



BENEFITS UPDATES & REMINDERS



Stay up to date with [important benefits information](#) pertaining to the following:

- People First Updates - New Online Document Submission Process
- 2019 Medical Benefits Insurance
- 9 over 12 Deferred Earning Program
- Summer Benefits Walk-In Sessions

Questions? Contact the [Benefits Administration](#) at (305) 348-2181.

DHR SOCIAL MEDIA COMPETITION



There's still time to show your Panther pride! Show us your blue and gold spirit by taking a selfie with your favorite Panther gear. Follow and tag us on [Instagram](#), [Facebook](#), or [Twitter](#) for a chance to win an awesome prize! [Check out the rules](#) and get ready to show off your Panther spirit! A winner will be announced Monday, July 1.

Questions? Contact [HR Relations](#) at 305-348-0101.

PROFESSIONAL DEVELOPMENT



Looking for professional development learning opportunities? Check out our upcoming workshops by logging on to the [professional development site](#). Then, click "Upcoming Training" to see a calendar of upcoming professional development workshops that include:

- **Talent Management & Development** - Performance Management Workshops; Service Excellence Workshops

Questions? Contact the [Human Resources Service Center](#) at (305) 348-2181.

HEALTH AND WELLNESS



The Office of Employee Assistance (OEA) - June is Post-Traumatic Stress Disorder (PTSD) awareness month. [Read more](#) on PTSD awareness, and how the OEA is available to offer guidance and support.

Questions? Contact the [OEA](#) at (305) 348-2469.

Panthers Active Wellness Services (PAWS) - Have you recently participated in any PAWS events? Interested in getting involved? We want to hear from you! [Take the PAWS survey](#) and learn more about its programs today!

Questions? Contact [PAWS](#) at (305) 348-2530.

SEASONAL PERKS & SPECIAL PROMOTIONS



Seasonal Perks - Take advantage of these summer savings! Don't miss out on [new discounts and promotions](#) that include:

- Toyota of North Miami
- Equinox
- Thriller Miami Speedboats
- Rapids Water Park

Don't forget to play the Perk Scavenger Hunt for a chance to win some awesome prizes!

Questions? Contact the [Benefits Administration](#) at (305) 348-2181.

DID YOU KNOW?



Have a communication you'd like to share with the FIU community? Did you know that Univ mail is a great tool to get your message out in a timely manner? Check out [Univ mail](#) for more information and to submit your message today!

To target a message to the BBC community, the BBC listserv can be utilized. For more information on posting to the listserv, contact [Rolda M. Serieux](#), Executive Assistant, Office of the Vice Provost, BBC at (305) 919-4149.

Questions? Contact [HR Relations](#) at (305) 348-0101.