



# YOUR PCS BENEFIT WEEKLY UPDATE

March 21, 2024

## BENEFIT NEWS

### **Are You New to EyeMed? – Using Your Vision Benefit**

Pinellas County Schools offers quality vision care for you and your family through the EyeMed Advantage Vision Care Plan. In 5 easy steps, you can get everyday access to the vision care you need. View this [flyer](#) to learn how to access your benefits, choose an eye doctor, schedule an appointment – all hassle-free.



## RETIREMENT NEWS

### **What are the steps to Exit Drop?**

If you plan on exiting DROP in the next six months, the Risk Management Retirement team would like to provide you with the attached [PCS DROP Termination process guide](#). This guide provides a timeline and gives employees an outline of the process to exit DROP with PCS and the Florida Retirement System.



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

<p><b>Individual Appointments</b> Telephone, video or in-person meetings are available. <a href="#">Click here to schedule an appointment.</a></p>	<p><b>Tuesdays: 8:30am to 11:30am</b> <b>2:00pm to 4:00pm</b> <b>Thursdays: 8:30am to 11:30am</b></p>
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### **Walk-in Wednesdays**

Walk-in hours are available on Wednesday. Retirement Specialists will be available to employees on a first come, first serve basis.

**Wednesdays: 8:30am to 11:30am  
2:00pm to 4:00pm**

**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)

To submit FRS Retirement Applications email to Risk Management at: [FRSApps@pcsb.org](mailto:FRSApps@pcsb.org)

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## **WELLNESS NEWS**

### **Wellness Webinars**

Join live wellness zoom webinars to learn about a variety of wellness topics including nutrition, mental health, and more! Participants must register using the links below. More information, recordings, and a list of other upcoming webinars can be found on the [District Wellness Campaigns site](#).

- March 27 – Energy Drinks, Protein Powders, and Bars by Carolina Jantac – 5:00 PM – 6:00 PM – [Register](#)
- April 4 – **NEW!** A Healthier Metabolism and Happier You! Presented by BayCare – 5:00 PM – 6:00 PM – [Register](#)



### **Upcoming District Cornhole Tournament!**

Sign up for the first PCS Wellness Cornhole Tournament on Saturday April 27th at Largo High School. Grab a cornhole partner and make a team. [Register your team today!](#)

Teams must consist of two PCS employees. Children and non-pcs employees will not be eligible to play. Winners will receive a trophy and gift card prize! There will be DJ entertainment, a wellness wheel, snacks and more!



## Employee Assistance Program – RFL Webinars for April. Watch and register for the latest webinars today!

Resources for Living (RFL) provides live webinars monthly to help employees be less stressed and more productive. Topics such as communication, stress, self-improvement and more. [This flyer](#) announces the four new webinars for April:



- April 4 – Just The Way You Are: Building a Healthy Body Image
- April 9 – Avoid These 10 Money Mistakes
- April 16 – Understanding Anxiety
- April 25 – Understanding Narcissistic Personality Disorder

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](#).

And 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

