



New Choices
- READY. SET.
ENROLL!

OPEN ENROLLMENT:
OCT. 15 - NOV. 3, 2025

YOUR PCS BENEFIT WEEKLY UPDATE

September 19, 2025

BENEFIT NEWS

2026 Annual Enrollment – Save the Date!

Mark your Calendars! Annual enrollment dates for 2026 benefits will be **October 15 – November 3, 2025**.

During this time, employees may enroll, change, or cancel their employee benefits for the coming year. Annual Enrollment is open from October 15 through November 3, 2025. This is an extended window from previous years, giving you more time to decide. This is your only opportunity to make changes for 2026, unless you have a qualified family status change.

You can find annual enrollment information on the [Risk Management's Annual Enrollment Website](#), including rates. More detailed information will be available in early October.

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.





Reserve Your Spot Today!

Click the link(s) below to register for a Live Zoom Annual Enrollment Education Meeting:

Zoom Meeting: October 13 th at 11:30am Register	In-person Meeting: October 23 rd at 2:30pm Register
In-person Meeting: October 16 th at 5:00pm Register	In-person Meeting: October 28 th at 4:30pm Register
Zoom Meeting: October 21 st at 4:00pm Register	Zoom Meeting: October 30 th at 12:00pm Register



WELLNESS NEWS



Mindful Webinars

Mindfulness is the practice of slowing down and being fully present in each moment, bringing calm to the mind and balance to life. Mindfulness is more than just a practice; it's a powerful tool for improving well-being. From lowering anxiety to sharpening concentration and enhancing emotional balance, its benefits reach every part of life. Explore these powerful techniques in our upcoming mindfulness webinars. Webinars held at 5:30pm-6:30pm.

Mindfulness: Being in the Moment

EAP, Darlene Rivers
September 24, 2025
5:30pm-6:30pm
[Register today!](#)

Nutrition Webinar: Hormone Health

Gabrielle Belcastro, RD
October 1, 2025
5:30pm-6:30pm
[Register today!](#)

Employee Assistance Program – September is Suicide Awareness Month

Suicide is the 11th leading cause of death in the U.S. Over 49,000 Americans died by suicide in 2023. That's 1 death every 11 minutes.

The attached infographic highlights suicide risk factors and what we can do together to help save lives. It looks at age, gender, sexual orientation, and veteran status. It also provides ways to build protective factors to save lives.

If you or someone you know are having thoughts of suicide reach out to Resources for Living for in-the-moment support or contact the Suicide & Crisis Lifeline at 988 or 988lifeline.org. If you or someone you know is unsafe and needs immediate assistance, such as an ambulance or police officer, call 911.

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