

## YOUR PCS BENEFIT WEEKLY UPDATE



**RISK MANAGEMENT NEWS &  
ANNOUNCEMENTS**

February 18, 2022

### WELLNESS NEWS

#### **Limeade | Program Quiet Time**

The first year of Limeade ended on February 14, 2022. Program Quiet Time is the 2 weeks between the end of year 1 and the beginning of year 2. During this time, participants will be able to log into their account and use certain features including the home page, social posts, and services. Participants won't be able to earn points at this time. Limeade year 2 begins on March 1, 2022. Participants will be able to login and begin activities and start earning points at this time. Learn more about Limeade at [pcsb.org/limeade](https://pcsb.org/limeade).

#### **Limeade | Level 3 Incentive Payout**

Employees who completed Level 3 are eligible for the \$300 wellness incentive. The payout is expected to occur in March. Once a final date is determined, all eligible employees will be contacted through email with the payout date information. Eligible employees must be an active PCS employee with the PCS medical insurance at the time of payout to receive the Level 3 incentive.

#### **Employee Assistance Program: Healthy Relationships**

Relationships are important. Good relationships improve happiness, are good for your health, supports a longer life span, and make you more resilient. Most relationships have both positive and negative qualities. The attached article will assist you in clarifying whether a relationship is healthy or unhealthy, provide tips for maintaining good relationships and includes an exercise to help you review your needs and wants when it comes to relationships.

And remember, the EAP is available 24/7 at 800-848-9392 to assist you with life coping skills.

## **RETIREMENT NEWS**

### **Exiting DROP Zoom Webinar**

The Risk Management Retirement Team is hosting a Zoom Exiting DROP meeting for employees who are planning on retiring from DROP. This presentation provides an overview of the DROP termination process that includes information about continuing retiree insurance coverage and the payout of accumulated sick and vacation time.

Click to register: [Thursday, February 24th, 6:00 p.m. – 7:00 p.m.](#)

## **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 & Yuengling Center Events](#)