



## YOUR PCS BENEFIT WEEKLY UPDATE

April 11, 2024

### **BENEFIT NEWS**

#### **Qualifying Events: Changing Your Insurance Benefits Mid-Year**

Just a reminder that under IRS regulations, you cannot change your benefits during the year unless you have a qualified life event, and it is consistent with the requested benefit change. To make a change, you must submit an Enrollment & Change form to Risk Management within 31 days of the life event. Supporting documentation is required. Changes are effective the first of the month following the life event AND receipt of the paperwork in Risk Management.



#### **What are Examples of Qualifying Life Events?**

- Marriage or Divorce
- Birth or adoption of a child (coverage effective immediately)
- Death of a family member
- You or your spouse start or end an unpaid leave of absence
- You or your spouse gain or lose coverage through an employer or State-sponsored plan (Medicare, Medicaid) Note: signing up for a private individual plan, such as a health, life insurance or disability plan, will not qualify as a life event to drop coverage
- You or your dependent lose employer group coverage for any reason, or your COBRA coverage expires

For more information, go to <https://www.pcsb.org/life-events>.

## WELLNESS NEWS

### **Diabetes Care Program**

PCS Aetna members with a diabetes diagnosis can join the PCS Diabetes Care Program today and receive **FREE** diabetic testing supplies. To sign up, please contact **Jessica O'Connell, RN** by email: [pcs.oconnelli@pcsb.org](mailto:pcs.oconnelli@pcsb.org) or phone: 727-588-6134. For further details, please visit [pcsb.org/diabetes](http://pcsb.org/diabetes).



### **PCS Wellness Cornhole Tournament**

Sign up for the first PCS Wellness Cornhole Tournament on Saturday, April 27<sup>th</sup>, at Largo High School, 10:00 AM – Noon.

Grab a cornhole partner and make a team! Teams must consist of two PCS employees. Children and non-PCS employees will not be eligible to play but are welcome to attend to show support to our employees. Winners will receive a trophy and a \$100 gift card each, as a prize! There will be DJ entertainment, a wellness wheel, snacks and more!



This is your chance to bond with colleagues and family in a fun and supportive atmosphere, unleash your inner cornhole champion, win epic prizes and bragging rights for ages, as well as creating lasting family memories!

Don't miss out! [Register your team today!](#) Last day to register is **Friday, April 19<sup>th</sup>**.

### **Employee Assistance Program – Embracing Diversity, Fostering Inclusion**

Diversity refers to all the ways in which people are different. Types of diversity include age, gender, race, ethnicity, and sexual orientation. Inclusion means creating an environment in which people of all backgrounds and identities feel accepted, safe, and celebrated. Creating inclusive spaces is crucial to helping ensure that everyone's voices and experiences are heard and reflected in our larger culture, as a country and in each of our workplaces. This involves working to understand and honor our differences. It also means identifying and challenging any biases you may be holding.



Check out the [attached flyer](#) that illustrates the immense value of diversity and the importance of inclusion:

1. Review an Infographic on "Diversity & Inclusion"

2. Attend a webinar on “Inclusion deep dive: Creating an atmosphere of belonging at work”
3. Read an article on “Managing bias: Understanding bias

Log in to your member website at [www.resourcesforliving.com](http://www.resourcesforliving.com) to view resources, **Username: pcsb Password: eap**. And remember, the EAP is available 24/7 at **800-848-9392** to assist you with life coping skills.



## **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

