

## What You Need to Know

## Are You a WeightWatchers Member?

If you're not already a WeightWatchers member and are interested in joining, WeightWatchers is available at no cost to all benefit-eligible UNI employees!

Whether your goal is to eat healthier, increase movement and water intake, boost nutrition, or lose weight, WeightWatchers offers tools and support to help you succeed. With the WW app, you can:

- Track your meals, activity, water, and sleep
- Discover recipes and meal planning
- Explore mindset & wellness tools
- Connect with support & community

In addition to the great resources provided by WeightWatchers, you'll also receive a weekly motivational email from your UNI Benefits Team.

For more information about this benefit, or to sign up, visit [our webpage](#). Take advantage of this valuable wellness resource today!

## Get the Most from Your Dental Plan

UNI's [dental plan](#) covers two teeth cleanings per year at 100% for all members.

In addition, the plan includes Enhanced Benefits—a free feature that provides additional covered cleanings for members with certain health conditions.

Want to learn more or see if you qualify? Review the [Enhanced Dental Benefits handout](#) for full details.

Take advantage of these extra benefits to support your overall health!

## Upcoming Sessions

<b>1</b> Aug	<b>Weekly Campus Walk</b> Friday • noon	<a href="#">Learn More</a>
<b>8</b> Aug	<b>Weekly Campus Walk</b> Friday • noon	<a href="#">Learn More</a>
<b>13</b> Aug	<b>New Hire Orientation</b> Wednesday • 8:05 a.m.	<a href="#">Learn More</a>
<b>15</b> Aug	<b>Weekly Campus Walk</b> Friday • noon	<a href="#">Learn More</a>
<b>19</b> Aug	<b>EFR: Boost Your Battery: Setting Boundaries and Finding Balance in Your Personal and Professional Life</b> Tuesday • 10 a.m.	<a href="#">Register Now</a>
<b>22</b> Aug	<b>Weekly Campus Walk</b> Friday • noon	<a href="#">Learn More</a>
<b>29</b> Aug	<b>Weekly Campus Walk</b> Friday • noon	<a href="#">Learn More</a>
<b>3</b> Sept	<b>Understanding Retirement Health Care Options (Zoom)</b> Wednesday • 11 a.m.	<a href="#">Register Now</a>
<b>4</b> Sept	<b>Nutrition Essentials</b> Thursday • 11 a.m.	<a href="#">Register Now</a>
<b>5</b> Sept	<b>Benefits Refresher</b> Friday • 9 a.m.	<a href="#">Register Now</a>
<b>9</b> Sept	<b>Understanding Retirement Health Care Options</b> Tuesday • 11 a.m.	<a href="#">Register Now</a>

[All HRS Events](#)

IOWA PUBLIC EMPLOYEES' RETIREMENT SYSTEM

## Retirement Webinars

<b>14</b> Aug	<b>TIAA: Your Guide to Living Well in Retirement</b> Thursday • 11 a.m.	<a href="#">Register Now</a>
<b>27</b> Aug	<b>IPERS: Creating a Secure Retirement</b> Wednesday • 9 a.m. - 3:30 p.m.	<a href="#">Register Now</a>
<b>28</b> Aug	<b>TIAA: Live Long and Prosper: Your Guide to Understanding Longevity</b> Thursday • 2 p.m.	<a href="#">Register Now</a>

## Did You Know?

## Keeping Your Personal Information Up to Date

Having accurate, up to date information is essential for every employee. All UNI employees are encouraged to review and update their personal details in UNI Works annually—or anytime a change occurs.

In addition, please take a moment each year to verify your emergency contact information. This information is vital in the event of an emergency.

For step-by-step instructions on how to add or update your information, refer to the [Edit Personal Data Job Aid](#) in [UNI Works](#).

## Mid-Year Reminder: Protect Your Accounts

As we reach the halfway point of the year, it's a great time to review and update your passwords—especially for your financial and other sensitive accounts.

Unfortunately, data breaches and hacking incidents are becoming more common. While we hope you never need them, please remember that [free identity protection services](#) are available through our benefit vendors as part of your UNI benefits package.

Taking just a few minutes to review your accounts now can make a big difference in safeguarding your personal information.



## Monthly Motivator

We're often reminded that true well-being goes beyond just physical and mental health—but are you nurturing all eight dimensions of wellness?

The [August Monthly Motivator](#) from Employee & Family Resources (EFR) encourages you to explore and engage with each dimension. It's a great opportunity to reflect and see how many you're actively supporting in your life.

How many can you check off your list?

## Recognizing Our Retirees

## Shelley O'Connell

Assistant to VP Planning and Assessment, Student Life  
23 Years of Service, Retired in July  
[shelleymaeoconnell@gmail.com](mailto:shelleymaeoconnell@gmail.com)

## Denise Tallakson

Associate Professor of Instruction, Curriculum and Instruction  
39 Years of Service, Retiring in August  
[Denise.Tallakson@uni.edu](mailto:Denise.Tallakson@uni.edu)

## Sue Wood

Information Technology Specialist, IT-Client Services  
13 Years of Service, Retiring in August

## Retirement Readiness

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