

## Weekly Update March 1, 2019

### Benefit News

#### FLEXIBLE SPENDING ACCOUNTS

The deadline to submit 2018 claims for reimbursement or substantiation is **March 31<sup>st</sup> 2019**. Balances left over will be forfeited and used to offset the expense of the plan. Visit our [Flexible Spending](#) for a claim form, a list of eligible expenses and answers to frequently asked questions. Don't wait until the last day to submit your claims!

For additional information, contact Humana FSA Administration at 800-604-6228.

### Retirement News

#### Are you considering retiring this year?

If you are considering retiring at the end of the school year or at the end of the summer [click here](#) for important information regarding selecting your retirement date, continuing insurance benefits and submitting retirement forms.

#### FRS Retirement Workshop

A seminar designed for FRS employees approaching retirement will be held March 12 at 6:30 pm & March 14 at 6:30 PM.

TOPICS will be:

- FRS PENSION ANALYSIS & OPTIONS
- DROP
- 403(b) OR 457
- SOCIAL SECURITY OPTIONS

For additional information and to register [click here](#).

### Wellness News

For those enrolled in the Aetna health plan, **you and your spouse may earn 1 credit** towards the Aetna Health Promise Incentive (\$) by joining Metabolic Health in **SMALL BYTES** (online) *coming soon!*

Registration information for the Small Bytes program will be coming soon in upcoming Risk Management Updates, Smart Start Newsletters and online at [pcsb.org/wellness](http://pcsb.org/wellness).

Small Bytes created by eMindful is a 20 session online class, facilitated by a live instructor where you will learn nutrition, exercise, and mind-body practices. This class goes beyond the standard approach that focuses solely on the physiological aspect (calories in/ calories out) by using a holistic approach (mental, emotional and physiological).

This program has shown positive results in a recent study demonstrating its effectiveness on managing stress, reducing binge eating and more!

*“This has been such an eye-opening experience and I have learned so much that I will continue to use daily in controlling my diet. THANK YOU!!!” - participant*

## Employee Discounts

- [Pinellas County Main Discount Page](#)
- [PerkSpot](#): cell phones, travel discounts, electronics, health & wellness, tickets & entertainment, local offers and so much more. Company code: PCSB
- [Tickets At Work](#): exclusive discounts, special offers and access to preferred seating and tickets to top attractions, theme parks, shows, sporting events, movie tickets, hotels and much more.  
Company code: PCS
- [Ruth Eckerd Hall](#)
- [2019 Valspar Golf Tournament - Employee promotion](#)
- [Astro Skate PCS Employee Appreciation Day](#)