



YOUR PCS BENEFIT WEEKLY UPDATE

February 20, 2025

BENEFIT NEWS:

Flexible Spending Account (FSA)

The deadline to submit 2024 claims for reimbursement or substantiation for the FSA is March 31, 2025.

All 2024 claims must be submitted manually for reimbursement using a manual claim form, or through the Inspira Portal under 'File a Claim'. Balances left over will be forfeited and used to offset the expenses of the plan.

Visit our [Inspira Financial - FSA Claim Form - Health and Dependent Care](#) for a claim form, a list of eligible expenses, and answers to frequently asked questions. We recommend you do not wait until the last week to submit your claims.

For more information, go to www.pcsb.org/FSA



Health Reimbursement Account (HRA) Included with the CDHP Health Plan

The HRA deadline to submit 2024 claims for reimbursement or substantiation is March 31, 2025.

All 2024 HRA funds that need to roll over to the 2025 account year will occur on April 1, 2025. Funds for the 2025 plan year were added to the account and accessible on January 1st for 2025 claims.

Submit a claim through the Inspira Portal under 'File a Claim' or use this reimbursement form for the HRA Account connected to the CDHP Health Plan: [Inspira Financial - Claim Form - Health Reimbursement Account Claim Form \(CDHP PLAN +HRA\)](#)

For more information, go to www.pcsb.org/FSA.



RETIREMENT NEWS:

Risk Management Retirement Team Office Hours:

<u>Individual Appointments</u> Telephone, video or in-person meetings are available. Click here to schedule an appointment.	Tuesdays: 8:30am to 11:30am 2:00pm to 4:00pm Thursdays: 8:30am to 11:30am
<u>Walk-in Wednesdays</u> Walk-in hours are available on Wednesday. Retirement Specialists will be available to employees on a first come, first serve basis.	Wednesdays: 8:30am to 11:30am 2:00pm to 4:00pm

Please note: If you do not want to come into the office, most retirement processes can be handled by telephone, email or by video conference.

Retirement Team Contact Information:

Phone: 727-588-6214

Email: risk-retirement@pcsb.org

Email for FRS Retirement Applications to Risk Management at: FRSApps@pcsb.org

For more information, visit the PCS Retirement Website www.pcsb.org/retirement

WELLNESS NEWS:

YMCA Weight Loss Program – *Several spots available for Palm Harbor & Speers YMCA*

Losing weight can be extremely challenging. If you're looking to make changes, join the YMCA Weight Loss Program today!



This 3-month program will provide you with support, guidance, and education as you design a personal action plan to bring long-term, positive change in your life. Participants will meet weekly for 3 months. Programs will be held weekly and begin on March 5. Open locations: Palm Harbor, and Speers YMCA. **The Bardmoor class is full.**

For details and how to register, view the [YMCA Weight Loss Flyer](#).

Requirements: Participants must be a PCS employee with the PCS medical insurance AND have a BMI of 30 or higher. If space is available, dependent spouses can participate.

District Wide Webinars

PCS's District Wellness Team will be hosting live webinars each month on various topics. Visit the [District Wellness Campaigns](#) for a complete list. Nutrition and EAP webinars will count as 1 component credit in PLN and 25 Limeade points. Participants MUST register using the links below - NOT on PLN. The PLN credits will be entered based off the attendance list of the live webinar. Webinars will be virtually hosted through Zoom or Teams. Employees will also receive Limeade points for attending a live webinar.



Below is a list of upcoming webinars:

Breathe Your Way to a Better Life

EAP, Darlene Rivers

February 26, 2025

5:30pm-6:30pm

[Registration](#)

Pre-Diabetes Webinar

Learn about the condition and what you can do to manage your health.

Gabrielle Belcastro, RD

March 12, 2025

5:30-6:30pm

[Registration](#)

Employee Assistance Program – Daily Habits to Improve Mental Health and Well-being

Some aspects of life that impact your mental health are out of your control such as difficult life experiences and daily stresses. However, there are things you can control—like eating healthy foods, getting quality sleep, becoming more physically active, and taking time for self-care. Learn how you can make small changes in your daily life that can help boost your mood and move you closer to your personal goals this year.



This week's [link](#) takes you to articles and videos that can help you improve your mental health and wellbeing:

- Article – What do healthy relationships mean to you?
- Webinar – How small changes can lead to big results
- Infographic – Small, everyday ways to increase your wellbeing
- Article – A twist on New Year's resolutions

And remember, if you or a family member in your household is having difficulty coping with any life issue, the EAP is available 24/7 to assist you.

Contact RFL at **800-848-9392** to get started or visit www.resourcesforliving.com (Select Company Login/Register. **Employer:** pcsb | **Access code:** eap).

EMPLOYEE DISCOUNT NEWS:

Employee Discounts

Main employee discount page

Concerts & Events Discounts

Concerts and other event discounts through Raymond James Stadium, 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: PCS