

Check In on You

These days, it's natural to feel overwhelmed. Whether you're grocery shopping, navigating family life, 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 review your post-retirement death benefits.

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](#)



Your Post-Retirement Death Benefits

We provide certain benefits for your family or a beneficiary.

[Learn more](#)



We Serve CA

It's Firefighter Appreciation Month. Meet Mike Seaton.



Saluting First Responders

Thank you for your important service



Your Beneficiary

When to change your beneficiary after retirement

Complete the California Census

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

