

Benefit News

Happy Valentine's Day

The more you give, the more you get, the more you laugh, the less you fret.
The more you do unselfishly, the more you live abundantly.
The more of everything you share, the more you'll always have to spare.
The more you love, the more you'll find, that life is good and friends are kind.
For only what we give away, enriches us from day to day.

Helen Steiner Rice

Flexible Spending Accounts (FSA) reminder

The deadline to submit 2019 claims for reimbursement or substantiation is **March 31st 2020**. Balances left over will be forfeited and used to offset the expensed of the plan. Visit our [Flexible Spending](#) website for a claim form, a list of eligible expenses and answers to frequently asked questions. Don't wait until the last day to submit your claims! [PayFlex overview](#) [Note that PCS offers a Health Reimbursement Account (HRA) and a Flexible Spending Account (FSA)].

Together, Aetna and CVS Health are redefining local care by opening HealthHUBS®.

Healthy employees are key to a productive workplace. That's why Aetna and CVS Health are making it easier for you to get well and stay well, by offering access to healthy resources conveniently located close to you. They are excited to announce new HealthHUB® locations opening at select local CVS Pharmacy® stores.

From everyday care to urgent care to chronic care needs, HealthHUB locations can provide solutions for a variety of health challenges and wellness goals for you. Scroll down on the Aetna page to see [CVS HealthHUBs®](#) for more information and current locations.

Retirement News

The ABC's of DROP

To DROP or Not to DROP... that is the question. Risk Management is hosting a DROP Meeting for employees who are deciding if going into DROP is the best retirement option available for them. The Retirement Team will provide a DROP Presentation that includes:

- What is DROP and should I enter?
- When can I enter DROP?

Thursday, March 12, 2020, 5:30 p.m. - 7:00 p.m. Pinellas Park High

Contact the Retirement Team at 588-6214 or e-mail risk-retirement@pcsb.org



Ready to Submit Retirement?

The Risk Management Retirement Team is offering one-to-one appointments with a Retirement Specialist for the purpose of **submitting completed Retirement forms and electing retirement insurance**. We accept Retirement forms two months prior to the retirement date.

Tuesday, March 3, 2020, 4:00 p.m. - 7:00 p.m. Countryside High

Thursday, March 26, 2020, 4:00 p.m. - 7:00 p.m. Administration Building

Upon registration you will be mailed an insurance packet. This packet must be brought to the meeting, along with a check made out to PCSB for TWO months of premium for health, life and/or vision insurance.

These events are *not* for the purpose of gathering information regarding retirement.

Notaries will be available if needed, an Appointment is required. Contact the Retirement Team at 588-6214 or e-mail risk-retirement@pcsb.org to reserve your space.

The Nuts and Bolts of Retirement

Thinking about Retiring? The Risk Management Retirement Team is providing a valuable retirement information event for the purpose of gathering general retirement information.

Thursday, April 2, 2020, 5:30 p.m. to 7:30 p.m. Pinellas Park High

Representatives from Risk Management, BENCOR, SHINE and Humana Medicare are providing presentations about the following topics: • DROP Termination • Service/Early Retirement • Medicare Counseling • Retiree Insurance • Sick and Vacation payout • Voluntary Retirement vendors

(Information about Entering DROP is not included in this information event)

Contact the Retirement Team at 588-6214 or e-mail risk-retirement@pcsb.org

Wellness News

Last Day to Report Missing 2019 Credits is February 28, 2020

Check your 2019 Aetna Health Promise credits on www.aetna.com to make sure all your credits are posted. Employees have until 2/28/2020 to reach out to one of the on-site Aetna representatives, Jessica O'Connell: pcs.oconnellj@pcsb.org or Gina DeOrsey: pcs.deorseyg@pcsb.org, to report any missing credits. Any credits reported after 2/28/2020 will not count towards the 2019 incentive. [Directions for how to check your credits.](#)

Blood Pressure Program through the Y

Together with the YMCA, PCS is offering a Blood Pressure program in spring 2020. Learn how to manage high blood pressure and earn one credit towards the 2020 Aetna Health Promise.

February 17 is Random Acts of Kindness Day

A small and random act of kindness can go a long way. Simply holding the door for someone, giving a compliment, or reaching out to a family member can bring joy to others and improve their day. Studies show that random acts of kindness can increase oxytocin, energy, happiness and even lifespan. On

February 17, focus on doing random acts of kindness throughout your day. For ideas of random acts of kindness, please visit randomactsofkindness.org.

Caring for the Caregiver

- More than 53% of family caregivers work full-time jobs
- It takes time, commitment, energy, organizational skills and above all, love to be a caregiver
- But we must remember to give care to ourselves as well
- This **2-hour Training** is relevant for anyone who is in a caregiving relationship: *Aging parent, incapacitated spouse, mentally or physically challenged child*
 - WHEN: Monday, March 11, 2020
 - WHERE: Admin. Bldg. Room E-111
 - TIME: 5:30 – 7:30 pm
 - Earn 2 Component Points
- To [register](#)

Employee Discounts

[Pinellas County Schools Main Discount Page](#)

- [PerkSpot](#): cell phones, travel discounts, electronics, health & wellness, tickets & entertainment, local offers and so much more. Company code: PCSB
- [Tickets At Work](#): exclusive discounts, special offers and access to preferred seating and tickets to top attractions, theme parks, shows, sporting events, movie tickets, hotels and much more. Company code: PCS
- [Ruth Eckerd Hall events](#)
- [Amalie Arena and Yuengling Center upcoming events](#)
- [TB Lightning games](#)
 - [February 25th](#)
 - [February 27th](#)
- [Dell Presidents Sale](#)