

FIU Human Resources

I ♥ MY PANTHERBENEFITS

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

Benefits Updates | November 20, 2023

Benefit Fair Giveaway Winner Announcement

We thank you for attending and hope you enjoyed the Benefit Fairs held at MMC and BBC campuses. Congratulations to the lucky winners! Please contact benefits@fiu.edu for pick up instructions by **Friday, December 1, 2023.**

Medical Flexible Spending Accounts for Plan Year 2023

- For the Healthcare FSA and Limited Purpose FSA, the last day to incur eligible expenses for the 2023 Plan Year is December 31, 2023.
- Filing deadline (*use it or lost it!)* is April 15, 2024, for expenses that were incurred by December 31, 2023.
- Maximum of $610 of unused funds will carry over to the following plan year.
- For more information, review the 2023 Savings & Spending Accounts Guide. For assistance with your account, contact Chard Snyder directly at 855-824-9284 or FloridaAskPenny@chard-snyder.com.

Gabor (non-State) Disability Insurance | Open enrollment Period & Educational Webinar

You are invited to attend Gabor's educational webinar on **Tuesday, Nov. 28, 2023, at 12:00pm** to learn more about the Disability coverage. To attend, visit: Gabor FIU Disability Insurance Webinar For FIU Employees.

Don't miss out on the Special Open Enrollment period for Non-State Disability Insurance offered through Gabor Financial Solutions happening NOW! For more plan details, visit: https://www.gaborfs.com/fiuoe-ltd. For further assistance with plan review and enrollment, contact the **Gabor Financial Solutions** team directly: FIU Open Enrollment | Disability Ins. 2023.

Flu Shots Available on Campus

FIU Health has FLU vaccines available from now till December 15, 2023, by appointment or on a walk-in basis on Fridays. For appointments and more details, call **FIU Health directly at 305-348-3627**.

Wellness Bite Webinar | Gobble 'til You Wobble? Nutrition Tips for the Holiday Season

Join us for the upcoming Wellness Bite webinar on **Wednesday, November 22, 2023 at 12:00pm** for this great session presented by Baptist Health expert, Carla Duenas, R.D., as she guides us through a nutrition game plan to enjoy and savor this holiday season.

Questions? Contact Benefits Administration at benefits@fiu.edu.