

# **PCS Benefit Weekly Update October 31, 2024**

# **Enrollment Information**

## 2025 Employee Benefit Annual Enrollment is Open!

Annual Open Enrollment began, October 23<sup>rd</sup>, and it will end at midnight on Monday, November 4, 2024!

Take control of your insurance benefits by learning everything you need to know about healthcare and the benefits PCS has to offer.

Please visit <u>www.pcsb.org/annual-enrollment</u> for electronic links to the Annual Enrollment Information link, the full 2025 Benefits and Wellness Guide, as well as additional information and other useful links to review prior to November 4<sup>th</sup>.

 If you need to add a dependent to your plan, see the step-by-step instructions: <u>Instruction Sheet on Adding a</u> <u>Dependent</u>.



### **Ready to elect?**

 Go to <u>https://ess.pcsb.org/empss/</u>
Log in using your active PCS Network user ID and password(The same one you use to access the district's intranet or view your paycheck stub).
Select **Benefit Enrollment 2025** on the left navigational bar.
Follow the steps through the wizard process to verify and select your insurance benefits for 2025.

6. It is important to **Print and Retain your Confirmation Notice** when you are done.

## **Questions?**

Please contact The PCS Benefits Team at 727-588-6197.

## What is Important to Know?

Review the <u>Annual Enrollment Informational Link</u> to be well informed on the Benefit changes for 2025!

### **Additional Links:**

- 2025 Benefit and Wellness Guide
- <u>Annual Enrollment Resources</u>
- <u>2025 Rates</u>



# Did you miss an Annual Enrollment Education Zoom Meeting?

No Problem! You can access a recorded zoom meeting on the <u>Annual Enrollment Benefit Page</u>. Click on the <u>recorded zoom meeting</u> to watch and learn about the new benefit updates.

PCS Employee Self Service (ESS) website.



## WELLNEWS NEWS

### **PCS Limeade: Check Your Points!**

The Limeade program year ends February 20, 2025. Participants can earn points for certain preventative exams completed between January 1, 2024, and December 31, 2024. The annual physical, well woman's exam, mammogram, and colonoscopy points will be tracked automatically through claims. However, if you do not see your points within 60 days or before 12/31/2024, you must email <u>hillca@pcsb.org</u> or <u>oconnellj@pcsb.org</u> to report these points missing. <u>Directions for how to check your</u> points.

Other exams including dental exam, vision exam, flu shot, covid vaccine, and skin cancer screening will be self-submitted. <u>Directions for how to self-submit exams</u>.

For more information about the Limeade program, visit <u>pcsb.org/limeade</u>.

# limeade ONE

### **PCS Wellness Webinars**

Participate in live wellness webinars throughout the year that focus on a variety of health topics from our EAP coordinator. Participants can use the link below to register or <u>visit the site</u> to register or view past recordings. Participants can earn 25 points for Limeade and 1 PLN credit for attending the live webinar.

### **Upcoming Webinars:**

11/20/2024 – <u>Understanding Finances & Stress</u> 12/18/2024 – <u>Increasing Wellbeing – One Burst at a Time</u>



## Employee Assistance Program – October is Domestic Violence Awareness Month

Know the facts about domestic violence. Millions of individuals in the United States are victims of domestic violence each year. We've put together these resources that can help you learn more about domestic violence and how to get help if it happens to you or someone you know.

This <u>link</u> provides additional resources to help you learn more about Domestic Violence:

- Watch a Webinar Domestic Violence: What it is and what to do
- Read the Guidebook Domestic Violence
- Listen to a Podcast Understanding Domestic Violence

And remember, asking for help is not a sign of weakness. Asking for help is a sign of <u>strength</u>. It takes a strong person to admit that they need help. If you or a family member in your household is having difficulty coping with any life issue, the EAP is available 24/7 at **800-848-9392** to assist you.

You can also visit <u>www.resourcesforliving.com</u>, (Username: pcsb Password: eap) at any time to view previous articles, webinars, and videos.

# **EMPLOYEE DISCOUNTS**

### Employee Discounts

Main employee discount page

### <u>Concerts & Events</u> Discounts

Concerts and other event discounts through Amalie Arena and Yuengling Center

#### <u>PerkSpot</u>

Travel, theme park tickets, entertainment & local offers <u>Company Code: PCSB</u>

### **Tickets at Work**

Special offers like discounts on theme park tickets & more!

Company Code: PCS



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