



## YOUR PCS BENEFIT WEEKLY UPDATE

### November 29, 2023

### BENEFIT NEWS

#### **Payroll Deductions**

Any newly elected coverage and plan changes made during Annual Enrollment will take effect 01/01/2024. As a reminder, 2024 employee insurance deductions will begin:

- **12/01/2023:** Administrative/Instructional/Professional/Technical/Supervisory personnel.
- **12/08/2023:** Supporting Services personnel.

The Flexible Spending Accounts (FSA) and MetLaw Legal plan deductions for 2023 will continue through the last December deduction. FSA and MetLaw Legal deductions for 2024 will begin with the first payroll in January.

For additional questions regarding benefits and insurance deductions, please contact the Benefits Team. The Benefits Team can be reached at 727-588-6197.



## **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)

## FRS – Your Member Annual Statement is Online

Each calendar year, the Division of Retirement provides a Member Annual Statement (MAS) to active FRS Pension Plan members. The MAS is available only through your FRS Online account. Complete the following steps to access your most recent MAS:

1. Visit [frs.fl.gov](https://frs.fl.gov) and log in to your FRS Online account.
2. Once you are in, on the left-side navigation, access the Annual Statement link under the “Member Services” menu.
3. Click the “Download Member Annual Statement” button to download your latest MAS as a PDF.

Your MAS summarizes your retirement record and, if you are vested, includes projected estimates of your future monthly benefit. Your MAS is updated yearly in the month you were born, based on service credit through the prior month. You will receive an email notifying you that your MAS is available in your FRS Online account, but you must log in to view it.

Click [here](#) to log on now!



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## **WELLNESS NEWS**

### **PCS Limeade: Check Your Points!**

The Limeade program year ends February 23, 2024. Participants can earn points for certain preventative exams completed between January 1, 2023, and December 31, 2023. The annual physical, well woman's exam, mammogram, and colonoscopy points will be tracked automatically through claims. However, if you do not see your points within 60 days or before 12/31/2023, you must email [hillca@pcsb.org](mailto:hillca@pcsb.org) or [oconnellj@pcsb.org](mailto:oconnellj@pcsb.org) to report these points missing. [Directions for how to check your points.](#)

Other exams including dental exam, vision exam, flu shot, covid vaccine, and skin cancer screening will be self-submitted. [Directions for how to self-submit exams.](#)

For more information about the Limeade program, visit [pcsb.org/limeade](https://pcsb.org/limeade).



## Employee Assistance Program – RFL Webinars for December

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



1. **Dec. 7 at 3:00 PM:** Top 10 Thinking Errors That Keep You Stuck
2. **Dec. 12 at 3:00 PM:** Self-discipline: Learning Delayed Gratification
3. **Dec 21 at 3:00 PM:** Overcoming the Idea of Failure

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 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

