

Benefit News





2021 Annual Enrollment is almost here!

Annual Enrollment is October 14 – 26, 2020

All Benefit eligible employees will receive an [Annual Enrollment Decision Guide](#) mailed to their home sometime between October 14th and October 17th. However, the Decision Guide is available electronically on the Annual Enrollment website today: [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 health insurance selection meets your needs and your budget.

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

<p>Tuesday, October 13 11:30a.m. • Register here:</p>  <p>https://tinyurl.com/pcsb10-13</p>	<p>Thursday, October 15 5:00p.m. • Register here:</p>  <p>https://tinyurl.com/pcsb10-15</p>
<p>Monday, October 19 4:30p.m. • Register here:</p>  <p>https://tinyurl.com/pcsb10-19</p>	<p>Wednesday, October 21 5:45p.m. • Register here:</p>  <p>https://tinyurl.com/pcsb10-21</p>

* Recordings will be available.

Don't need to make Changes? If you do not enroll online by October 26th, your current coverage will continue, including your Flexible Spending Account (FSA) elections. The new rates and plan changes will apply, effective January 1, 2021.

Wellness News



Saturday October 10 is World Mental Health Day

Saturday, October 10 is [World Mental Health Day](#). This is a chance to remind us all that caring for our mental health is just as important as caring for our physical health. Click on the [link](#) to learn more about mental health efforts around the world and resources available locally to help you cope.

1-800-848-9392, resourcesforliving.com

Username: PCSB

Password: eap

NEW Dining with Diabetes Course!

October 19, October 26, and November 2

Employees with diabetes are invited to join us for a new Dining with Diabetes course. Each class will have new and up to date information about living with diabetes, healthy cooking, snacking and more! Open to all diabetics. This course will count as the refresher course for members of the PCS Diabetes CARE program. For more information and details about registration, visit [Dining with Diabetes](#) or contact Gina DeOrsey at pcs.deorseyg@pcsb.org or 727-588-6137. Space is limited.

Fall Wellness Webinars

Join us for upcoming wellness webinars! Throughout the fall semester there will be webinars on a variety of wellness topics. Open to all employees. Employees must register to join the webinar. Recordings will be posted online for 1 week after the live webinar.

Upcoming webinars:

10/13 @ 5:00pm - Grocery Shopping: Plan it to Work for You: [Register here](#)

10/14 @ 12:00pm – Staying Social During Physical Distancing: [Register here](#)

10/20 @ 5:30pm – Gentle Yoga Movements: [Register here](#)

For a full list of 2020 Fall Wellness Webinars and recordings, visit: [District Campaigns](#).

Check Your Aetna Health Promise Credits

Only a few more months to earn your 5 or 8 Aetna Health Promise credits. Be sure all credits are posted on your Aetna member website. If you are missing any, please reach out Jessica O'Connell pcs.oconnellj@pcsb.org or Gina DeOrsey pcs.deorseyg@pcsb.org with your date of birth, activity and date of activity you are missing.

[Directions for how to check your credits.](#)

For more information about the Aetna Health Promise, please visit pcsb.org/wellness.

Employee Discounts

[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

[Amalie Arena](#) - upcoming concerts