



YOUR PCS BENEFIT WEEKLY UPDATE

April 3, 2025

BENEFIT NEWS

EyeMed Vision – Use Your Benefits Online

Online shopping has become such a time-saver in our lives. Did you know you can use your EyeMed Vision benefits online, too? Explore this interactive, [step-by-step guide](#) to learn about how easy and convenient it is.



Questions, please contact EyeMed Vision Customer Service Center at 1-866-253-0599.

For more information on EyeMed Vision Insurance, visit [Pinellas County Schools Vision Webpage](#).

RETIREMENT NEWS

EyeMed Vision – Use Your Benefits Online

If you are retiring this school year, during the summer, or in August, the Risk Management Retirement Team is offering one-on-one appointments with a Retirement Specialist for the purpose of submitting completed Retirement forms and electing retirement insurance.



These meetings can be done virtually or in-person. In-person appointments will be held at the Administration Building in the Risk Management Office.

[Reserve your appointment online Today!](#)

Once you have reserved your appointment online, you will be emailed the appropriate retirement application and the retiree insurance packet for you to elect the benefits you would like to maintain during your retirement.

Important Reminder: The Retirement Application and insurance packet will need to be brought to the meeting, along with a check for Health, Life, and/or Vision Insurance, if you are electing Retirement Benefits.

Retirement Team Contact Information:

Phone: 727-588-6214

Email: risk-retirement@pcsb.org

For more information, visit www.pcsb.org/retirement.

Investing 101: Financial Education Webinar

Join us for a virtual webinar to learn more about the basics of investing. We will discuss how to set realistic financial goals and practical ways to accomplish them. We will answer questions such as what are stocks, bonds, mutual funds, and how can they help you invest and save more? For retirement planning, what are the different savings plans available, and which one may be best for you?



This is a great session for anyone who is in the Investment FRS Plan or anyone wanting to know more about general investing.

Webinar Details:

- **Hosted by:** Chris Brown, Financial Wellness Consultant, US Omni & TSACG Compliance Services
- **Date:** Thursday, April 10th
- **Time:** 5:30pm – 6:30pm

[Register today!](#)



WELLNESS NEWS

FREE One-On-One Nutrition Coaching Available!

Take charge of your health with personalized coaching services. One-on-one nutrition coaching is great for:

- ✓ Accountability
- ✓ Goal setting
- ✓ Weight loss goals
- ✓ Managing/improving chronic conditions
- ✓ Increasing education levels
- ✓ Finding motivation



Now available to PCS Employees and Spouses on the Aetna Medical Plan for:

- Diabetes
- Prediabetes
- Weight Loss (BMI>30)
- GLP-1 Medication Support
- High Blood Pressure
- High Cholesterol

On-site Aetna Registered Dietitian, Gabrielle (Gabby) Belcastro, is available for one-on-one appointments. If you're interested, please contact nutritionsupport@pcsb.org to get started today!

For more information, visit www.pcsb.org/wellness.



2nd Annual Cornhole Tournament!

Sign up for the [2nd Annual PCS Wellness Cornhole Tournament](#). PCS employees can create a team of two to compete against other employees in a double elimination cornhole tournament. All players must be PCS employees. \$100 prize for winning players!

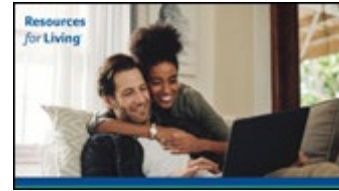
Tournament Details:

- **Date:** Saturday, April 26
- **Location:** PCS Admin Building
- **Time:** 10:00am-1:00pm

[Register your team today!](#)

Employee Assistance Program – Resources for Living Webinars for April

Resources for Living (RFL) provides monthly live webinars on topics such as communication, stress, self-improvement and more. Watch and register for the latest webinars. If you can't make it to a webinar, you can also view webinars on demand from our webinar library.



Review this [flyer](#) to register to the upcoming webinars:

- **4/3** - Balance: Relaxation techniques
- **4/10** - Financial worries in the house: What do we tell the kids?
- **4/17** - Kids and their techno toys: Parenting in the age of technology
- **4/24** - 10 questions to become a better you

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
(**Select:** Company Login/Register | **Employer:** pcsb | **Access code:** eap).

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

