



# YOUR PCS BENEFIT WEEKLY UPDATE



**RISK MANAGEMENT NEWS & ANNOUNCEMENTS**  
September 9, 2022

## BENEFITS NEWS

### Are you a Recent New Hire? Make Your Retirement Plan Choice

Two Retirement Plans, the Investment Plan and the Retirement Plan, are available to all new hires. You must make an election choice or be placed in the Plan Default - shown below. You have until 4:00 p.m. ET on the last business day of the 8th month after your month of hire to submit your choice. FRS has many resources to help you understand your options and make the right decision. <https://www.myfrs.com/NewHire.htm>

### Upcoming Deadlines:

#### Plan Defaults:

Membership Class	Plan Default
Special Risk Class	Pension Plan
All Classes (except Special Risk Class)	Investment Plan

Month of Hire	Enrollment Deadline
January 2022	September 30, 2022
January 2022	September 30, 2022
February 2022	October 31, 2022
March 2022	November 30, 2022
April 2022	December 30, 2022

# WELLNESS NEWS

## District Wellness Webinars

Join the live District Wellness Webinars to learn about nutrition, EAP/emotional well-being, financial health and Limeade! PLN credits are available for certain live webinars. For details, the full list of webinars and recordings of past webinars, visit [PCS Wellness District Campaigns](#).

### Upcoming Webinars:

- The Relationship Between What You Eat and How You Sleep – Nutrition Webinar: [Register here](#)
- Taking Sleep Seriously – EAP Webinar: [Register here](#)
- Food Ingredients and Myths Explained- Nutrition Webinar: [Register here](#)

## Employee Assistance Program - September is National Suicide Prevention Month

Since 2008, September has been designated as a time to shed light on the global issue of suicide prevention. Talking more openly about suicide as a subject can help reduce stigma as well as increase awareness.

[This Suicide Prevention handout from Resources for Living \(RFL\)](#) provides a short 1-minute video and some myths and facts about suicide. In addition, this [fact sheet from NAMI \(National Alliance on Mental Illness\)](#) provides statistics on the impact of suicide. Share this message and the resources attached to help keep the conversation going. And remember, the **EAP is available 24/7 at 800-848-9392** to assist you with life coping skills

## EMPLOYEE DISCOUNTS

- [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](#)
- [Free Cruise for Those Who Serve](#): Margaritaville at Sea is offering a free cruise to veteran military, first responders, law enforcement officers, and educators.