

Employee Benefits & Well-being

Human Resource Services



AUGUST NEWSLETTER

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Contact Us

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

Own Your Benefits

How to Access Your Benefit Accounts

Many of the benefits offered by the University have their own unique platform in which a member can log into to assist in managing their benefits. The platforms may contain

specific data pertaining to the members account, or additional benefits and tips to utilizing the plan. Examples would be MyWellmark for your health plan, Delta Dental for your dental plan, ASIFlex for your flex spending account, or IPERS and TIAA for retirement. If you want more information regarding a specific benefit, and how to log in, please take a look at the Human Resource Services [How to Access Your Online Benefits Accounts](#) webpage.

August is National Eye Exam Month

This is a reminder of the importance of annual eye screenings as a part of your overall health. If you are enrolled in a UNI health insurance plan, you and anyone on your plan, are eligible for one routine preventive eye exam, per calendar year. The in-network exam will be covered at 100% on each of the health insurance plans. For an out-of-network exam on the UNI PPO (Alliance Select) you will be charged a 30% coinsurance after your deductible is met. Visit our [health](#) and [vision](#) webpages for more information on plans and discounts.

Financial Wellness

Securing Your Financial Accounts

The year is officially half over. Now is a great time to update your account passwords, especially for your financial accounts. Cybercriminals want your money and card information, and UNI IT - Security has provided [an article](#) about securing your financial accounts to prevent fraud. Don't forget, if you ever need the services, there are a number of **free** [identity protection services](#) available through our benefit vendors.

My Well-being

Are You a WW Member?

WW is available to all benefit eligible employees with no cost to join. Whether your goal is to move more, eat healthier, or lose weight, WW can assist you in reaching those goals. Not only can you track your activity and meals on the WW app, but you can browse recipes and meal suggestions from popular restaurants. For more information about this benefit, or to sign up, visit [our webpage](#).

Employee Assistance Program

New EAP Benefit for First Responders

Employee & Family Resources (EFR), our EAP vendor, has just launched First Responder Coaching. This benefit is free to you and your household family members. First Responder Coaching will partner you with a coach from the first responder community

who understands and provides support – for the front lines and at home. To get more information on this new benefit you can watch [EFR's webinar](#) or take a look at their [flyer](#).

August Monthly Motivator

The Employee and Family Resources (EFR) monthly motivator this month is to be more adventurous. The goal is to try something new two days per week. Download EFR's [August calendar](#) for helpful tips and to keep track of your progress.

Upcoming Events

FINANCIAL WELLNESS

Wise Use of Credit

Human Resource Services will host an informational session on how to use your credit wisely by knowing what it is, why it is important, and gaining an extensive knowledge of credit terms, types of loans, and details that can affect the overall health of your credit report. This session will be presented by Regions on September 3 at noon, via Zoom. Please [register in advance](#).

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 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, at least one week prior to the event.

Upcoming Financial Webinars



TIAA August Financial Wellness Webinars

Financial Wellness & Mental Health

August 7 | 1 to 2 p.m. (CST)

Register now for this important webinar that examines how your mental health leads to financial health and vice versa. When you understand the connection between how you're doing emotionally and how you're saving your money, your retirement journey can be easier and more successful.

Learn key insights in this judgment-free webinar, including how to:

- Access expanded mental health resources through your benefits.
- See issues and events that can cause poor mental health.
- Seek out a TIAA Financial Consultant for advice on money stressors, including debt, that challenge your physical, mental, and financial health, and your job performance.

Opening Doors to the Future: Save in a 529 College Savings Plan

August 13 | 2 to 3 p.m. (CST)

In this webinar you can learn how 529 college savings plans work and how to invest in one for a child, grandchild, yourself or another loved one.

We'll discuss:

- The challenges of saving for college
- Who benefits most from a 529 plan
- How to open a 529 plan

Live With Confidence in Retirement: 5 Steps to Creating Your Retirement Income Plan

August 21 | noon to 1 p.m. (CST)

If you're thinking about making the transition to retirement, this webinar is essential for understanding how to create an income plan that helps you maximize your savings. In five steps you'll learn how different sources of income work, how to build your strategy for lifetime income and what to consider when planning withdrawals from your retirement assets.

We'll help you prepare by discussing how to:

- Estimate your expenses
- Understand your income sources
- Build your strategy for lifetime income
- Withdraw your retirement assets
- Review and adjust your plan when needed

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 27 | 9 a.m. to 3:30 p.m. (CST)
Creating a Secure Retirement

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

Retirement Savings Consultation

All TIAA and IPERS participants are encouraged to schedule a FREE personalized meeting to review their retirement savings. These meetings are sponsored and scheduled with a TIAA financial consultant. Set yours up today by using the [online scheduler](#) or by calling 800-732-8353. Consultants are available weekdays from 7 a.m. – 7 p.m. CST.

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.

Ann Crawford

Secretary III, Research and Sponsored Programs
14 Years of Service, Retiring in August

Dennis Johnson

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29 Years of Service, Retiring in August
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Tanjala Kole

Secretary III, Theatre
24 Years of Service, Retiring in August

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Gerard Thiel

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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 please email hqs-benefits@uni.edu or call 319-273-2423. For additional information on retirement visit [Retire from UNI: Next Steps](#).

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 email](#) account.

Is Your Personal Information Up-to-Date?

Need to Update Contact Information?

To make changes to your office and/or home (confidential) contact information: Login to [UNI Works](#) > Menu > Personal Information.

Having a Life Event?

Visit [our webpage](#) to see what your next steps should be.