

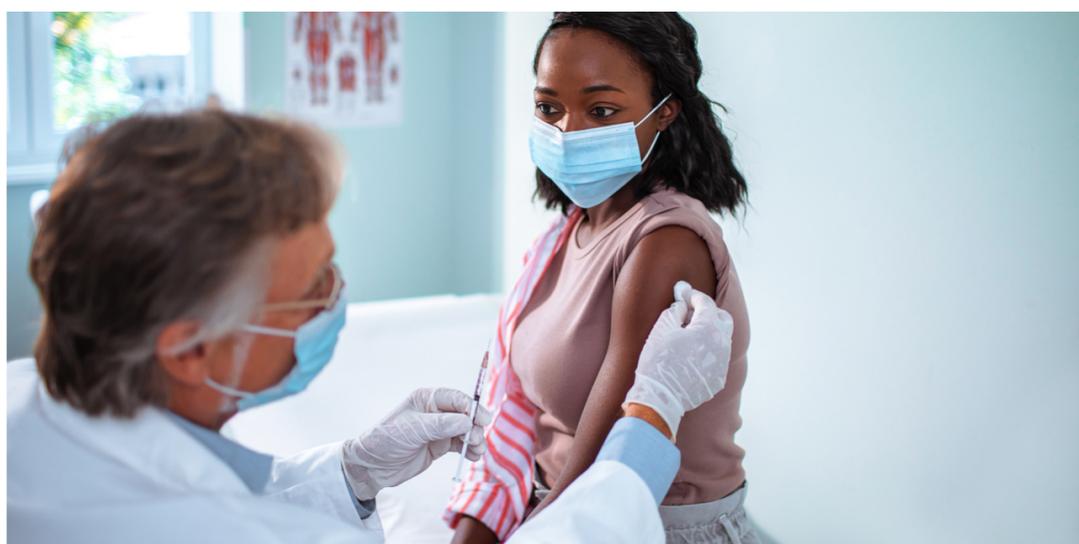
## Check In on You

These days, it's natural to feel overwhelmed. Whether you're navigating new childcare obligations, shifting work responsibilities, or simply reading the news, any given day is full of challenges.

Sometimes it helps to focus on the things you can control.

In this newsletter, learn how to prepare for the first flu season alongside COVID-19 and follow simple steps to calculate your retirement estimate.

Your future thanks you.



### What to Know About the 2020-21 Flu Season

Do I need to get a flu vaccine earlier this year? Can I have the flu and COVID-19 at the same time?

[Read the FAQs](#)



### When Disaster Strikes, We're Here for You

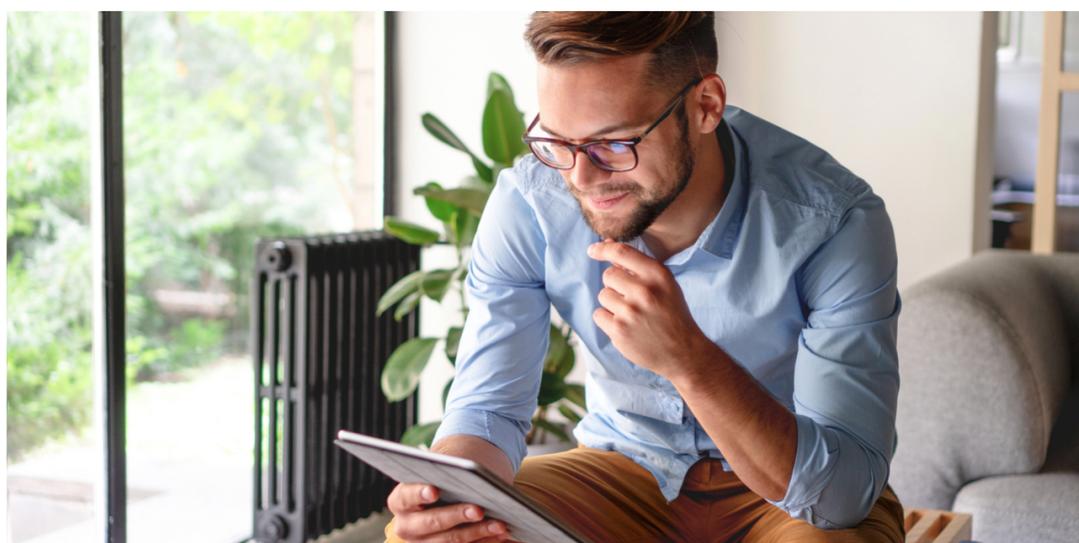
If you've been impacted by the wildfires, here's how to update your mailing address, activate direct deposit, and more.

[Find resources](#)

### View Your Annual Member Statement

Your total CalPERS service credit and a breakdown of contributions and interest.

Log in to [myCalPERS](#) and navigate to the Statements tab.



### How to Use the Retirement Estimate Calculator

Get an idea of what your monthly retirement benefit might be.

[Follow the steps](#)



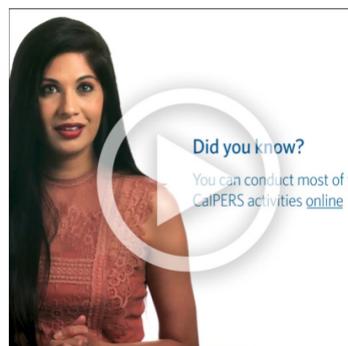
#### We Serve CA

It's Firefighter Appreciation Month. Meet Mike Seaton.



#### Saluting First Responders

Thank you for your important service



#### Quick Tip

Manage your CalPERS benefits online

Complete the California Census

Take action online, by phone or mail by Sept. 30.

CA  
CENSUS  
2020



Please do not reply to this email. Contact us [here](#).