

Weekly Update
March 8, 2019

Benefit News

Using your dental and vision benefits during Spring Break?



Don't Forget:

- Dental benefits are through *Humana Advantage Dental* or *Met Life Dental*.
- Vision benefits are through *Eye Med Vision*.

Visit our web page at www.pcsb.org/risk-benefits for more information.

Retirement News

Everything You Ever Wanted to Know about the Florida Retirement System and More

Risk Management is hosting a FRS Retirement Presentation with Diane Spearin from the Ernest and Young FRS Guidance Program as the sole speaker. She will present detailed information about the Retirement Options through FRS as well as information about the system. This is an invaluable seminar for an FRS Pension Plan member who is within five years of service retirement or entering DROP. This presentation will provide the attendee with the following:

- A thorough explanation of benefits under the Pension Plan;
- What a member should do in preparation for retirement (Service Retirement or DROP);
- The procedure and requirements to follow when applying for retirement benefits including an explanation of the four benefit payment options;
- Direct deposit of benefits, the health insurance subsidy, reemployment after retirement;
- FRS Online

Representatives from the Risk Management Retirement Team and BENCOR will be there to assist you.

Please RSVP: wynnsa@pcsb.org

April 24 th , 2019
Pinellas Park High
5:30 p.m. – 7:00 p.m.



SUBMITTING RETIREMENT PAPERWORK?

The Risk Management Retirement Team is offering small group meetings for the purpose of submitting Retirement forms April 18th, 2019 at Pinellas Park High School.

- A BENCOR Representative will provide information regarding terminal pay and what BENCOR has to offer retirees.
- Risk Management provides a one on one appointment with a Retirement Specialist to accept retirement forms.
- The Retirement Team will mail each DROP Termination and Service Retirement participant an insurance packet that they should bring to the meeting, along with a check for 2 months of premium for the insurance they want to continue.

This event is not for the purpose of gathering information regarding retirement

An **Appointment** is required. Contact the Retirement Team at 588-6214 or e-mail wynnsa@pcsb.org

Space is limited for this event. Notaries will be available, if needed

Entering DROP	5:00 p.m.
DROP Termination	6:00 p.m.
Service Retirement	7:00 p.m.

Wellness News

Introducing Small Bytes

Earn 1 credit towards the [Aetna Health Promise Incentive](#) (\$) by joining Metabolic Health in SMALL BYTES (online) in March!

Metabolic Health in Small Bytes is a 20 session online class, facilitated by a live instructor where you will learn nutrition, exercise and mind-body practices created through a collaborative effort with Duke Diet & Fitness, Duke Integrative Medicine and eMindful. 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 class will help you learn how to reduce your metabolic syndrome risk factors. This program has shown positive results in a recent study demonstrating its effectiveness on managing stress, reducing binge eating and more!

What Participants Learn:

The nutrition and exercise approach pioneered by the Duke Diet & Fitness Center

The mind-body practices developed at Duke Integrative Medicine for:

- Managing stress
- Reducing binge eating
- Reconnecting the mind and body in determining hunger/ fullness
- Managing depression
- Improving sleep quality and reducing insomnia
- Dealing with difficult emotions

Interested? For additional information and to register: [Small Bytes](#)

FREE at home EZ Detect colon test kit

March is National Colorectal Cancer Awareness Month. Colorectal cancer is the 2nd leading cause of cancer related deaths in the United States. Although, colorectal cancer is a very deadly cancer, it can be successfully treated when detected early via screenings. There are often no signs or symptoms of colon cancer, which is why it is so important to get screened regularly.

It is recommended to have your first colonoscopy screening at age 50. Early screenings at 45 are recommended for those who are high risk or experiencing any symptoms. Talk with your doctor about your risk

of colorectal cancer. In addition to regular colonoscopies, it is strongly suggested to take an at home test (like the EZ Detect Test) every year.

How to request an EZ-Detect kit?

For the third year, the PCS Employee Wellness Team is offering all employees a FREE at home test. This is an easy to use at home kit that detects blood in your stool (no handling of sample), with easy to read results within a few minutes.

If you would like to receive an EZ-Detect Colon test kit, please email Leslie Viens at viensl@pcsb.org with your name, worksite, pony route and the number of kits you would like. You will receive the kit(s) via pony within 7-10 days of your request after Spring Break. Detailed instructions will be included as well as information about risk factors, symptoms and prevention of colon cancer.

This kit does not replace a doctor recommended colonoscopy or count towards the wellness credit for the Colorectal Screening.

NOTE: If you have already requested a kit from reading the SMART START newsletter, please do not duplicate your request.

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](#)
- [BJ's Warehouse Club Membership](#)
- [Beall's – Pinellas County Schools promotion \(Effective March 31st and April 1st\)](#)