

Retirement - Be aware and prepare!
Part 1: Creating a Budget

PEBA's retirement awareness educational series is designed to provide you with information that can help you make smart decisions about your financial future. This three-part program builds upon information in the previous presentations, so we recommend you view them in sequential order to get the most benefit from the information provided.

"Planning for Your Future, Part One: Creating a Budget"



This is the first presentation in our new series of retirement awareness information and education. In this presentation, you can learn how to create a budget and why it is a good idea to do so.



SC State Insurance & Retirement Plans

Do you have questions?



PEBA has answers!

1-888-260-9430

Healthy Aging with help from the State Health Plan

Members of the State Health Plan have access to a library of resources to help you age in a healthy way.

Visit the **LIVE HEALTHY** section under the *Health & Wellness* header of the State Health Plan website at www.StateSC.SouthCarolinaBlues.com. You will find helpful articles on some commonly faced issues, including the topics below:

- [Catch Cancer Early and Live On](#)
- [Healthy Recipes](#)
- [Get Back to Basics](#)
- [Weight Loss: It's Not Magic. It's Management.](#)



Coming Attractions:
Maternity Management Program

If you are a mother-to-be, you are encouraged to enroll and participate in a free maternity management program.

Medi-Call administers PEBA's comprehensive maternity management program, **Coming Attractions**. This program supports mothers throughout their pregnancy and post-partum care. It also assists with Neonatal Intensive Care Unit infants or other babies with special needs until they are one year old.

Once enrolled in the Coming Attractions program, expectant mothers will receive educational materials throughout their pregnancy and the baby's first year of life. Sign up for the program to learn how to receive an electric or manual breast pump from a contracted health care provider - **at no cost to you!** You do not have to wait until you have seen your physician to enroll in Coming Attractions, and enrollment is easy.

To enroll:

Visit StateSC.SouthCarolinaBlues.com and log in to your My Health Toolkit® account. Select Wellness, then click on Health Coaching. From My Activity Center, click on Assessments and complete the available maternity health screening, which is listed as MM Maternity Screening.

Or, call Medi-Call at **803.699.3337** or **800.925.9724** to talk to a maternity nurse to complete a maternity health screening.