



YOUR PCS BENEFIT WEEKLY UPDATE



**RISK MANAGEMENT NEWS &
ANNOUNCEMENTS**
September 2, 2022

BENEFITS NEWS

METLIFE PET INSURANCE (PET FIRST)

This benefit is available year-round. Help make sure your furry family members are protected in case of an accident or illness with pet insurance offered by MetLife.*

Pet insurance can help you manage the high cost of veterinary services for your pet. You can't predict when or how your pets will get sick, or how much it will cost. Having peace of mind can mean a lot. Go to www.metlife.com/mybenefits for further information. Pet insurance may not cover pre-existing conditions. You may apply for coverage at any time.

[Protect Your Furry Family Members](#)

WELLNESS NEWS

Employee Assistance Program - Self-Soothing Exercise To Help Manage Stress

Looking for ways to lessen the gap and improve mental health and well-being? Taking time to care for your mental health by learning effective tools and approaches to everyday stress or even reaching out to talk with a counselor can go a long way. Listen to your senses - Think about what gives you pleasure to see, hear, smell, taste and touch. [This flyer](#) from Resources for Living (RFL) that offers self-soothing exercises to help manage stress. And remember, the EAP is available 24/7 at 800-848-9392 to assist you with life coping skills.

Workplace Employee Safety Reminders

Fire inspections are completed annually throughout the school district. There are a few common deficiencies; Specifically:

- Plugging extension cords or multi-outlet surge protectors in a series is not allowed (daisy chaining).
- Items located on files and bookcases should be at least 18" from the ceiling.
- Portable fans/heaters must have a safety tilt switch (which automatically shuts off if the heater is knocked over).

Scents in the Workplace are a concern for many. You and/or your colleagues may suffer from allergies and sensitivities to fragrances. We appreciate employees being mindful of how fragrances can impact other's health. We recommend that employees avoid using perfumes, scented lotions, deodorizers/air fresheners and similar products in the work environment.

Heat Exhaustion can cause serious harm, and possibly death. Symptoms include feeling weak, dizzy and nauseous; your skin might become clammy, and your body temperature may be above normal. Heat illness can be prevented!

- Shade and rest
- Drink water, even if you aren't thirsty
- Watch out for each other
- Wear a hat and light-colored clothing

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 Concerts and Events
 - Rod Stewart
- Fitness Discounts
 - Camp Gladiator - 9/6-9/7 Flash sale!

Discount USF Football tickets and celebration

The University of South Florida is offering discounted USF Football tickets to all educators for the USF vs. Howard University game on Saturday, Sept. 10, at Raymond James Stadium. Educators are also invited to a pre-game tailgate to celebrate Extra Yard for Teachers Week, an annual salute to teachers supported by the College Football Playoff Foundation and its partners. There will be free food, games and giveaways. The tailgate will start at 4 p.m. in Lot 6D. The game will start at 7 p.m. For more information please contact Jennifer Fitzsimmons at fitzsimm@usf.edu. Tickets are available at <https://bit.ly/ExtraYard2022>.