company Code: PCSB](#)

[Tickets at Work Company Code: PCS](#)

[Amalie Arena Concerts & Events](#)

Pinellas County School Board | [Website](#)

