

## YOUR PCS BENEFIT WEEKLY UPDATE



### RISK MANAGEMENT NEWS & ANNOUNCEMENTS

March 4, 2022

## BENEFITS NEWS

### 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

### The ABCs of DROP Zoom Webinar

Risk Management is hosting a Zoom DROP Meeting for employees who are deciding if going into DROP is the best retirement option available for them. The Retirement Team will provide a Zoom DROP Presentation that includes:

- What is DROP and should I enter?
- When can I enter DROP?

Click to Register: [Thursday, March 24, 2022, 6:00 p.m. - 7:00 p.m.](#)

Should you have any technical difficulties with registration, attached are directions on how to use the new scheduling system. You may also call the Retirement Team at 588-6214 or email [risk-retirement@pcsb.org](mailto:risk-retirement@pcsb.org) for assistance.

# WELLNESS NEWS

## Limeade 2022 Began March 1, 2022

The second year of Limeade began on March 1, 2022, and runs through February 13, 2023. Throughout this year, you can engage in activities, lessons, challenges, and more to better your overall well-being. Visit [pcsb.limeade.com](https://pcsb.limeade.com) or download the LimeadeONE app on any smart device and search Pinellas County Schools to get started! Click [here](#) to view registration directions or visit [pcsb.org/limeade](https://pcsb.org/limeade) to learn more about the program.

- **Get started today!** The platform has been reset and everyone's points returned to zero. To get started, you will want to complete your Well-being Assessment. This 15-minute confidential assessment will ask you questions about all areas of your well-being. Each year, you will want to take the well-being assessment to help personalize your account and gauge progress year after year.

## District Wellness Webinars

Join live webinars on a variety of wellness topics to learn more and improve your well-being. View the full list and register for upcoming webinars at [PCS District Campaigns](#). Registration is required.

Upcoming webinars (5:30 pm):

- Best Food for Clear Skin - 3/9 - [Registration](#)
- Mental Health in the Workplace - 3/23 - [Registration](#)
- Intermittent Fasting: Evidence-Based Breakdown - 4/5 - [Registration](#)

## Employee Assistance Program - Take Time for Your Health

Most of us want to be more productive at work and have more energy. We want to be able to handle our stress and cope with day-to-day challenges. Taking time for our physical health often helps us improve our emotional health. [Attached is a flyer](#) from Resources for Living (RFL) with some tips to encourage you to take time for YOU!

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
- [Amalie Arena & Yuengling Center Events](#)