



## YOUR PCS BENEFIT WEEKLY UPDATE

### January 12, 2024

#### **BENEFIT NEWS**

##### **How often should I get an Eye Exam?**

You have your annual physicals. You see your dentist regularly. You've got this healthcare thing down. However, is seeing your eye doctor on that list?

Vision changes can happen slowly—you may not even notice it. Annual eye exams are a good rule of thumb unless your doctor suggests more frequent checks; **EyeMed suggests** making it part of your regular preventive care routine.



Clear vision isn't the only benefit of getting an annual eye exam. Through an eye exam, your eye doctor can identify early warning signs and manifestations of many systemic and chronic diseases including:

- Diabetes
- Heart disease
- High blood pressure
- Autoimmune diseases including multiple sclerosis, lupus, Sjögren's syndrome and rheumatoid arthritis
- Lyme disease
- Brain tumor
- Cancers of blood, tissue or skin

[Click here](#) for more information.

##### **FSA and HRA Cards for 2024**

Any newly enrolled employee or anyone who had a card expire on 12/31/2023 had a new FSA and/or HRA card delivered to the address that's on file. If you did not receive the new card and need one, please contact PayFlex at 888-678-8242.



## **RETIREMENT NEWS**

### **Risk Management Retirement Team Office Hours:**

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

**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

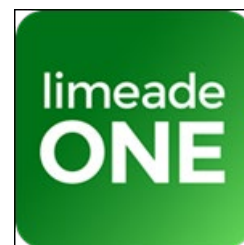
Email: [risk-retirement@pcsb.org](mailto:risk-retirement@pcsb.org)

Email for FRS Retirement Applications to Risk Management at: [FRSApps@pcsb.org](mailto:FRSApps@pcsb.org)

## **WELLNESS NEWS**

### **Put your well-being first with PCS Limeade Wellness Program**

The Limeade program year ends on February 23, 2024, but there's still time to participate and complete different lessons, activities, and challenges to improve your overall well-being! Limeade is available to all employees with the PCS medical insurance and their dependent spouses. Learn more about the Limeade Wellness Program at [pcsb.org/Limeade](https://pcsb.org/Limeade).



### **Missing Points? Report them by February 16, 2024.**

Certain 2023 preventative exams including annual physical, well woman's exam, colonoscopy, dental exam, vision exam, skin cancer screening, flu shot or covid vaccine will count for points for this program year. [Be sure to check your points.](#) If you are missing any 2023 preventative exams, please email [hillca@pcsb.org](mailto:hillca@pcsb.org) or [pcs.oconnellj@pcsb.org](mailto:pcs.oconnellj@pcsb.org) with the exam and the date by February 16, 2024. Any 2024 exams will count for the next program year.

## Employee Assistance Program – Spent too much money during the holidays? Get tips from RFL to help manage financial stress!

Did you know that people who struggle with debt are more than twice as likely to suffer from depression? Worrying about unpaid bills or lack of income can: keep you up at night, cause a strain on your closest relationships, harm your self-esteem, and cause you to withdraw socially.

Learn ways you can start small and build to improve your finances and relieve stress this year. [Click here](#) to review a video on “Setting financial goals”, watch an infographic on “How to become more financially healthy”, and listen to a podcast on “Making every penny count”.

To register for the webinars, log in to your PCSB member website at [www.resourcesforliving.com](http://www.resourcesforliving.com), **Username: pcsb Password: eap**. If you can't attend a live webinar, [check out webinars on-demand from our webinar library](#).

Remember, the EAP is available 24/7 at 800-848-9392 to assist you with life coping skills.



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## 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

