

Employee Benefits & Well-Being

Human Resource Services



JULY NEWSLETTER

In This Issue

- Legal Services and Discounts
- Halfway Through the Year - FSA
- Free Credit Reports
- Get Help with Life Challenges
- Social Connections Increase Happiness
- Upcoming Sessions and Webinars You Don't Want to Miss
- Who's Retiring This Month?

Contact Us

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

Own Your Benefits

More Than Just Insurance, Legal Services and Discounts

Principal Financial, UNI's Life and LTD vendor, and our Employee Assistance Program (EAP) provide legal discounts to our employees. Employees, their dependents, and beneficiaries have access to tools provided by ARAG® to create important and necessary

documents such as a Will, Living Will, Healthcare Power of Attorney and many other legal documents for free. EAP provides discounts off of legal services and legal documentation preparation. To learn more, visit our [Legal Services and Discounts webpage](#).

Flexible Spending Accounts (FSA)

We are halfway through the year so it is a great time to remind those who have elected an FSA to submit for reimbursements. Summer brings a need for sunscreen and over-the-counter allergy medications. Both are eligible for reimbursement with the health care FSA. For a listing of [eligible expenses](#), as well as [over-the-counter eligible expenses](#), visit the [FSA website](#).

Financial Wellness

Review Your Credit Reports

When was the last time you reviewed your credit reports? It's important to review them regularly to make sure the information being reported is accurate. Due to COVID-19 you can request free weekly credit reports from all three credit bureaus. Visit the [Annual Credit Report](#) website for your free reports provided under federal law. Free credit counseling is available through [NFCC.org](#) to help manage, pay off debt, and improve your credit score. Visit <https://www.nfcc.org/> to learn more.

My Well-being

Social Connections and Compassion to Increase Happiness

Want to be happier at work and in your personal life? At work we may think we need to change something, positions, or someone else needs to change in order for us to become happier. What science tells us is we have powerful tools which provide us the ability to improve our own happiness through better social connections and compassion. Check-out this short 14 minute TEDx talk by Dr. Emma Seppälä on, [The Power & Science of Social Connection](#). The cost is free and the impact could be priceless.

Employee Assistance Program

Life Happens. EAP Can Help!

EAP provides help when life challenges get in the way. Get started by calling 855-784-2057. When you call you can ask for help with financial, legal, emotional/mental health, life coaching, or work-life. For emotional and mental health help you can be scheduled to talk with a counselor for six sessions. These services are available for free and are always

confidential. There is additional information on our [EAP webpage](#) that further describes services available and who is eligible. Help is a call away!

Upcoming Events

FINANCIAL WELLNESS

Your Life in Retirement

Plan to attend an informational session on what life may look like in retirement. This workshop discusses what to do with the money you have accumulated and how to maximize your income resources to help ensure a more fulfilling and enjoyable retirement. The forty-five minute session will be presented by Kathleen Dennis with AIG via Webcast. It will be offered four times on July 19 at 11:30 a.m., 12:30 p.m., 4 p.m., and 7 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 hqs-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 hqs-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 July Financial Wellness Webinars

- July 12 | 11 a.m. to 12 p.m. CST
Looking to Turn Your Retirement Savings into a "Paycheck" for Life?
- July 12 | 2 to 3 p.m. CST
Start to Finish: The Early Career Woman's Guide to Financial Wisdom
- July 13 | 11 a.m. to 12 p.m. CST
Quarterly Economic and Market Update with TIAA's Chief Investment Strategist

- July 13 | 2 to 3 p.m. CST
Beneficiary Designation Considerations
- July 19 | 2 to 3 p.m. CST
Within Reach: Transitioning From Career to 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.



IPERS July Retirement Webinars

- July 14 | 9 a.m. to 3 p.m. CST
Creating a Secure Retirement
- July 21 | 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.

Deborah J Burroughs

Secretary III, Communication Sciences & Disorders

40 Years of Service, Retiring in July

ddburrroughs@gmail.com

Maureen F Daley

Systems Analyst, University Advancement

36 Years of Service, Retiring in July

maureen.daley@uni.edu

Mary L Friedrich

Secretary III, College of Business
Professional Distinction Operations

32 Years of Service, Retiring in July

mary.friedrich@cfu.net

Kevin R Hall

Information Technology Specialist, IT-Client Services

23 Years of Service, Retiring in July

Stacy D Harris

Director, UNItix

15 Years of Service, Retiring in July

mystacy144@gmail.com

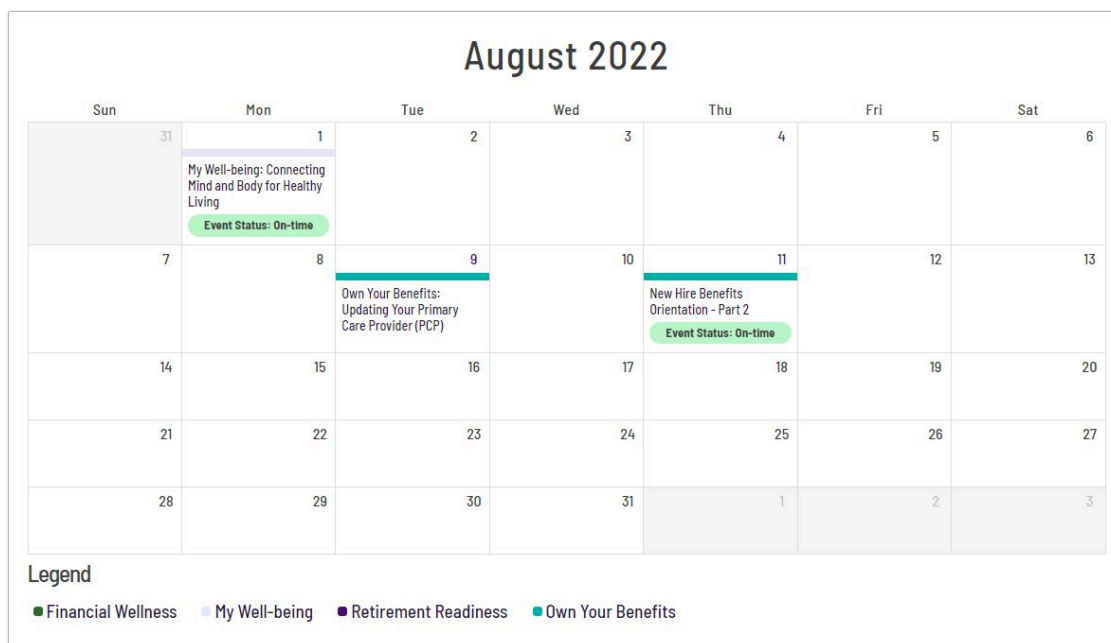
Retirement Readiness

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 or call 319-273-2423. For additional information on retirement visit [Retire from UNI: Next Steps](#).

Coming In August



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 MyUNiverse > My Page > Update My Personal Information. This information is sent to Human Resource Services and will be updated within four working days.