July 2025

What You Need to Know

Togetherall: Mental Health Support, Anytime

While May is recognized as Mental Health Awareness Month, taking care of your mental well-being is important all year long. Sometimes, the most powerful support comes from connecting with others who truly understand what you're going through—those who've been there. That's the heart of Togetherall.

Offered through UNI's Employee Assistance Program (EAP), Togetherall gives you free, 24/7 access to a supportive online community. You can share your experiences, read others' stories, and access mental health tools—all in a safe, anonymous, and professionally moderated environment.

Take the first step toward prioritizing your well-being. Watch this

webinar to learn more about Togetherall and how it can support you.

Dental emergencies can happen unexpectedly, leaving you unsure

24/7 TeleDentistry Services from Delta Dental

of what to do next. Delta Dental provides 24/7 access to a licensed dentist for covered employees, offering guidance on the urgency of your situation and helping you determine appropriate next steps. To learn more, read about Delta Dental's TeleDentistry services in

Benefits Refresher

Upcoming Sessions

their June Benefits Spotlight.

11

July

Tuesday • 9 a.m.

Friday • noon

Register Now

18 July

Weekly Campus Walk

Weekly Campus Walk

Friday • noon

Learn More

Learn More

25 July

Weekly Campus Walk

Friday • noon

Learn More

TIAA

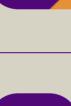
All HRS Events





IOWA PUBLIC EMPLOYEES' RETIREMENT SYSTEM

July **Update** Wednesday • 11 a.m.



July

09

IPERS: Creating a Secure Retirement

Economic and Market

Tuesday • 9 a.m. - 3:30 p.m.

TIAA: Quarterly

Register Now

Register Now

23 July

Secure Your Income in Retirement: A Mid-Career Check-In

Wednesday • 11 a.m.

TIAA: Steps to Help

Register Now

Did You Know?

For example:

Employees

documents, including:

And many others

often include personalized account details, helpful resources, and tips for getting the most out of your benefits.

MyWellmark for your health insurance

How to Access Your Benefits Accounts

Many of the benefits offered by the University are managed through individual platforms, allowing members to log in and

access important information about their plans. These platforms

 Delta Dental for dental coverage ASIFlex for your flexible spending account IPERS and TIAA for retirement planning

To learn more about a specific benefit or how to log in to your account, please visit the Human Resource Services How to

Access Your Online Benefits Accounts webpage.

vendor, along with our Employee Assistance Program (EAP), offer valuable legal resources and discounts to employees. Through ARAG, employees, their dependents, and

beneficiaries can access free tools to create essential legal

Principal Financial, UNI's Life and Long-Term Disability (LTD)

Legal Services and Discounts Available to UNI

Wills Living Wills Healthcare Power of Attorney

- Services and Discounts webpage.
- Additionally, the EAP provides discounts on legal services and assistance with document preparation. To learn more about these resources, please visit our <u>Legal</u>

This month's Monthly Motivator from Employee & Family Resources (EFR) encourages you to boost both your physical and emotional well-

Emotional Health

Explore five simple activities you can try this July to support your heart and build emotional resilience. View the Monthly Motivator to get inspired and

take steps toward a healthier you.

being by focusing on heart-healthy habits.

July Monthly Motivator: Strengthen Your Heart &

Recognizing Our Retirees

Jenny Murphy

Susan Hill Department Head and Professor, Philosophy and World Religions

31 Years of Service, Retiring in July Susan.Hill@uni.edu Lisa Riedle Department Head and Professor,

Clerk IV, Business Operations

jennyemurphy01@gmail.com

14 Years of Service, Retiring in July

Applied Engineering and Technical Management 10 Years of Service, Retiring in July

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.

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