



YOUR PCS BENEFIT WEEKLY UPDATE

May 19, 2023

BENEFIT NEWS

Changing Your Insurance Elections

Remember that if you experience a qualifying life event over summer, you may be eligible for a special enrollment period. If you get married, have a baby, gain, or lose coverage through an employer, get divorced or elect Medicare, you only have 31 days from the date of the life event to make a change. Don't wait to make a change!



Benefits Team Summer Hours effective 6/05/23: Monday - Thursday
7:30am - 5:30pm. Visit our [Life Events](#) page or contact the Benefits team at 727-588-6197.

RETIREMENT NEWS



Risk Management Retirement New Summer Hours!

The Retirement Team is excited to help assist you with your retirement questions and/or submitting retirement applications and insurance forms this summer. The attached flyer shares details on **NEW** Appointment Hours for in-person, video, phone calls, as well as Walk-In Hours that will be available this summer. [Click here](#) to learn more!

WELLNESS NEWS

FREE Mind Power Family Wellness Expo sponsored by Aetna

Join us on Saturday, May 20th from 9 a.m. until 12 Noon at Flora Wylie Park (1400 North Shore Drive, St. Petersburg) for a FREE wellness community event for individuals and families in the greater Tampa Area. This event is designed for all ages and will feature yoga, cooking demonstrations, games arts and crafts and health and wellness vendors.



Be sure to stop by the Aetna tent to participate in “Color Me Mindful” – a mindfulness coloring experience that the whole family can enjoy. [Click here](#) for more information.



2023 Summer Mobile Mammography Stops!

The AdventHealth Mobile Mammography Bus will be visiting several PCS sites over the summer. View [this flyer](#) to see the full list of events. Make your appointment today by visiting www.adventhealthmobilemammography.com. The bus accepts most major medical insurance. Women 40 years and older do not need a prescription. For questions, check out the [Mobile Mammography FAQs](#).

Employee Assistance Program – Know the signs for Mental Health Awareness

As we mentioned in the previous article, the month of May is Mental Health Awareness month. According to the National Alliance on Mental Illness, millions of people in the U.S. are affected by mental illness each year. The [attached quiz](#) helps you test your mental health IQ and learn five red flags that can alert you when someone may need your help. Remember, the **EAP is available 24/7 at 800-848-9392** to assist you with life coping skills.



EMPLOYEE DISCOUNT NEWS

Pinellas Technical College Tuition Discount Program for PCS Employees

Pinellas Technical College (formerly known as PTEC, now PTC) is offering a tuition discount program for Pinellas County Schools employees and their immediate family members. See the [Attached Tuition Discount Flyer](#) for details. For additional questions, please reach out to Kyesha Robinson, Managing Officer, by email: robinsonky@pcsb.org or by phone: 727-893-2500 ext. 2338.



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

