

# Employee Benefits & Well-Being

Human Resource Services



## JANUARY NEWSLETTER

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### Contact Us

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

### COVID-19 and Your Benefits

To view frequently asked questions about COVID-19 and your benefits, visit the [Forward Together](#) website.

# Upcoming Events

## RETIREMENT READINESS

### Retire from UNI

Human Resource Services will host an informational session 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. This hour long session will be presented by Therese Callaghan, Employee Well-being Coordinator, via Zoom on January 12 at 10 a.m. Please [register](#) in advance.

## FINANCIAL WELLNESS

### Impact of Taxes, Now and Later

Human Resource Services will host an informational session on how your assets are taxed now and later. Tax strategies can be complicated and vary based on personal circumstances. Discuss which strategies may be best for you and your portfolio. This TIAA led session will be offered on January 18 at 3 p.m. via webcast. Please [register](#) in advance.

## MY WELL-BEING

### GuidanceResources® EAP Services Orientation

Human Resource Services will host two EAP orientations via Zoom. Learn more about the benefits and resources available to you through your EAP. Services include counseling for life challenges, life coaching, financial consultation, legal consultation, and eldercare and childcare resources and referral. These sessions will take place on January 18 at 10 a.m. and January 19 at 2 p.m. Please register in advance.

January 18 | 10 a.m. | [Click to Register](#)

January 19 | 2 p.m. | [Click to Register](#)

## FINANCIAL WELLNESS

### After the Holidays: Managing That Debt

Human Resources services will host a financial wellness session to assist employees with post holiday debt management. This hour long session will be led by financial experts from Guidance Resources, on January 26 at 3 p.m. 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 [hrr-leaves@uni.edu](mailto:hrr-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 [hrr-benefits@uni.edu](mailto:hrr-benefits@uni.edu), at least one week prior to the event.*



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## TIAA January Financial Wellness Webinars

- January 11 | 12 to 1 p.m. CST  
Paying Yourself: Income Options in Retirement
- January 12 | 11 a.m. to 12 p.m. CST  
Quarterly Economic and Market Update with TIAA's Chief Investment Strategist
- January 13 | 3 to 4 p.m. CST  
Los Secretos Del Dinero: Como Gestionar Los Ingresos y Las Deudas
- January 20 | 11 a.m. to 12 p.m. CST  
Social Security Considerations
- January 25 | 12 to 1 p.m. CST  
Looking to Turn Your Retirement Savings into a Paycheck for Life?
- January 26 | 1 p.m. to 2 p.m. CST  
The Starting Line: Beginning to Save for Retirement

TIAA webinars are open to all employees. To register: <https://www.tiaa.org/webinars2022>

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



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## IPERS January Retirement Webinars

- January 12 | 9 a.m. to 3 p.m. CST  
Ready, Set, Retire
- January 25 | 9 a.m. to 4 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>

# Financial Wellness

## What You Need to Know About PSLF Changes

The Department of Education (DOE) recently announced changes to the Public Service Loan Forgiveness (PSLF) program. These changes may have a positive impact on student loan borrowers, by making it easier and faster for borrowers to achieve forgiveness. Portions of the new policies are only offered for a limited time.

On December 22, 2021, an announcement came from [The White House](#) and [Department of Education](#) extending the pause on federal student loan payments and interest for an additional 90 days from January 31, now to May 1, 2022. Watch this [SAVI video](#) for a full recap of the important policy changes impacting borrowers.

Join an upcoming [Savi webinar](#) to hear the latest updates and see if you can take advantage of student loan forgiveness.

## My Well-being

### Start the New Year Fresh With Free WW

All UNI Benefit eligible employees can join WW, Weight Watchers Reimagined, at no cost. WW's purpose is to inspire healthy habits for real life, and is no longer just for weight loss. No matter what your goal is—to lose weight, eat healthier, move more, develop a more positive mindset, or all of the above.

One new highlight of the program with My PersonalPoints™, you can now gain daily points by eating non-starchy vegetables, drinking recommended amounts of water, and moving more. This is the only program that rewards healthy lifestyle choices, naturally reinforcing the healthy habits you may be hoping to add to your lifestyle.

The last 22 months have been difficult and negatively impacted the physical and mental health of so many. Start 2022 with tools to help you refocus your physical and mental health in a positive direction! To learn more and get started visit:

<https://hrs.uni.edu/wellbeing/freeww>

## Employee Assistance Program

### Get Answers to Tax Questions at No Cost

The UNI Employee Assistance Program (EAP) provides unlimited free financial counseling for financial needs. This includes speaking with financial experts regarding income tax questions. To get started and set-up a financial consultation, call your EAP at 1-855-784-2057. You may also set up an account at [GuidanceResources@](#) for access to online budgeting tools, financial calculators, and free financial information. To establish your account use organizational code: UNI. Visit our EAP [webpage](#) for additional information on EAP.

## Own Your Benefits

### Wellmark's BeWell 24/7<sup>SM</sup> Service

If you are enrolled in a UNI group health insurance plan you can utilize [Wellmark's BeWell 24/7<sup>SM</sup> Service](#). Just as the name implies, it provides assistance from real people 24 hours a day 7 days a week. By calling 844-84-BEWELL you can get advice and recommendations on treating ailments for you and your covered family members.

### New Health Insurance ID Cards

Wellmark is sending out new health insurance cards to all employees enrolled in health insurance for the 2022 calendar year. Your ID number will remain the same unless you have opted to enroll in a new plan for the upcoming year. Register for a [myWellmark](#) account today to view updated ID cards, or print a temporary ID card.

### IRS Form 1095-C for 2021 Tax Year

As part of the Affordable Care Act (ACA), employers are required to provide the IRS Form 1095-C to employees who were offered and/or enrolled in employer health insurance. The university will mail the 1095-C to the employee's home address on file prior to the March 2, 2022 deadline. While you **DO NOT need the IRS Form 1095-C to file your 2021 tax return**, you do need to keep it with your important tax documents. To show proof of health insurance coverage, UNI sends this information to the IRS on your behalf. For more information about the IRS Form 1095-C, please visit the HRS supporting page (<https://hrs.uni.edu/aca/1095>).

## 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.

#### Susan Baker

Engineering Technician I, Design & Construction  
32 Years of Service, Retiring in January  
[susanbaker1304@gmail.com](mailto:susanbaker1304@gmail.com)

#### Dana Foster

Fitness Coordinator, Recreation Services  
28 Years of Service, Retiring in January  
[Dana.Foster@uni.edu](mailto:Dana.Foster@uni.edu)

#### Debra Jacobs

#### Kimberly Schnell

Secretary II, Classic Upward Bound

Secretary III, Educational Psychology, Foundations, & Leadership Studies  
37 Years of Service, Retiring in January  
[dekaja@cfu.net](mailto:dekaja@cfu.net)

13 Years of Service, Retiring in January  
[kschnell13@hotmail.com](mailto:kschnell13@hotmail.com)

**Donna Uhlenhopp**  
Account Specialist, Research & Sponsored Programs  
30 Years of Service, Retiring in January  
[uhlenhoppdonnadave@gmail.com](mailto:uhlenhoppdonnadave@gmail.com)

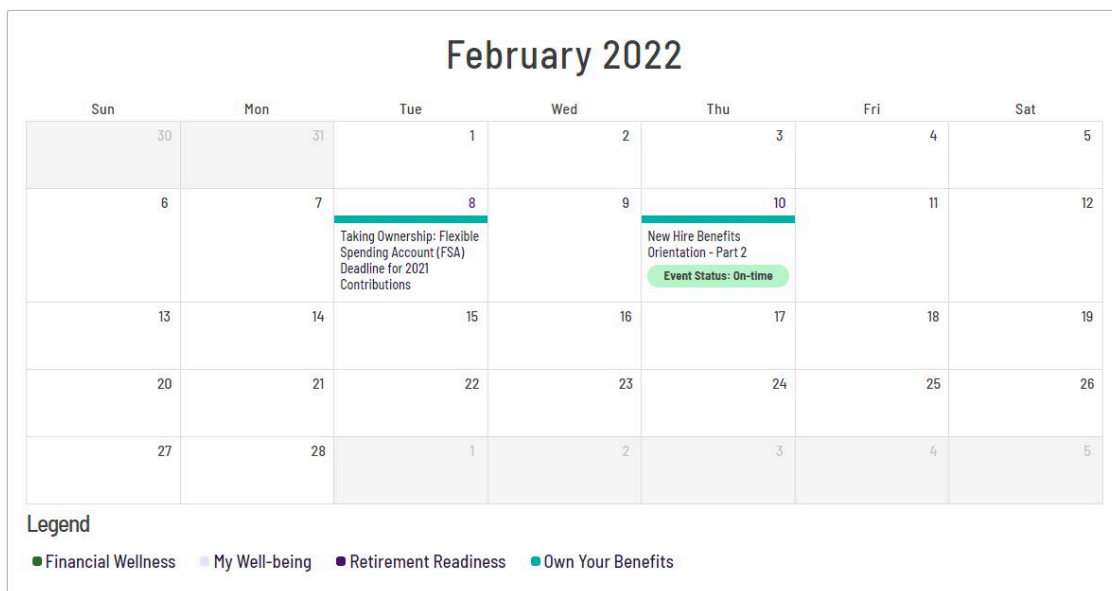
**Larry Weber**  
Custodian I, Custodial Services  
32 Years of Service, Retiring in January  
[larryweber1957@gmail.com](mailto:larryweber1957@gmail.com)

## 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 February



## 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?

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