

## What You Need to Know

### National Alcohol Awareness Month

April is National Alcohol Awareness Month. Do you, or someone you know, struggle with alcohol use disorder? According to the [National Institute on Alcohol Abuse and Alcoholism](#), 28.9 million people in the United States (ages 12 and older) had alcohol use disorder in 2023. Alcoholism has many negative factors, such as: significantly impacting the alcoholic's physical and mental health, damaging personal relationships, affecting their loved ones' mental health, and impacting financial health.

According to the [Mayo Clinic](#), alcohol use disorder can cause the following health problems, just to name a few:

- Liver disease
- Digestive, heart and eye problems
- Diabetes and neurological complications
- Bone damage
- Weakened immune system
- Increased risk of cancer

If you or someone you know is struggling with alcoholism, please seek professional help. Reaching out to a primary care provider is a great first step. Visit [our webpage](#) for more resources you and your loved ones can seek support from.

## Upcoming Sessions

2

Apr

### Retire from UNI

Wednesday • 10 - 11 a.m.

[Register now](#)

16

Apr

### Estate Planning and Social Security Q&A

Wednesday • 11 a.m. - noon

[Register now](#)

25

Apr

### Confidential Biometric Screening

Friday • 7 - 9 a.m.

[Register now](#)[All HRS Events](#)

## Retirement Webinars

8

Apr

### TIAA: Quarterly Economic and Market Update

Tuesday • 11 a.m.

[Register now](#)

16

Apr

### IPERS: Creating a Secure Retirement

Wednesday • 9 a.m. - 3:30 p.m.

[Register now](#)

16

Apr

### TIAA: Planning for Life Milestones

Wednesday • 11 a.m.

[Register now](#)

24

Apr

### TIAA: Navigate the Sandwich Generation

Thursday • 2 p.m.

[Register now](#)

## Did You Know?

### Financial Literacy Month

Take part in Financial Literacy Month by taking advantage of your [EAP services](#). Have a financial issue? Speak with a financial professional, complete a free financial check-up, view Employee and Family Resources (EFR) financial library, and a variety of other financial tools by visiting [efr.org/financial](#). Consultations are available in 30 minute sessions per issue. All services are free and available to each eligible employee and members of their household, including children and adult college age children who may be living away from home.

### Travel with Assistance

Is your family starting to plan for a summer vacation? While a vacation is meant to be relaxing, the planning, preparation, and cost can be quite the opposite. Remember these services available to you as a benefits eligible employee:

- **EAP**
  - Vacation planning can be overwhelming and extremely stressful. Be mindful of your mental and financial health when planning a big trip. Reach out to [Employee & Family Resources](#) when you, and anyone in your household, are needing some help.
- **Blue365**
  - If you're enrolled in a health insurance plan, Wellmark offers travel discounts (along with many other discounts) through [Blue365](#). Always keep Blue365 in mind before making a big purchase or signing up for a membership. You'll be surprised by some of the savings you'll find.
- **Travel Assistance**
  - UNI employees covered by UNI's group term life insurance policy from Principal Life Insurance Company are eligible for [travel assistance services](#) provided by AXA Assistance.



### Monthly Motivator

Are you looking to incorporate different forms of exercise into your life? Yoga is for anyone at any physical ability level, and a great workout for your mind and body. The April [monthly motivator](#), from Employee & Family Resources, is challenging us to explore this ancient practice and feel the benefits for ourselves.

## Recognizing Our Retirees

### Anthony Bass

Custodian I, Custodial Services  
15 Years of Service, Retired in March

## Retirement Readiness

The Human Resource Services Benefits Team is here to help employees with retirement benefit questions. If you plan to retire please email [hrs-benefits@uni.edu](#) or call 319-273-2423. For additional information on retirement, visit [Retire from UNI: Next Steps](#).