

YOUR PCS BENEFIT WEEKLY UPDATE



**RISK MANAGEMENT NEWS &
ANNOUNCEMENTS**
March 25, 2022

BENEFITS NEWS

Final Reminder: Flexible Spending Account (FSA)

The deadline to submit 2021 claims for reimbursement or substantiation for the FSA is March 31, 2022. Balances left over will be forfeited and used to offset the expenses of the plan. Visit our [Flexible Spending_page](#) for a claim form, a list of eligible expenses, and answers to frequently asked questions. Don't wait until the last day to submit your claims!

Health Reimbursement Account (HRA) Included with the CDHP Health Plan

The HRA deadline to submit 2021 claims for reimbursement or substantiation is also March 31, 2022. Funds for the 2022 plan year were added to the account and accessible on January 1st for 2022 claims. In addition, anything left in the 2021 HRA account will be rolled over the first part of April to be used for any 2022 claims. If you have questions, please contact PayFlex at 888-678-8242.

RETIREMENT NEWS

Planning on Retiring this Year? Mark Your Calendar!

Join us on Thursday, April 14th at 6:00 p.m. for this important Service/Early Retirement Webinar hosted by the PCS Risk Management and Insurance Retirement Team. This webinar will be very helpful for employees who are considering retirement this year. The following topics will be presented (this webinar is not for DROP participants):

- A step-by-step overview of the retirement process
- Continuing Insurance benefits into retirement
- The payout of sick and vacation pay upon retirement

Please visit our new [Retirement scheduling_page](#) to reserve your space for the Webinar. Should you have any difficulties, you may also call the Retirement Team at 727-588-6214 or email risk-retirement@pcsb.org for assistance with registration.

RETIREMENT NEWS

Need Retirement Information?

If you are gathering information, please visit the [PCS Retirement page](#) for more information on FRS retirement programs, voluntary retirement programs, retiree insurance benefits, and more.

WELLNESS NEWS

Schedule Your Preventative Screenings for 2022

Preventative Screenings are one of the most important things to do for your health. When you see your doctor regularly and complete routine screenings, you are more likely to be able to prevent a serious condition or detect it early. If treatment is needed, it's often more effective and more affordable to do so in the early stages. Summer is a great time to get your preventative exams done. Talk to your doctor about what preventative exams you need.

Limeade participants can earn points for completing various preventative exams in 2022. To learn more visit pcsb.org/limeade.

Wellness Webinars

Join us for various wellness webinars throughout the spring semester. Earn PLN and Limeade points for attending live webinars. Below are upcoming webinars. Please visit the [PCS Wellness District Campaign page](#) for a full list of webinars and recent recordings.

4/5 at 5:30 pm – Intermittent Fasting: Evidence-Based Breakdown - [Registration](#)

4/12 at 5:30 pm – Overcoming Perfectionism and Procrastination - [Registration](#)

Youth Suicide Prevention Town Hall Meeting

Youth suicide and mental illness have become increasingly prominent health concerns in our communities. Suicide is the second leading cause of death among individuals between the age of 10-24. Starting a conversation with young people can be the first step in removing the stigma of mental illness and preventing suicide.

Attend the Town Hall meeting on Monday, April 4th at 6:00 p.m. at the SPC Tarpon Springs Campus to share ideas, resources and have discussions to learn how we can help our young people cope with the issues they are experiencing today. [Register today!](#)

The [attached flyer](#) also contains additional information regarding the meeting and registration.

Employee Assistance Program – RFL Webinars for April

Resources for Living (RFL) provides webinars on a monthly basis to help employees be less stressed and more productive. [Attached is a flyer](#) announcing the four new webinars for April:

- How parents can be good fans and role models
- Communication: It's more than just talking
- Getting beyond the "ifs" and "buts" in life
- Ready, set, relax

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.

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
- ESPORTA: Free 14-Day Guest Pass
- Burn Boot Camp: NEW Fitness discount for staff and teachers. Participating locations include Palm Harbor, Clearwater, Largo and St. Pete!
- The James Museum: upcoming free admission for PCS employees on April 12th and September 6th