



## YOUR PCS BENEFIT WEEKLY UPDATE

### March 6, 2025

#### **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!

For more information, visit [www.pcsb.org/Page/3928](http://www.pcsb.org/Page/3928).

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#### **RETIREMENT NEWS**



##### **Retirement Savings Program – Is This Something You Need?**

Why put your retirement dollars into the Retirement Savings Program instead of somewhere else? One reason is that your pre-tax contributions to Pinellas County Schools retirement savings program lower your taxable income for the year. This means that you save money in taxes when you contribute to the plan – a big advantage.

Retirement plans can vary significantly for everyone. Have you given thought to what type of income you can expect when you retire? To help you get ready for your retirement goals, Pinellas County Schools has established a voluntary 403(b) and/or 457(b) plan that allows all eligible employees to participate through payroll reductions.

There are many benefits to contributing to 403(b) and 457(b) plans such as:

1. Contributions deposited into individual accounts
2. Payroll contributions to the 403(b) and 457(b) plans are on a pre-tax basis
3. The funds grow tax-deferred in the plan

For additional information, [review](#) the list of Authorized Providers and to access the Online Salary Reduction Agreement portal.



## **WELLNESS NEWS**

### **2025 Limeade Program Began March 1, 2025!**

The new program year of Limeade has begun. Employees with medical insurance through PCS have access to login in begin a new program year. Participants can take their Well-being Assessment to customize their wellness activities, reach Level 1, and unlock their incentives. Throughout the year participate in new challenges and lessons and earn points for completing certain preventative exams.



Learn more about the program and how to get started at [pcsb.org/limeade](https://pcsb.org/limeade).

- **2024 Level 3 Incentive Limeade Program Payout Update:**

All employees who were eligible for the \$300 annual wellness incentive will receive the incentive in their upcoming paycheck (3/7/2025 or 3/14/2025). Everyone receiving the incentive would have received an email notification.

Please contact [hillca@pcsb.org](mailto:hillca@pcsb.org) for questions about the incentive.

### **National Nutrition Month: My Plate Challenge!**

MyPlate is a visual tool designed to help you make healthier meal choices. It divides your plate into five key food groups: fruits, vegetables, grains, protein, and dairy. By following MyPlate's guidelines, you can create balanced meals that nourish your body and support a healthy lifestyle.

#### **How to Participate in the MyPlate Challenge:**

For the next few weeks, we're inviting you to share a photo of a meal you've prepared that follows MyPlate guidelines. The catch? It must be a meal that took **30 minutes or less** to prepare! Whether it's a quick stir-fry, a fresh salad, or a balanced wrap, we want to see your creativity in action as you make MyPlate-friendly meals in no time. Here's how you can enter:

1. **Make a meal** in 30 minutes or less that follows MyPlate criteria.
2. **Take a photo** of your meal.
3. **Post to social on Limeade or email** [nutritionsupport@pcsb.org](mailto:nutritionsupport@pcsb.org) with the hashtag #MyPlateChallenge.

By entering the challenge, you'll be entered into a raffle for a **\$25 gift card!**

## Employee Assistance Program – Live Webinar: Addressing Mental Health Challenges for Women

Women face different stressors than other populations and also experience mental health challenges at different rates. This live webinar will explore the differences and provide strategies for support and resilience.



Join us for a live webinar hosted by Talkspace as we discuss unique challenges women often face and walk away with a better understanding of available resources.

Review this [flyer](#) and register:  
**Wednesday, March 19 @ 1:00 ET**

And remember, if you or a family member in your household is having difficulty coping with any life issue, the EAP is available 24/7 to assist you.

Contact RFL at **800-848-9392** to get started or visit [www.resourcesforliving.com](http://www.resourcesforliving.com) (select Company Login/Register. Employer: pcsb | Access code: eap).

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## EMPLOYEE DISCOUNTS

### **Employee Discounts**

Main employee discount page

### **Concerts and Events**

Concerts and other event discounts through Amalie Arena & Yuengling Center

### **PerkSpot**

Travel, theme park tickets, entertainment & local offers.  
**Company Code: PCSB**

### **Tickets at Work**

Special offers like discounts on theme park tickets and much more!  
**Company Code: PCS**

