



## YOUR PCS BENEFIT WEEKLY UPDATE

October 18, 2024

### **BENEFIT NEWS**

#### **2025 Annual Enrollment for Benefits – Begins Soon!**

Mark your Calendars! Annual enrollment dates for 2025 benefits will be **October 23, 2024 - November 4, 2024**.

During this time, employees may enroll, change, or cancel their employee benefits for the coming year.

If you have moved recently, please verify your address to make sure it has been updated. It is important to have your correct address on file for you to receive Annual Enrollment information and benefit plan ID cards, if applicable. PCS employees may update their address through the [PCS Employee Self Service \(ESS\) website](#).

More information to come on Tuesday, October 22<sup>nd</sup> explaining the new rates and changes to the medical plans.



#### **Join a Live Zoom Benefits Education Meeting Next Week!**

Make Your Reservation Today! Click on the link(s) below to Register for a Live Zoom Annual Enrollment Education Meeting:

Wednesday, October 23<sup>rd</sup> at 11:30 AM - [Register here](#)

Thursday, October 24<sup>th</sup> at 4:30 PM - [Register here](#)

Monday, October 28<sup>th</sup> at 4:00 PM - [Register here](#)

Thursday, October 30<sup>th</sup> at 5:00 PM - [Register here](#)



## Receive Your 1095-C Early and Electronically!

Now's your time to sign up to receive your 1095 electronically. Those who sign up by December 18th will be entered into a weekly drawing to receive wellness prizes.

If you are not currently enrolled to receive your 1095-C Form electronically, log into your [Employee Self-Service](#) portal during annual enrollment, and select to 1095-C form electronically!

### What exactly is a 1095-C Form?

A 1095-C form is your proof of insurance for the IRS.

Pinellas County Schools is required to send the 1095-C to all employees offered medical insurance in 2022. While this form may assist in preparing a return, it is not required to file a return.

If you consent to receive this form electronically, you will be able to view and print this form on the 1095-C section in your Employee Self-Service portal.

Employees who do not consent to receive this form electronically, will receive a printed form and it will be delivered to their work location by January 31<sup>st</sup>.

### Where do I find my 1095-C Form in the Employee Self-Service Portal?

If you consent to receive your 1095-C Form electronically, follow the instructions below:

1. Login into your [Employee Self-Service Portal!](#)
2. Once you have logged into the homepage of your employee portal, select the "1095-C" link that is in the yellow box on the left side.
3. It will then ask you to select a 1095C Delivery Option.
4. Select "Review and Print My Own 1095-C Form" if you would like to receive this form electronically.

### Questions?

Please contact The PCS Benefits Team at 727-588-6197.



## **WELLNESS NEWS**

### **Pinellas Goes Pink on Wednesday, October 30<sup>th</sup>!**

October is Breast Cancer Awareness Month.

Wear pink on Wednesday on October 30<sup>th</sup> to help raise awareness for the importance of preventative screenings.

1 in 8 women will be diagnosed with breast cancer in their lifetime. Routine screenings for early detection are one of the most important things you can do!

Talk with your doctor today about your screening options including monthly self-exams and routine mammograms.

You may also schedule an appointment using this [link](#).



### **Employee Assistance Program – Managing Stress Around Election Season**

In America, the national election for President of the United States is Tuesday, November 5. Although that's less than 3-weeks away, the election campaign has been in full force for over a year. Election season can be stressful. It's natural to have strong feelings with an approaching election. And with all that's going on in the world, many people feel that the stakes are high and their candidate is the right choice. Political stress can impact people at home, work, and school.

Here are some quick tips for keeping calm through it all:

- **Make work a “neutral zone.”** Avoid talking about politics at work. If a sensitive topic comes up, be kind when people disagree with you or have a different point of view.
- **Practice self-care.** This includes keeping a regular eating, exercise and sleep schedule and connecting regularly with family and friends.
- **Reach out for support anytime.** You can call us 24/7 for in-the-moment support and resources to support your mental well-being. We're always here for you.

The [attached](#) link provides four additional resources to help you manage election stress:



1. Webinar: Talkspace – Election stress
2. Article: Political stress in the workplace
3. Article: Tips for managing stress
4. Article: Helping children through election stress

Remember, if you or a family member in your household is having difficulty coping with any life issue, the EAP is available 24/7 at **800-848-9392** to help assist you.

You can also view EAP previous articles, webinars, and videos by visiting [www.resourcesforliving.com](http://www.resourcesforliving.com). **Username:** pcsb **Password:** eap.

---

## **EMPLOYEE DISCOUNTS**

### **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

