



I ♥ MY PANTHER BENEFITS

Phone: (305) 348-2181 • Email: benefits@fiu.edu • Website: hr.fiu.edu/benefits

Benefits Updates – June 5, 2023

Wellness Bite Webinar: 5 Keys to Healthy and Sustainable Fitness Results

Register for our upcoming [Wellness Bite webinar with YouFit](#) taking place on **Wednesday, June 7, 2023, at 12:00pm**. Join us for this great session presented by one of YouFit's Senior Fitness Manager to learn *5 Keys to Healthy and Sustainable Fitness Results*. Stay tuned for more [upcoming events](#)!

Tips for Receiving Care and Saving Money

Receive care from a network (participating) provider, when possible.

- Network (participating) providers have a contract to provide care under your plan at a lower negotiated rate. Therefore, they typically cost you less than a non-network (non-participating) provider.
- Non-network (non-participating) providers do not have an agreement with your plan to accept the lower amount. As a result, you will be responsible for the difference between the plan payment and the charge.

Use Emergency Rooms for Emergencies.

With a [Standard Health plan](#), you pay a \$25 copayment for network urgent care instead of \$100 at an emergency room (always go to the Emergency Room (ER) if you have a life-threatening emergency). Save money and save the emergency room visit for life-threatening illnesses and accidents.

Ask for generic drugs. If no generic drug is available, ask for preferred brand drugs over non-preferred ones. See the [CVS Caremark Preferred Drug List](#).

Use [Healthcare Bluebook's Healthcare Transparency Tool](#) to search by procedure and find a high-quality, low-cost facility to have your procedure completed. Check out the [Shared Savings Program video presentation](#) to learn more.

Sign up for free wellness events sponsored by your health plan provider. Review the [Wellness Benefits Comparison Chart](#) and contact your plan provider to learn more about these added value features:

- AvMed: <https://www.avmed.org/about-us/calendar>
- Florida Blue: <https://scheduler.floridablue.com/>

For more specific plan information and the benefits available, contact your [health plan provider directly](#).

Disaster Preparedness Tax Holiday: May 27 – June 9, 2023

Consumers can purchase qualifying disaster preparedness supplies exempt from tax during the 2023 [Disaster Preparedness Sales Tax Holiday](#). For more information, visit [Florida DOR's](#) website or call their hotline at (800) 352-3671.

Questions? Contact Benefits Administration at 305-348-2181 or email benefits@fiu.edu.