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Benefits Updates – March 27, 2023

Wellness Bite Webinar: Women's Health Awareness

Register for our upcoming [Wellness bite-sized webinar with Baptist Health](#) taking place on **Wednesday, March 29 at 12 p.m.** Join us to celebrate Women's Health in this 15-minute webinar that will provide you with essential information regarding women's health and prevention tips.

Stay tuned for [upcoming events](#)!

Stay On Track with Your Retirement Planning

Remember that FIU provides you with the opportunity to save for your retirement through the [Voluntary Savings plans – 403\(b\) and 457\(b\)](#). All FIU faculty and staff are eligible to participate in the 403(b) and 457(b) plans up to the annual IRS contribution limits.

Make sure to [register](#) for our upcoming live webinars for all your pre-retirement planning:

- [Protecting Yourself and Your Loved Ones](#) – Thursday, April 6 at 11:30 a.m.
- [Knowing my Voluntary Retirement Options](#) – Wednesday, April 12 at 12 p.m.
- [457 Plan Bureau of Deferred Compensation](#) – Thursday, April 20 at 12 p.m.

For all your retirement-related questions, [contact](#) the **Benefits Administration** team.

Shared Savings Program – Free Added Benefits and Rewards

Learn more about [Hinge Health](#), a **free benefit** 100% covered by the State of Florida for you and eligible family members to conquer back and joint pain without drugs or surgery.

Members and dependents 18+ enrolled in a State of Florida medical plan can sign up for the **Hinge Health** program at any time, simply call 855-902-2777 or visit their [website](#).

Remember that as a State Group Insurance health plan enrollee(s), you and your dependents **are automatically eligible** to participate in the **Shared Savings Program** at no additional cost. It is easy to shop and **earn rewards** for high-quality, low-cost eligible medical procedures. [Learn more about how to start saving today!](#)

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