



YOUR PCS BENEFIT WEEKLY UPDATE

May 7, 2025

BENEFIT NEWS



Schedule Your Summer Dental & Vision Appointments!

Start scheduling your appointments for the summer to avoid the back-to-school rush. Visit Risk Management's [dental](#) and [vision](#) website benefit pages to learn more! Don't forget – there's an app for your dental/vision providers. Visit the App Store or Google play to download your provider's app.

Unlock Savings: Play Healthcare Bluebook Trivia Today!

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.



Travel Assistance During Summer

Are you planning on traveling this summer? Click [here](#) to learn how The Standard Company's benefits can help protect you while you travel! The Standard Insurance Company (The Standard), as part of their Life Insurance package, offers Travel Assistance to all benefit eligible employees who have life insurance through the district.

RETIREMENT NEWS

2025 Benefits & Compensation Retirement Guide

Employees can access the 2025 Annual Retirement Benefits Guide (Retiree Guide) by logging in to the Employee Self-Service website at <https://ess.pcsb.org/empss/>.



The guide provides important information about the Retirement Savings Program, available investment options, and the maximum contribution limits for 2025.

For questions about your Retirement Savings account, contact your representative from your chosen Investment Provider.

[The Meaningful Notice Plan](#) outlines the key provisions, policies, and rules governing our retirement savings plan. Most employees are eligible to participate in the 403(b) and 457(b) plans immediately upon employment. However, private contractors, appointed or elected trustees, and school board members are not eligible to participate. Eligible employees may make voluntary elective deferrals to both the 403(b) and 457(b) plans, and participants are fully vested in their contributions and any earnings at all times.

Should you have any questions or concerns, please contact Kelli Barr in the Risk Management and Insurance Department at (727) 588-6141 or at barrk@pcsb.org

WELLNESS NEWS



May is Mental Health Awareness Month

Every May, we take the time to bring awareness to mental health. One in four Americans are impacted by mental health issues and it's important to know the resources available. Resources for Living EAP is available to all PCS employees and their household members to provide support whenever you need. In-the-moment support is available 24/7 to help with immediate issues. Employees can visit pcsb.org/eap to find available resources or call 800-848-9392.

Upcoming 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 14
5:30-6:30pm
[Registration](#)
- **No Excuses, Getting Beyond the ifs and buts in Life**
EAP, Darlene Rivers
May 21, 2025
5:30pm-6:30pm
[Registration](#)



Employee Assistance Program – Welcome to Mental Health Awareness Month

Millions of Americans live with mental health conditions. Mental Health Awareness Month shines a light on this and encourages everyone to learn more about mental health.

Each week, we'll share information to help build awareness and understanding of mental health. We'll also share resources to help you have more open conversations about it. The more we can normalize and cultivate compassion for mental health concerns, the more we can help overcome stigma and make it easier for everyone to reach out for support. Your health includes both mental and physical health. There are ways to improve your mental health and well-being.

Click [here](#) to learn more:

- Take this brief quiz to test your knowledge about some mental health facts and statistics
- Take time for your mental health by participating in these daily action item activities listed on the monthly calendar

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



Celebrate Teacher Appreciation Week!

In honor of Teacher Appreciation Week, Wyndham Grand Clearwater Beach is saying thank you with an exclusive **25% discount** on hotel rates for educators and all school board employees. Treat yourself to a well-deserved getaway—don't miss out! [View details here.](#)

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

