

# Employee Benefits & Well-Being

Human Resource Services



## AUGUST NEWSLETTER

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### Contact Us

If you still have a question after reading this newsletter or visiting our [website](#), please [contact us](#).

### Own Your Benefits

**Health Insurance – Updating Your Primary Care Provider (PCP)**

Benefit eligible employees covered under the UNI Blue Advantage health insurance plan, and those they are covering, must designate a PCP. The PCP can be updated at any time by calling the number listed on the back of your Wellmark ID card. PCP's cannot be updated through the Benefits Self-Service system.

## Financial Wellness

### Free Financial Services Through Iowa Concern

With the recent high inflation following a few years of uncertainty, help is available to manage finances and get back on track. ISU extension provides free financial services to assist with budgeting, bill prioritizations, paying down debt and connecting to community resources through the Iowa Concern Program. You can access services through the Iowa Concern Hotline at 800-447-1985. For additional information and other free resources available visit the [Iowa Concern webpage](#).

### Public Service Loan Forgiveness

Individuals who work in the public sector may qualify for the Public Service Loan Forgiveness (PSLF) program. UNI Employees who have federal student loans (direct loans) may qualify to have the remainder of their student loans forgiven.

Human Resource Services has simplified the employment verification portion of the application process. Visit our [Public Service Student Loan Forgiveness webpage](#) for more information on how to complete the Public Service Loan Forgiveness application.

## My Well-being

### National Immunization Awareness Month

August is [National Immunization Awareness Month](#). With the pandemic many may still be behind in wellness checks, and perhaps missing necessary vaccines or boosters. Be sure to check with your health care provider if you and your family members are up-to-date on their vaccines. Also, with the upcoming fall semester, be prepared for flu shots and any recommendations for COVID-19 vaccine updates. These can help you and your family stay well!

## Employee Assistance Program

### Free Life Coaching

Your EAP provides free life coaching over the phone to assist you in making positive lifestyle changes. Two different forms of life coaching are available. "Motivate Me" can assist you in getting and staying motivated about working on your health and well-being goals. "Resiliency Coaching" is available to assist with stress assessment and help you develop healthy coping strategies to stress. Both are available by calling EAP at 855-784-2057.

## Upcoming Events

### MY WELL-BEING

#### **Connecting Mind and Body for Healthy Living**

Have you ever heard health is wealth? If you've ever dealt with illness you know this to be true. This five-minute on-demand training by your EAP may assist you in staying ahead of health issues through lifestyle modifications. Visit the [Guidance Resources® training webpage](#) to get started.

### MY WELL-BEING

#### **Using Kindness to Achieve Personal Success and Happiness**

Have you ever wondered if there is another path to minimize aggravation and find more happiness? This seven-minute on-demand training by your EAP may assist you in skills and perspective on how you can use kindness to benefit you as well as others. Visit the [Guidance Resources® training webpage](#) to get started.

### RETIREMENT READINESS

#### **Retire from UNI**

Human Resource Services will host two informational sessions on retiring from UNI, for faculty and staff planning to retire soon or in the foreseeable future. Participants will learn guidelines and benefits available at retirement from UNI. The hour-long sessions will be presented by Therese Callaghan, Employee Well-being Coordinator, on September 6 in Gilchrist 009. Please register in advance.

**September 6 | 10 a.m. | [Click Here to Register](#)**

**September 6 | 2 p.m. | [Click Here to Register](#)**

*Participation in events that occur during scheduled working hours must be approved by your supervisor. Employees on a university-approved leave should contact [hrs-leaves@uni.edu](mailto:hrs-leaves@uni.edu) for approval. Stay up-to-date with the status of this session by visiting <https://hrs.uni.edu/event-status>. If the status of this session changes you will also be notified by UNI email or campus phone. Individuals needing an accommodation in order to participate in an event, please contact a HRS team member at 319-273-2954, or [hrs-benefits@uni.edu](mailto:hrs-benefits@uni.edu), at least one week prior to the event.*



## TIAA Consultation

TIAA Participants: Schedule a free personalized meeting with a TIAA financial consultant using the [online scheduler](#) or by calling 800-732-8353 (available weekdays from 7 a.m. – 7 p.m. CST).

## TIAA August Financial Wellness Webinars

### Lifetime Income: Market-Proof Your Retirement

August 10 at 11 a.m. (CT)

You've worked hard to save for retirement. TIAA can help you understand how to create a diversified retirement income plan that protects you against key retirement risks.

### Gaining Insight: Navigating Debt Consolidation and Understanding the Mortgage Process

August 16 at 11 a.m. (CT)

You can understand how to manage and consolidate debt, and get a primer that can help make the mortgage process easier to navigate.

### The Power of Saving

August 17 at 11 a.m. (CT)

Whether you're the kind of person that lives and spends in the now or plans for what's ahead, there are always ways to save smarter. In this webinar, you'll learn a number of strategies for better managing your money so you have the knowledge and confidence to pay your bills, save for a rainy day, and achieve any larger financial goals you've set for yourself.

### Hindsight is 2020

August 18 at 2 p.m. (CT)

A look back at 2020 and the lessons learned during this unique time. This presentation will look back at the historical example of 2020 and what we learned in terms of the value of advice, following a disciplined risk management strategy and the role lifetime income can play in a sound financial plan.

TIAA webinars are open to all employees. Visit [TIAA's webpage](#) to register.

Times through the webinar link will be shown in Eastern Standard Time.



## IPERS August Retirement Webinars

- August 25 | 9 a.m. to 3 p.m. CST  
Creating a Secure Retirement
- August 31 | 9 a.m. to 3 p.m. CST  
Ready, Set, Retire

IPERS webinars are for state of Iowa employees within five years of retirement and their spouses. To register: <https://ipers.org/members/calendar>

## Recognizing Our Retirees

We are thankful for the service of all of UNI's retirees! With their consent we are able to celebrate their years of service and share their information with the entire campus community.

### Gail M Bunz

Learning Commons Coordinator, Library  
25 Years of Service, Retiring in August  
[gail.bunz@gmail.com](mailto:gail.bunz@gmail.com)

### Vergestene Cooper

Data Technician III, IT-Network &  
Infrastructure Services  
42 Years of Service, Retiring in August  
[vergestene.cooper@gmail.com](mailto:vergestene.cooper@gmail.com)

### Sheryl J Cox

Cook I, Piazza  
22 Years of Service, Retiring in August  
[sheryl.cox@uni.edu](mailto:sheryl.cox@uni.edu)

### Marilyn S Even

Custodian I, Housing & Dining Facilities  
30 Years of Service, Retiring in August

### Michael J Freese

Athletic Facilities Attendant, Grounds  
Services  
42 Years of Service, Retiring in August  
[michael.freese@uni.edu](mailto:michael.freese@uni.edu)

### David P Kelly

Motor Vehicle Operator II, Mail Center  
38 Years of Service, Retiring in August  
[kd0dk2013@gmail.com](mailto:kd0dk2013@gmail.com)

**Rosanne L Lang**

Assistant Manager Retail, Biscotti's  
37 Years of Service, Retiring in August  
[rosie.lang@uni.edu](mailto:rosie.lang@uni.edu)

**Joseph J Marchesani**

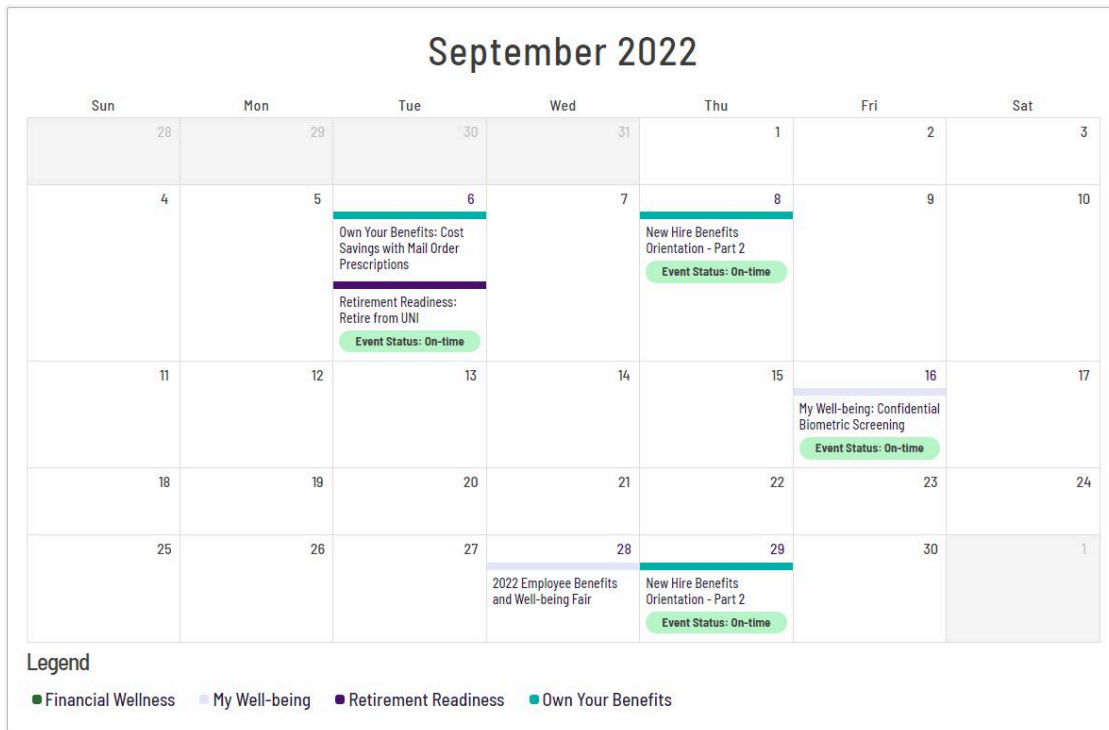
Asst Professor, IT-Educational Technology  
& Media Services  
50 Years of Service, Retired in July  
[joseph.marchesani@uni.edu](mailto:joseph.marchesani@uni.edu)

# Retirement Readiness

## Retirement Benefit Questions? The HRS Benefits Team is Here to Assist!

The Human Resource Services Benefits Team is continuing to help employees with retirement benefit questions. If you plan to retire in 2022 please email [hqs-benefits@uni.edu](mailto:hqs-benefits@uni.edu) or call 319-273-2423. For additional information on retirement visit [Retire from UNI: Next Steps](#).

# Coming In September



## Stay Up-to-Date with HRS Events

Plan on attending an upcoming Human Resource Services (HRS) sponsored event? Please visit the [HRS event status webpage](#) to view if the event is on-time, postponed,

rescheduled, or canceled. Registered participants will also receive an email from HRS notifying that an event status has changed.

## Subscribe to HRS Latest News and Events

Be the first to hear the latest news and events from UNI Human Resource Services including benefits and well-being news. [Subscribe to receive the HRS News emails](#) right to your [uni.edu](https://uni.edu) email account.

## Is Your Personal Information Up-to-Date?

To make changes to your office and/or home (confidential) contact information: Login to MyUNiverse > My Page > Update My Personal Information. This information is sent to Human Resource Services and will be updated within four working days.