



YOUR PCS BENEFIT WEEKLY UPDATE

August 28, 2025

BENEFIT NEWS



Don't Miss Out! Update Your Information!

Welcome back! We hope you had an enjoyable and relaxing summer. If you have moved, changed your phone number, or recently married and changed your last name, you will need to update your personal HR record with Pinellas County Schools:

1. Login to PCS Portal using your PCS Network User ID and Password
2. Go to [Employee Self Service](#)
3. Click on the link for "Personal"
4. Click on "Edit/Update"

If you have Marital Status/Name change, complete the [PCSB Form 3-1909](#). (Print the form, fill out, and return the completed form to Human Resources.)

Benefit Deductions:

Just a reminder that insurance deductions will resume on the following dates:

- September 5, 2025 – Instructional, Administrative, Professional/Technical
- August 29, 2025 – Supporting Services



RETIREMENT NEWS



Summer of 2025 Retirement Memory Book!

Congratulations to our 'Summer of 2025' PCS Retirees! This memory book reflects employees who submitted their retirement applications from May 19th – July 25th.

Please note that some retirees chose not to have their name listed in the Memory Book.

As you read through this virtual [PCS Retirement Memory Book](#), you'll see many colleagues who you may recognize, and many have shared their post-retirement plans.

On behalf of Pinellas County School District, we wish all our new retirees health and happiness for the next chapter that lies ahead.

WELLNESS NEWS

Mindful Eating Webinar

Join us for an interactive webinar where we'll explore how slowing down, engaging your senses, and truly tasting your food can improve digestion, satisfaction, and overall well-being. Learn practical tools you can use at your next meal to break free from autopilot eating and develop a healthier relationship with food.



Webinar Details:

September 10, 5:30pm-6:30pm

Virtual - Zoom

[Register today!](#)



Nutrition Coaching Available!

Work one-on-one with a Registered Dietitian to manage **diabetes, prediabetes, high blood pressure, high cholesterol, or obesity.**

If you're interested, please contact nutritionsupport@pcsb.org to get started today!

- **Appointments:** Tuesdays & Thursdays,
- **Times:** 8:30 a.m. – 4:30 p.m.
- Virtual or in person at the Administration Building
- Covered for members on the **Aetna medical plan**

Employee Assistance Program – Build Resilience in a few minutes a day with Mind Companion Self-Care

Looking for a way to make a positive impact on your emotional well-being with just a few minutes a day? You have access to Mind Companion Self-care, a free and secure self-guided digital program to help you with:

- Stress and anxiety
- Sadness or depression
- Relationships
- Sleep issues
- Work/life balance
- Substance misuse
- and more

Mind Companion Self-Care leads you through learning sessions with videos, interactive questions and breathing exercises to help you build resilience and healthy behaviors. Review this [flyer](#) and watch a short introductory video to get started with Mind Companion Self-care today.

And remember, if you or a family member in your household is having difficulty coping with any life issue, the EAP is available 24/7 to assist you. Contact RFL at **800-848-9392** to get started or visit www.resourcesforliving.com (Select: Company Login/Register. Employer: pcsb | Access code: eap).



EMPLOYEE DISCOUNTS

Employee Discounts

Main employee discount page.

Concerts and Events

Concerts and other event discounts

PerkSpot

Travel, theme park tickets, entertainment & local offers.

Company Code: PCSB

Tickets at Work

Special offers like discounts on theme park tickets and much more!

Company Code: PCS

