



YOUR PCS BENEFIT WEEKLY UPDATE



**RISK MANAGEMENT NEWS &
ANNOUNCEMENTS**

May 12, 2022

BENEFITS NEWS

Changing Your Insurance Elections

Remember that if you experience a qualifying life event over summer, you may be eligible for a special enrollment period. If you get married, have a baby, gain or lose coverage through an employer, get divorced or elect Medicare, you only have 31 days from the date of the life event to make a change.

Don't wait to make a change! Benefits team summer hours effective 6/06/22: Monday - Thursday 7:30am - 5:30pm

Visit our [Life Events](#) page or contact the Benefits team at 727-588-6197.

RETIREMENT NEWS

Your Retirement Plan at Work Workshop

AIG Retirement Services Financial Advisors Devin Richard & Laura Akins are hosting "Your Retirement Plan at Work" workshop virtually via Microsoft TEAMS on Tuesday 5/17 at 3:30pm and Wednesday 6/1 at 10am.

This workshop is for those that want to understand how their Florida Retirement System (FRS) benefits work and learn the difference between the FRS pension and FRS Investment plan as well as discuss the retirement plans offered by Pinellas County (403b program) to supplement your FRS benefits. We will discuss the 403(b), 457(b), & Roth 403(b) options available for employees to contribute out of their paycheck and explain how each plan works. In addition they will discuss why saving for retirement early is vital to reaching a secure financial future and what steps you can take now to ensure you can retire when you want to.

[Click here to register for Your Retirement Plan at Work Seminar](#)

WELLNESS NEWS

Stay Engaged with New Limeade Activities

New activities are released every 2 months through Limeade to keep you active and engaged throughout the year. Get involved in new activities like Step and Stay Hydrated, Take a Walk to Combat Cravings, and more. Plus, new video lessons like Knife Skills, Credit Building & Repairing, and Blindspots & Biases. These activities are available through 6/30/2022. Learn how to get started by visiting pcsb.org/limeade. Learn more about [My Choice Activities and how to earn more points](#).

Employee Assistance Program – May is Mental Health Awareness Month

In recent years, the need for better care of our mental health and wellbeing has become a topic of discussion in families, communities and government organizations. There's always been a focus on keeping our bodies healthy. Now we're acknowledging our mental health is just as important. Mental health is physical health. It's all connected. Resources for Living has put together a series of articles and podcasts during May to address Mental Health. To register for the webinars, log in to your PCSB member website at www.resourcesforliving.com, Username: pcsb Password: eap. And remember, the EAP is available 24/7 at 800-848-9392 to assist you with life coping skills.

- Week 1: Stigma and cultural differences regarding mental health
- Week 2: Self-care 3-part series
- Week 3: Children and adolescent mental health
- Week 4: Mental health in older adults

EMPLOYEE DISCOUNTS

Pinellas County Schools Main Discount Page

- PerkSpot: travel discounts, tickets & entertainment, local offers and so much more. Company code: PCSB
- Tickets at Work: exclusive discounts, special offers, and much more. Company code: PCS
- Amalie Arena Concerts and Events
- ESPORTA 14 Day Complimentary Guest Pass