



Update Your Beneficiaries!

The arrival of the new year is the perfect time to review and update your beneficiary information. Life changes—marriage, divorce, new children, or grandchildren can all impact who you want protected. Making sure your beneficiaries are up to date helps ensure that your policy's death benefit payout goes exactly where you intend, giving you and your loved ones peace of mind. If you have Group Term Life Insurance made available to you through SunLife and PEF MBP, this insurance requires that you provide beneficiaries. Be sure to take the time now to review and update your current beneficiaries listed in case an update is needed.

Please note: updating your beneficiaries with NYS does not update your beneficiaries with PEF MBP.

Update now



PEF MBP's Moving

PEF MBP anticipates an office move in Spring 2026. Details to follow at a later date.



Entertainment



Buffalo Bandits Tickets

Saturday, April 11

Celebrate Fan Appreciation Night with the Buffalo Bandits! Enjoy the excitement live with discounted tickets for this special game—perfect for lacrosse fans. Add your name to the waitlist to be notified if more tickets become available.

[Add your name to our waitlist](#)



Discounted Ski Lift Tickets

Get your discounted tickets to any one or more of these ski resorts:

- Bromley
- Belleayre
- Gore Mountain
- Jiminy Peak
- Stratton Mountain
- Whiteface—Coming soon

[Explore tickets](#)



Monster Jam



Disney On Ice

Rev up the excitement and take the kids to Monster Jam for an unforgettable family experience! Watch massive trucks soar, spin, and smash in a high-energy show that kids and adults will love. With online discounts available, it's the perfect way to create big smiles and even bigger memories!

[Buy now](#)

Bring the magic to life with Disney On Ice as it skates into Albany and Buffalo! From beloved characters to dazzling performances, this family-friendly show is the perfect outing for kids and Disney fans of all ages. Now's the perfect time to grab tickets and create a truly magical moment for the whole family.

[Online discounts](#)

Everyday Savings



New Digital Gift Cards

Even more great ways to save are available through PEF MBP! New digital gift cards for Starbucks, Dunkin', Kohl's, Nike, Panera Bread, and Chipotle are now available—making it easy to enjoy everyday essentials and favorite treats while keeping more money in your pocket.

[Get yours today](#)



Acclaimed Mobile Health

Do you live or work in regions 9-12? There's a convenient way to complete your annual health and wellness exam. Take advantage of Acclaimed Mobile Health's mobile medical practice and save time! These on-site services offer a wide range of clinical and diagnostic tests.

[Learn more](#)

Education



2026 In-person Defensive Driving Course

The new year is the perfect time to refresh your driving skills.

- Albany: March 14
- Buffalo: April 18
- Long Island: April 25
- NYC: May 16

[Register now](#)



Student Loan Update

Many borrowers may need to rethink their student loan strategy such as reapplying for IBR, moving out of SAVE forbearance, or navigating to limited borrowing options. New Parent Plus challenges are also on the horizon for many.

[Learn more](#)



Coming Soon: Spring Webinars

Be on the lookout for upcoming emails and PEF MBP social media posts with details about PEF MBP's spring educational webinars. Topics will include retirement planning, elder law and trusts, a student loan update, and more!

Valuable Insurances

Protect your paycheck & your loved ones.

New PEF members: Enroll within 240 days of your PS&T unit hire date with no medical questions asked. Miss the 240 day window? PEF members can still enroll, or increase existing coverage when an [evidence of insurability form \(EOI\)](#) is submitted with an insurance application. Your application must be approved by Sun Life before coverage can take effect.

Who needs insurance?

Short-Term Disability

Long-Term Disability

Group Term Life

Access the [online insurance application](#).

Take advantage of Supplemental Health Plans for you and your family!

Cover related expenses your health plan may not include.

Enroll anytime at very affordable rates!

[January 2026](#) / [Print PDF](#)

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