



I ♥ MY PANTHER BENEFITS

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

Benefits Updates – June 06, 2022

Stay On Track with Your Retirement Planning

If you are considering retirement in the near future, review the [How to Retire Employee Guides](#) intended to get you retirement-ready.

The guides provide you with relevant information pertaining to retirement from FIU and help you understand the retirement process, reemployment rules, as well as benefits offered to retirees.

MyFRS Retirement Webinars – June 2022

FRS is offering webinars for all members. Check out the [scheduled webinars](#). To register, click the registration link under the appropriate session. Subject to cancellation based on number of registrants.

State Group Insurance Health and Wellness Services

When you choose a health plan, you gain access health and wellness resources to be and stay healthy at no additional cost to you.

Review the [Wellness Benefits Comparison Chart](#) and contact your plan provider to learn more about these resources.

Sign up for free wellness events sponsored by health plan providers:

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

Disaster Preparedness Tax Holiday: May 28 – June 10, 2022

Consumers can purchase qualifying disaster preparedness supplies exempt from tax during the 2022 Disaster Preparedness Sales Tax Holiday. For a [list of qualifying items](#) and [FAQ for consumers](#), visit [Florida DOR](#)'s website or call their hotline at (800) 352-3671.

See their [printable calendar](#) to learn more about all sales tax holidays and exemptions.

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