

# THE SUPPORT REPORT

The PFW Campus Support Staff Advisory Committee (CSSAC) Newsletter

## PFW Emergency and Safety Alert Systems

PFW has several emergency alert and safety systems and apps available for different purposes. Staff are able to use these, as well.

### Rave Alert

If you only sign up for one of the PFW emergency systems, make it Rave Alert. Rave Alert lets you know if there is an emergency on campus or if campus closes. Text or phone call alerts can let you know of a situation or closure before you come to work or when you're not checking your PFW email. Opt-in on goPFW by adding your phone number in the Alert Phone Number box.

### Rave Panic Button

Rave Panic Button is an app that will let you report emergencies and notify the appropriate people with the push of a button. Find out how to sign up for Rave Panic Button on [this webpage](#).

### Rave Guardian

Rave Guardian is an app with seven unique safety features, including text chat with University Police (with an option to text anonymously), a feature to have someone virtually watch over you until you arrive safely at your destination, quick access to campus emergency plans, and one-tap connection to University Police and 911. Download Rave Guardian on the Apple Store or Google Play Store.

## Did You Know?

PFW has a program called RIPPLES to recognize coworkers who have gone above and beyond in their work or who you're particularly grateful for. This Thanksgiving season, tell a coworker you're thankful for them by [submitting a RIPPLES form](#) recognizing them.

## Resource Highlight: Health Coaching

PFW has partnered with One-to-One Health to provide FREE health coaching to benefits-eligible employees enrolled in any of Purdue's medical plans! It's confidential and can help you meet your wellness goals.

Lindsay Bloom, PFW's health coach, can help you with healthy eating, meal and workout planning, stress management, quitting smoking, sleep, weight loss, and more. Lindsay also does group health coaching for groups of 4-12 if you and your coworkers want to work together on improving your health.

Learn more about health coaching on [this page](#) or contact Lindsay Bloom at [lbloom@pfw.edu](mailto:lbloom@pfw.edu).

## Benefit Breakdown: HSAs Explained

A Health Savings Account (HSA) is tax advantaged account for employees who participate in a Consumer Driven Health Plan. It can be used to pay for current or future healthcare expenses, vision, dental or prescription costs, and can also be used to help fund retirement savings.

Purdue contributes up to \$400 annually based on who is covered on your health plan and divided into per-pay amounts. You can contribute on top of what Purdue puts in, up to \$4,300 for single and \$8,550 for families in 2025. And you can earn more money into your HSA by completing Healthy Boiler incentives throughout the year. (There's still time to earn [Healthy Boiler incentives for 2024](#) – upload your physical form before December 31st.)

Purdue's contribution, your contribution, Healthy Boiler incentive monies, and any contribution a spouse may be putting into their own HSA all count toward the total family contribution and cannot exceed the yearly limit. If you're over 55, you can contribute an extra \$1,000 per year as a catch-up contribution.

The monies in your HSA can be used for any [IRS eligible expense](#) for you and eligible dependents. Eligible expenses include medical, dental, vision and prescription expenses, as well as many over-the-counter medications.

Check out Purdue's [HSA/HRA/FSA](#) site for more information, FAQ's, resources, and videos. For questions, clarifications, or assistance, please reach out to Amy Jagger, Benefits Director, at [jaggera@pfw.edu](mailto:jaggera@pfw.edu). Additionally, you can contact HSA Bank, our HSA account provider, at 1-800-351-6246 or [askus@hsabank.com](mailto:askus@hsabank.com).

## Connect with CSSAC!

- **Submit an idea, question, or concern to CSSAC:** Submitting a [Bridge Question](#) will bring your ideas, questions, or concerns to CSSAC's attention. You can even choose to submit anonymously.
- **Learn more about CSSAC:** Visit the [CSSAC website](#) to learn more about who we are and what we do.
- **Want to serve as a CSSAC member?** Fill out the [form](#) to let us know you're interested!