



## YOUR PCS BENEFIT WEEKLY UPDATE January 18, 2024

### **BENEFIT NEWS**

#### **PayFlex is now Inspira Financial!**

Happy new year! With this new year, PayFlex has a new name – Inspira Financial.



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 Inspira Financial 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**

### **5 Weeks Left in the Limeade Program Year!**

The Limeade year ends on 2/23/2024. There are about five weeks left to participate in activities and earn points for this year. 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.



### **2024 District Wellness Webinars**

Join the live Wellness webinars throughout the spring and learn about a variety of wellness topics from stress management, work/life balance, nutrition and more! To register for these webinars, click the links below or visit the [PCSB District Wellness Webinar page](#) to see all spring webinars. Participants will receive PLN credits and Limeade credits for attending a *live* class. Recordings will be available for about 1 week after the live class.

- **1/24 at 5:30pm:** Goal Setting for Life and Work – EAP – [Register](#)
- **1/31 at 5:00pm:** Stress and Anxiety: Can what you eat help or make it worse? – Nutrition – [Register](#)



### **Employee Assistance Program – Focus on Renewal: Set your intentions!**

The new year marks a time to renew your goals and refresh your efforts in working toward them. It's a good time to add more self-care to each day. This month, to [listen to a podcast](#) all about living life with intention, and watch a Let's Talk video about the four types of intent and more.



### **New!! Life's Moments**

Resources for Living is introducing a new feature on their member website, called Life's Moments. [Life's Moments](#) is a new blog series featuring different individuals writing about topics such as finances, single parenting, grieving a loss, and more! In this first blog, Emily shares reflections on navigating life after losing her mom at the age of 18. Check it out and feel free to leave a comment! The EAP is available 24/7 at **800-848-9392** to assist you with these and other life coping skills.

## **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

