



## YOUR PCS BENEFIT WEEKLY UPDATE

January 26, 2024

### 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**

### **National Wear Red Day – Friday, February 2, 2024**

February is designated as American Heart Month, and the first Friday in February is National Wear Red Day. National Wear Red Day aims to raise and spread awareness of heart disease in women. Learn more about National Wear Red Day at [goredforwomen.org](http://goredforwomen.org).



### **Report Missing 2023 Preventative Exams on Limeade Before February 23, 2024!**

**The Limeade year ends on 2/23/2024.** 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. [Review 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 – RFL Webinars for February**

Resources for Living (RFL) provides webinars monthly to help employees be less stressed and more productive. [This flyer](#) announces the four new webinars for February:



- 1) Being your best self: Self-esteem for adults – **Feb. 8<sup>th</sup> at 3:00 PM**
- 2) Caregiving: The personal price, challenges, and rewards – **Feb. 15<sup>th</sup> at 3:00 PM**
- 3) Give the gift of forgiveness – **Feb. 22<sup>nd</sup> at 3:00 PM**
- 4) Love, loss, and what you can learn – **Feb. 27<sup>th</sup> at 3:00 PM**

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 the 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.



## **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

