

## YOUR PCS BENEFIT WEEKLY UPDATE



**RISK MANAGEMENT NEWS &  
ANNOUNCEMENTS**

March 31, 2022

### **BENEFITS NEWS**

#### **Women's Vision Health from EyeMed**

Did you know women make up two-thirds of the more than 3.4 million Americans age 40 and older who are visually impaired? View this [Women's Guide to Vision Health](#) from EyeMed to learn the importance of vision health in women.

### **RETIREMENT NEWS**

#### **AIG Retirement Services (formerly VALIC) Announcing Changes to their 403(b) and 457(b) Retirement Plans**

AIG Retirement Services 403(b) and 457(b) annuity plans are moving to a mutual fund platform, effective April 15, 2022. Participants who have their retirement plans with AIG will receive an email from AIG on Friday, April 1, 2022, with details of the changes which include more investment options, fee reductions, and continued personalized support. Participants who have their retirement plans with AIG and do not have an email on file will receive these details in the mail. Please carefully review the information sent to you. No action is required at this time. If you have any questions or need assistance, please call AIG Retirement Services at (813) 269-3362 to speak with one of your AIG Retirement Services financial professionals listed below:

Devin Richard, Sr. Financial Advisor: [Devin.Richard@aig.com](mailto:Devin.Richard@aig.com)  
Craig Cavanaugh, Financial Advisor: [Craig.Cavanaugh@aig.com](mailto:Craig.Cavanaugh@aig.com)  
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# WELLNESS NEWS

## 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 now!](#)

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

## Employee Assistance Program – Mental Health Awareness in the Workplace

Covid-19 has highlighted the growing awareness about mental health-related issues. Chances are, many of us know someone who struggles with a mental illness. But how do you support a co-worker who is showing signs of mental health problems? The [attached article](#) reviews some statistics on mental illness in the workplace, provides tools to support someone with a mental health issue and offers ways to start the difficult conversation.

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