



## YOUR PCS BENEFIT WEEKLY UPDATE

October 12, 2023

### BENEFIT NEWS

#### **2024 BENEFlex Annual Enrollment is Now Active!**

The annual benefits enrollment period began on October 11<sup>th</sup> and will end at midnight on Monday, Oct. 23<sup>rd</sup>, 2023! Take control of your insurance benefits by learning everything you need to know about healthcare and the benefits PCS has to offer.



Please visit [www.pcsb.org/annual-enrollment](http://www.pcsb.org/annual-enrollment) for electronic links to the Newsletter, the full BENEFlex Guide, as well as additional information and other useful links to review prior to October 23<sup>rd</sup>.

If you need to add a dependent to your plan, see the step-by-step instructions: [Instruction Sheet on Adding a Dependent](#).

#### **When You Are Ready to Elect, Follow These Enrollment Steps!**

1. Go to <https://ess.pcsb.org/empss/>
2. 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).
4. Select **BENEFlex 2024** on the left navigational bar.
5. Follow the steps through the wizard process to verify and select your insurance benefits for 2024.
6. It is important to **Print and Retain your Confirmation Notice** when you are done.

**Note:** All new coverage elections for life insurance are not effective until your Evidence of Insurability (EOI) is received and approved by the insurance company.



### **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

Thursday, October 12th at 4:30 PM - [Register here](#)  
Monday, October 16th at 3:00 PM - [Register here](#)  
Thursday, October 19th at 5:00 PM - [Register here](#)

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## **WELLNESS NEWS**



### **October is Breast Cancer Awareness Month**

Breast cancer is the second leading cause of cancer deaths in women. Every 2 minutes a woman diagnosed with breast cancer in the United States. Routine screenings, including annual mammograms and monthly self-checks are vital to detect breast cancer early. When detected early, breast cancer is more effectively treated. Calculate your risk with this [Breast Cancer Risk Calculator](#).

Learn more about breast cancer and preventative screenings by visiting [www.cancer.org/breastcancer](http://www.cancer.org/breastcancer).

### **Employee Assistance Program – October 10<sup>th</sup> was World Mental Health Day**

The World Health Organization (WHO) honors our universal need for mental health support by observing World Mental Health Day on October 10. The aim is to raise awareness of mental health concerns worldwide and increase access to care. Mental health matters – for all of us. One of the core components of mental health is our connections with others and ourselves.



Check out the resources [in this link](#) to learn more about the benefits of connection, how to reach out and how to be there for others.

The EAP is available 24/7 at **800-848-9392** to assist you with life coping skills.

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## **EMPLOYEE DISCOUNTS**

### **Employee Discounts**

Main employee discount page

### **Concerts and Events Discounts**

Concerts and other event discounts through Amalie Arena & Yuengling Center

### **PerkSpot**

Travel, theme park tickets, entertainment & local offers.

**Company Code:**  
**PCSB**

### **Tickets at Work**

Special offers like discounts on theme park tickets and much more!

**Company Code: PCS**

