



YOUR PCS BENEFIT WEEKLY UPDATE

May 10, 2024

BENEFIT NEWS

Schedule Your Summer Dental & Vision Appointments

Start scheduling your appointments for the summer to avoid the back-to-school rush. Visit Risk Management's [dental](#) and [vision](#) website benefit pages to learn more!

Don't forget – there's an app for your dental/vision providers! Visit the App Store or Google play to download your provider's app.



Unlock Savings: My Bluebook Journey Game (Game Ends Today, 5/10/2024)

Don't miss your chance to play the Bluebook Journey Game! In this fun and interactive game, you'll have the option to choose a healthcare path while completing two simple searches. You'll see how easy it is to find high-quality providers who deliver care at a **Fair Price™** using Bluebook's green-yellow-red color guide.

(Company Code: PCSB)



With **Healthcare Bluebook**, you could save hundreds – potentially thousands – of dollars on care with a simple search. Discover the dramatic price differences on medical care and see how much you can save using **Healthcare Bluebook**.

Plus, you can **earn up to a \$200 reward** every time you search for select procedures in **Healthcare Bluebook** and use a **Fair Price™** facility for your care. No forms or extra steps are required.

Completing the game qualifies you for a chance to win one of (4) \$50 Amazon gift cards!

[Play The My Bluebook Journey Game Here!](#)

How Much is a Fair Price™ for Common Outpatient Procedures?

How much is a fair price for common outpatient procedures, such as a colonoscopy or knee arthroscopy? [Click here](#) for local fair-price, high quality providers in the Pinellas County Area.



Travel Assistance During Summer

Are you planning on traveling this summer? See how The Standard Company's benefits can help protect you while you travel!



The Standard Insurance Company (The Standard), as part of their Life Insurance package, offers Travel Assistance to all benefit eligible employees who have life insurance through the district.

In preparation for your next vacation, see the links below to learn more about the program and how it could help you.

- [The Standard's Travel Assistance Program Description](#)
- [Travel Assistance - Security That Travels With You](#)
- [Frequently Asked Questions on Travel Assistance](#)

For these documents in Spanish, please refer to the Life Insurance Page: [Life Insurance - The Standard](#).



WELLNESS NEWS

District Wellness Webinar – Final Webinar of the Year!

Join the live webinar on Zoom to earn PLN credit and Limeade points. 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](#).



Mental and Emotional Well-being Webinar

Date & Time: May 15, 2024, from 5:30pm -6:30pm

[Register Here!](#)

May is Mental Health Awareness Month

Every May, we take the time to bring awareness to mental health. One in four Americans are impacted by mental health issues and it's important to know the resources available. Resources for Living EAP is available to all PCS employees and their household members to provide support whenever you need. In-the-moment support is available 24/7 to help with immediate issues.



Employees can visit pcsb.org/eap to find available resources or call 800-848-9392.

Employee Assistance Program – Depression Awareness

The World Health Organization estimates that 280 million people in the world have depression. If left untreated, depression may affect all aspects of a person's life, including relationships with family, friends, and community.



May is Mental Health Awareness Month. Each week we'll bring you resources that can help support your mental health and emotional well-being. This week's resources can help you learn more about depression, ways to tell it apart from grief or sadness and how treatment can get you back to being yourself. Learn ways to improve your mood, track your progress and build skills to combat depression at your own pace with Mind Companion Self-care.

Check out the [this flyer](#). If you, or someone you know, is struggling with depression, anxiety, fear, low self-worth, or lack of interest in things you used to enjoy, reach out to EAP, or ask your healthcare provider for a mental health check-up.

And remember, the EAP is available 24/7 at 800-848-9392 to assist you with life coping skills. It's always free and confidential to call. You can also visit www.resourcesforliving.com, **Username:** pcsb **Password:** eap at any time.



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

