

Employee Benefits & Well-being

Human Resource Services



JUNE 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

Flexible Spending Accounts (FSA)

Summer is a great time to remind those who have elected an FSA that it can be used on many over-the-counter items. Sunscreen and over-the-counter allergy medications are eligible for reimbursement. For a listing of [eligible expenses](#), as well as [over-the-counter](#)

[eligible expenses](#), visit the [FSA website](#). Items can also be purchased directly through the [FSA Store](#).

Employee Assistance Program

Employee Assistance Provider (EAP) Vendor Selected

We're happy to share that [UNI's EAP](#) provider will continue to be Employee and Family Resources. Employee and Family Resources has been our temporary provider since March 2023. To activate services call 800-327-4692. All health insurance benefit eligible employees and their families are eligible for 6 in-person sessions per set of concerns per year.

EAP App

The EAP offers an app you can download on your Apple or Android device. From the app you can chat directly with a counselor, and work to schedule an in-person or virtual visit. You can also read the Employee and Family Resources (EFR) blog, listen to the Emotion Well podcast, and register for upcoming webinars. Search 'Employee and Family Resources' in your play app store or use the QR codes below.

Other EAP Services Included:

Telephonic Life Coaching

Speak with a life coach and receive tailored advice on matters involving time management, work-life integration, goal setting, communication skills, and other areas of personal growth.

Child and Elder Care Resource and Referral

Access information, referral resources, and support as needed where locally available.

Telephonic Financial Consultation

Speak with a financial professional about each separate issue, and access a free financial check-up, financial library, and a variety of other financial tools by visiting [efr.org/financial](#). Consultations are available in 30 minute sessions per issue.

In-Person or Telephonic Legal Consultation

Meet with a licensed attorney with expertise in the area of need. Visit [efr.org/legal](#) for more information regarding retention and self-help legal documents. Consultations are available in 30 minute sessions per issue.

Identity Theft Resolution Services

Receive assistance with restoring identity and good credit from highly trained FCRA certified fraud resolution specialists or licensed attorneys.

Download the EFR Mobile App Today!



Upcoming Events

OWN YOUR BENEFITS

On Campus TIAA Consultant

A TIAA Individual Consultant will be at UNI in June & July conducting 1:1 meetings.

Common questions and topics covered during sessions include:

- Am I on track for retirement?
- Can I add more to my retirement plan and how do I start this?
- Is my current mix of investments appropriate?
- How do my TIAA investments coordinate with my other plans?

Schedule an individual meeting [online](#) or call 800-732-8353 (toll free).

MY WELL-BEING

College Hill Farmers Market

College Hill Farmers Market is a producer only market offering quality products including fresh seasonal produce, healthy snacks, baked goods, eggs, honey and more. The College Hill Farmers Market's mission is to provide an enjoyable environment where customers can find quality, local products and provide economic opportunity for local vendors. Vendors may only sell items that have been raised, prepared, or produced by the vendor or their family members.

To view a listing of local farmers markets, visit the [Cedar Falls Tourism webpage](#).

Stop by the Market on Wednesdays from 4 - 6 p.m. now through October 25.

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 June Financial Wellness Webinars

Cyber Security: Help Protect You, Your Family, and Your Money

June 7 at 11 a.m. (CT)

Are you concerned about identity theft and your family's security online? TIAA's Information Security team will discuss how you can protect yourself and your family from cybercriminal social engineering.

Inside Money: Managing Income and Debt

June 14 at 11 a.m. (CT)

It's your budget—take control. Everyone talks about a budget, but how many of us actually make one? Most people have some debt, but how many understand its effects on their lives and their futures? Let us show you the real impact of budgeting and debt—and how to help make your money work. We'll explain the big picture of budgeting:

- Learn the importance of cash flow—and how to use it
- Change how you look at saving and spending
- Understanding debt and how to manage it

At Your Fingertips: Manage Your Money From Wherever You Are

June 21 at 11 a.m. (CT)

Learn about TIAA's commitment to digital, and how we're leveraging the latest technologies in our online and mobile tools to help you save time and achieve financial success while you're on-the-go. Some of the features we'll be covering include:

- Personalized retirement advice* and education
- Financial wellness integration
- Simplified navigation and streamlined transactions
- Expanded access and capabilities in our mobile app

Write Your Next Chapter - 5 Steps to Setting Your Retirement Date

June 28 at 11 a.m. (CT)

For anyone halfway down the road to retirement, this webinar is a critical checkpoint. It takes you through the keys to successful money management, how to juggle competing financial demands and retirement saving strategies that can help put you on the path to lifelong financial security.

We'll look at how to:

- Understand what you're aiming for
- Consider your priorities
- Put your spending plan together

- Know the ways to save

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 June Retirement Webinars

- June 21 | 9 a.m. to 3 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>

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.

Mark P Bauman

Professor, Accounting
17 Years of Service, Retiring in June

Randy Allen Blackford

Supervisor Plant Services , Utilities &
Power Plant
23 Years of Service, Retiring in June
RBlackford@cfu.net

John A Bumpus

Professor, Chemistry & Biochemistry
28 Years of Service, Retiring in June
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Nadene E Davidson

Assoc Professor, Teaching
41 Years of Service, Retiring in June
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Deborah K Deemer

Assoc Professor , Educational
Psychology, Foundations, & Leadership

Curtiss D Hanson

Professor, Chemistry & Biochemistry
33 Years of Service, Retiring in June

Studies

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28 Years of Service, Retiring in June

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Min Ho Lee

Professor , Mathematics

36 Years of Service, Retiring in June

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Stephen L O'Kane

Professor, Biology

27 Years of Service, Retiring in June

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Roberta M Roth

Professor , Management

39 Years of Service, Retiring in June

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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?

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.