



## YOUR PCS BENEFIT WEEKLY UPDATE



**RISK MANAGEMENT NEWS &  
ANNOUNCEMENTS**  
September 22, 2022

### BENEFITS NEWS

#### **2023 ANNUAL ENROLLMENT - SAVE THE DATE** **October 12 - October 24, 2022.**

Employees may enroll, change, or cancel coverages. All benefit-eligible employees will receive the Annual Enrollment Decision Guide, mailed to their home prior to Annual Enrollment. You are encouraged to register and attend a virtual Benefit Education Meeting that will help you review your enrollment options to ensure your insurance selections meet your needs and your budget.

### **Attend a Live Zoom Benefits Education Meeting** **Make Your Reservation Today!**

Click on the link(s) below to [Register for a Live Zoom Annual Enrollment Education Meeting](#)

- **Wednesday, October 12th at 11:30 AM** - [Register here](#)
- **Thursday, October 13th at 4:30 PM** - [Register here](#)
- **Tuesday, October 18th at 8:00 AM** - [Register here](#)
- **Thursday, October 20th at 5:00 PM** - [Register here](#)

## WELLNESS NEWS

### **Limeade: Earn Your Preventative Points Before December 31, 2022**

Employees with Aetna medical insurance through PCS can earn points towards their Limeade program by completing their annual preventative exams between January 1, 2022, and December 31, 2022. The Limeade program runs through February 13, 2023, but preventative exams must be done in 2022. Any exams done in 2023 will count towards the next Limeade program year. To learn more about the Limeade program and which preventative exams you can earn points for, visit [pcsb.org/limeade](https://pcsb.org/limeade).

[How to Submit Preventative Exams.](#)

### **Employee Assistance Program – RFL Webinars for October**

Resources for Living (RFL) provides webinars on a monthly basis to help employees be less stressed and more productive. [This webinar flyer](#) announces the four new webinars for October: 1. Think Yourself Healthy 2. Finding Work-Life balance 3. Taking Your ZZZ's Seriously 4. Co-Parenting with Your Ex. To register for the webinars, log in to your PCSB member website at [www.resourcesforliving.com](http://www.resourcesforliving.com), **Username: pcsb Password: eap**. And remember, the EAP is available 24/7 at **800-848-9392** to assist you with life coping skills.

## EMPLOYEE DISCOUNTS

- [PerkSpot](#): travel discounts, tickets & entertainment, local offers and so much more. Company code: PCSB
- [Tickets at Work](#): exclusive discounts, special offers, and much more. Company code: PCS
- [Amalie Arena Concerts and Events](#)
- [Hometown Heroes Housing Program](#)
- [Sam's Club](#): Teacher Appreciation offer includes a \$19.99 Club Membership and \$30 off first in-club purchase of \$30 or more. Valid through 9/30/22. Must use [QR code](#) access benefit.