



## YOUR PCS BENEFIT WEEKLY UPDATE

### May 2, 2025

### **BENEFIT NEWS**



#### **Healthcare Bluebook Trivia!**

Play Bluebook Trivia to test your knowledge and learn how you can use Healthcare Bluebook to find the best provider in your area for hundreds of procedures.

Participate Between **05/05/2025 - 05/16/2025** for a chance to win **one of four \$50 Amazon gift cards!**

With Healthcare Bluebook, you could save hundreds – potentially thousands of dollars on care with a simple search. Discover dramatic price differences on medical care and how much you can save using Healthcare Bluebook.

To play, visit [healthcarebluebook.com/cc/pcsb/challenge](https://healthcarebluebook.com/cc/pcsb/challenge).

#### **Vision Issues to Monitor in Your 40s, 50s, 60s, and beyond**

With each passing year, we gain more memories and more wisdom. (We hope!) But as we grow older, our bodies change too, including our eyes and vision. This [article](#) provides information on how this is natural, but it's important to stay aware of age-related vision changes to keep our sight and health on-track.



Questions, please contact EyeMed Vision Customer Service Center at 1-866-253-0599.

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### **RETIREMENT NEWS**



## Risk Management Retirement Summer Hours

We're shifting into summer mode effective Monday, June 2, 2025. [Check out our new summer office hours](#) and plan your visits accordingly.

### Ready to Submit Retirement Paperwork?

If you are retiring this school year, during the summer, or in August, the Risk Management Retirement Team is offering one-on-one appointments with a Retirement Specialist for the purpose of submitting completed Retirement forms and electing retirement insurance.



These meetings can be done virtually or in-person. In-person appointments will be held at the Administration Building in the Risk Management Office. [Reserve your appointment online Today!](#)

Once you have reserved your appointment online, you will be emailed the appropriate retirement application and the retiree insurance packet for you to elect the benefits you would like to maintain during your retirement.

Important Reminder: The retirement application and insurance packet will need to be brought to the meeting, along with a check for Health, Life, and/or Vision Insurance, if you are electing Retirement Benefits

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## WELLNESS NEWS



### District Wide Webinars

PCS's district wellness team will be hosting live webinars each month on various topics. Below is a list of upcoming webinars. Visit the [District Wellness Campaigns](#) for a complete list. Nutrition and EAP webinars will count as 1 component credit in PLN and 25 Limeade points.

Participants MUST register using the links below - NOT on PLN. The PLN credits will be entered based off the attendance list of the live webinar. Webinars will be virtually hosted through Zoom or Teams. Employees will also receive Limeade points for attending a live webinar.

### Healthy Weight, Healthy Habits: A Realistic Approach to Sustainable Weight Loss

Gabrielle Belcastro, RD

May 15, 2025

5:30pm – 6:30pm

[Registration](#)



## **Schedule Your Preventative Exams This Summer!**

Summer is a great time to schedule preventative exams due to the summer work schedules. It can take a while to get in for your annual exams, so don't wait! Call your doctor today!

### **Need a new doctor?**

Aetna members can use the [Aetna Find a Doctor tool](#) to find in network providers.

## **Employee Assistance Program – Breaking Barriers to Personal Growth: Identifying What Holds Us Back**

### ***What's holding you back?***

Whether at work or in our personal lives, unseen obstacles can prevent growth, innovation, and success. From ingrained habits and resistance to change to structural challenges and workplace culture, identifying what holds us back is the first step toward meaningful progress.

Understanding these barriers not only fosters self-awareness but also empowers us to take actionable steps toward positive change. This webinar will explore common barriers—both individual and organizational—and provide practical strategies for overcoming them.

May is Mental Health Awareness Month, and we want to help people identify any obstacles that might be preventing them from achieving personal growth and success. These barriers could be individual ones like unexamined habits or thought patterns, or organizational ones.

**Join** us for an expert-led webinar that will share strategies for identifying the specific obstacles in your path and help you devise ways to break through or work around them.

**Tuesday, May 6th at 1:00 pm EST**

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](http://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  
through Amalie  
Arena & Yuengling  
Center.

### **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**

