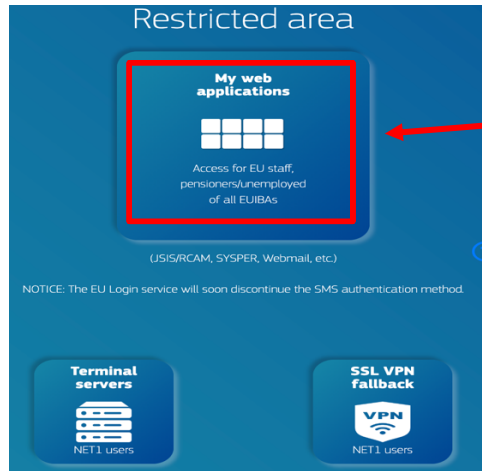


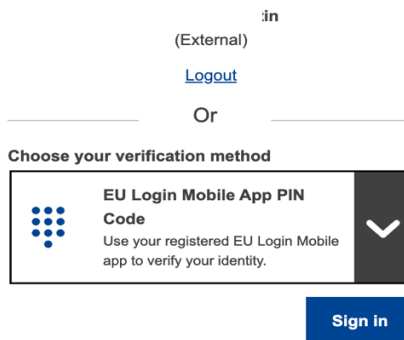
## MENU « MY REMOTE »

You have an EU Login access and you can connect to “My Remote via this (=url)  
<https://myremote.ec.europa.eu/> The following screen appears

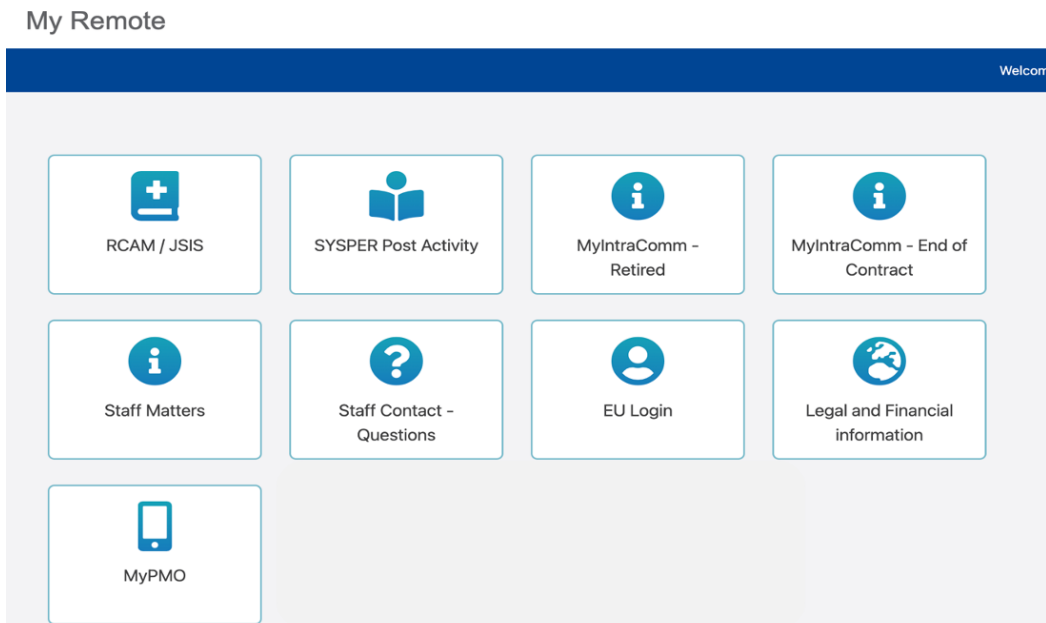


In the top centre of the screen, click on « **My web applications** » (Access for EU staff, pensioners/unemployed of all EUIBAs)

As usual, you will be prompted to connect via your EU Login access :




The « Menu » will appear :



In this menu, you will find the following options :

- **RCAM en ligne/JSIS online** Be careful: a second authentication via EU Login is always required to reach « JSIS online ». This application allows you to search and encode medical costs, create prior authorizations, ask for direct billing or health screening ...  
(<https://webgate.ec.europa.eu/RCAM>)
- **MyPMO** that allows you to use numerous functions of “JSIS online” and also to download the payslips from your smartphone, tablet, laptop or PC :
  - Either from the option MyPMO of the My Remote Menu
  - Or via this url <https://mypmo.europa.eu>



- Or by scanning the following QR code:
- **SYSPER Post Activity** allows you to consult or print pension slips, generate fiscal certificates, add/modify/complete personal data, etc.  
(<https://myremote.ec.europa.eu/SYSPER2/home/menu.do>)
- **MyIntraComm- Retired** : page specially designed for pensioners with links on the European Commission intranet with small adds and lots of practical, legal or leisure information.  
(<https://myintracomm.ec.europa.eu/retired>)
- **MyIntraComm- End of Contract** : Commission intranet only dedicated to « end of contract » staff.  
(<https://myintracomm.ec.europa.eu/staff/EN/working-conditions/end-of-service/end-of-contract/Pages/index.aspx>)
- **Staff Matters**: this corresponds to MyIntraComm « Staff Matters » tab and deals with Health, Family, administrative steps. It allows you to put questions via the  **Staff Contact** button on the right of the screen  
(<https://myintracomm.ec.europa.eu/staff/FR/Pages/index.aspx>)
- **Staff Contact – Questions** : history of questions submitted via “Staff Contact”  
(<https://webgate.ec.europa.eu/staffcontact/app/#/staff/tickets-history>)
- **EU Login** : If you use <https://webgate.ec.europa.eu/cas> to create an access, to modify/add a mobile number or email address, just go through this EU Login option and choose the option “My account” underneath the wheel on the top right, next to you name.
- **Legal and Financial information**: (also called FiLIP) that allows you to check or add a bank account for your pension or reimbursement of medical costs. A second identification is also required here.

**For any PMO question or problem, it is advisable to use Staff Matters/Staff Contact or to telephone this unique number : +32 2 29 11111, every working day, from 9.30 to 12.30**