

I ♥ MY PANTHERBENEFITS

FIU Human Resources

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Benefits Updates | June 17, 2024

Wellness Bite Webinar | Men's Heart Health and Wellness

Join us on **Wednesday, June 19, 2024, at 12:00 PM** for our Wellness Bite webinar, where a Baptist Health expert will discuss key factors affecting men's heart health, tips for maintaining a healthy heart through diet and exercise, early warning signs of heart disease, and much more. Check out our upcoming events.

Beneficiary Designations | Life Insurance and Retirement Plans

It is vital to designate a beneficiary and update regularly throughout life changes and milestones. Beneficiary changes are often overlooked. By keeping your beneficiary designations current, you ensure that your proceeds are paid according to your wishes to protect your loved ones' future well-being and provide yourself with peace of mind.

Take a moment to review and update your current beneficiary designations:

- **Securian's Life Insurance (State of Florida):** Learn why naming a beneficiary is important and manage your information online.
- **FRS Retirement Plans:** Complete a beneficiary designation form to control the distribution of your retirement benefits.
- **SUSORP Retirement Plan:** Review and update your beneficiary information by contacting your investment provider company.
- **403(b) and 457 Voluntary Retirement Accounts:** Review and update your beneficiary information by contacting your investment provider's website.
- **Final wages (payroll) beneficiary:** Update emergency contact info in your Panther soft employee profile at *MyFIU > Personal Details > Emergency Contacts* for potential final wages purposes.

Freedom Tax Holiday | July 1 – July 31, 2024

Consumers can purchase qualifying recreation and outdoor items and admissions to entertainment and cultural events exempt from tax during the 2024 Freedom Month Sales Tax Holiday. For more information, visit Florida DOR's website or call their hotline at (800) 352-3671.

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