



YOUR PCS BENEFIT WEEKLY UPDATE

February 1, 2024

BENEFIT NEWS

Are you enrolled in a Flexible Healthcare Spending Account (FSA) for 2024?

If so, see these tips on how to manage your account:

Save Your Receipts

It is important to save all your itemized receipts and Explanation of Benefits (EOBs) from the Insurance Company to validate your expenses. [An itemized bill lists the details of the services you were provided, including dates and charges for each service.] It is required by the IRS. If Inspira Financial requests documentation, be sure to respond and provide what is needed. Unsubstantiated claims will be reflected as taxable income.

Know Your FSA Balance – Register for an online account with Inspira Financial!

Avoid surprises when receiving care or filling prescriptions. Track your account activity so you know the balance in your account. Create an Account on the Inspira Financial website (www.inspirafinancial.com) to see your balance anytime. It is extremely helpful for managing your money.

Use It or Lose It Rule

The IRS “use it or lose it” rule states that any FSA balance not used by the end of the plan year must be forfeited. You have 90 days after the end of the plan year – *or 90 days after your employment ends* – to submit receipts for reimbursement for expenses during the plan year.

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



RETIREMENT NEWS

Risk Management Retirement Team Office Hours:

<p><u>Individual Appointments</u> Telephone, video or in-person meetings are available.</p> <p>Click here to schedule an appointment.</p>	<p>Tuesdays: 8:30am to 11:30am 2:00pm to 4:00pm</p> <p>Thursdays: 8:30am to 11:30am</p>
<p><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.</p>	<p>Wednesdays: 8:30am to 11:30am 2:00pm to 4:00pm</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

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

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WELLNESS NEWS

Tomorrow, February 2nd is National Wear Red Day!

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.



February is American Heart Month: Know the Signs and Symptoms

About every 40 seconds, someone in the United States has a heart attack or stroke. How quickly someone receives treatment when experiencing a heart attack or stroke is crucial. Learn [the signs and symptoms of a heart attack and stroke](#) today to potentially save a life!



Final Weeks to Report Any Missing 2023 Exams on Limeade

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. [Check your points.](#) If you are missing any 2023 preventative exams, please email hillca@pcsb.org or 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 – Mind Companion Self-care

Starting April 1, 2024, Resources for Living will be launching Mind Companion Self-care, a new self-guided support tool to help manage mental health and well-being.

[Mind Companion Self-care](#) is an online mental well-being program that provides support where and when you need it. This digital self-paced support program provides access to evidence-based support tools to help manage depression, anxiety, substance misuse and more. After reviewing the demo video for a walkthrough of Mind Companion Self-care and selecting a focus area, members will be guided through sessions that include videos, interactive questions, and relaxation exercises. You can also track your mood to see progress over time.



Remember, 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

