

Employee Benefits & Well-being

Human Resource Services



MARCH NEWSLETTER

In This Issue

- FSA Deadline for 2023 Contributions is March 15
- Financial Checkup
- WW: What to Eat
- March Monthly Motivator
- Upcoming Sessions and Webinars You Don't Want to Miss

Contact Us

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

Own Your Benefits

Flexible Spending Account (FSA) Deadline for 2023 Contributions

March 15 is the last day to experience claims for your 2023 [Flexible Spending Account \(FSA\)](#). Make sure all claims are submitted to ASIFlex by March 31 as unused balances will be forfeited. You may use the convenient [ASIFlex app](#) or upload claims through

[ASIFlex.com](https://www.asiflex.com). Don't forget you may also use your remaining 2023 balance by visiting [FSASore.com](https://www.fsastore.com) to purchase eligible items, which include [over-the-counter items](#).

Financial Wellness

Financial Checkup

Do you know where you sit with your financial wellness? Are you aware of what stresses you might have related to your financial state? Visit Employee and Family Resources (EFR) [financial webpage](#) to access their free financial services. Once you access the free services you can take a financial checkup quiz. After the quiz, you'll be given information on how to utilize a money coach. This service is free to you through our EAP provider.

My Well-being

WW: What to Eat

Have you tried the What to Eat feature on the WW app? This latest feature makes eating at home and restaurants easier than ever when tracking your points. The Eating Out tab has hundreds of restaurants to choose from, including points for their menu options. There are also helpful tips on how to save on points at certain restaurants, or when ordering specific cuisines. Download the app on your smartphone today to try out the What to Eat feature. Not signed up for WW? [Visit our webpage](#) for more information on how to sign up for this free employee benefit.

Employee Assistance Program

March Monthly Motivator

Employee and Family Resources (EFR), our EAP vendor, shares a different motivator each month. For the month of March, the goal is to eat five servings of fruits and vegetables a day. These monthly motivators are a great refresher on things we should be doing, and a great way to boost our physical and mental health. [Download EFR's March calendar](#) for helpful tips and to keep track of your progress.

Upcoming Events

RETIREMENT READINESS

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

If you're getting ready to retire, this webinar is essential for understanding how to create an income plan that helps you maximize your savings throughout retirement. 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. Join Mark Hagen for a special session specifically for UNI employees on March 5 at noon. [Advanced registration](#) is required.

FINANCIAL WELLNESS

Your Credit Report

Human Resource Services will host an informational session on what information is in a credit report, what it is used for, and how it can affect you financially. Learn who the 3 major credit reporting agencies are and what they do with your information. Recognize which factors usually increase your credit risk in the eyes of the reporting agencies. Learn to read a credit report, find and correct errors on your report, and improve your credit score. Find where you can get help and better control your credit today. This session will be presented by Regions on March 8 at 11 a.m., via Zoom. Please [register in advance](#).

OWN YOUR BENEFITS

Understanding Retirement Health Care Options

Human Resource Services will host an informational session on retiree health care options in retirement. Join us to learn about Medicare basics, supplemental plans, MedicareBlue Rx Plans (Part D), and Medicare Advantage Plans. All faculty and staff are welcome to attend. The hour-long session will be presented by Susan Graeve from Wellmark, March 19 at noon in Gilchrist 009. Please [register in advance](#).

MY WELL-BEING

Confidential Biometric Screening

Human Resource Services will host a confidential biometric screening on March 29 from 7 to 9 a.m. in Gilchrist 009. All benefit eligible employees may participate in one free biometric screening per academic year. For more information, and to register, visit the [confidential biometric screening webpage](#).

MY WELL-BEING

Supporting Someone Who is Grieving

Human Resource Services will host a session led by Cedar Valley Hospice. Cedar Valley Hospice counselors will provide information on how to support someone who is grieving, and resources available in the community. This session will be held on Wednesday, April 3 at 10 a.m. in the State College Room in Maucker Union. Please [register in advance](#).

FINANCIAL WELLNESS

Smart Money Habits

Human Resource Services will host an informational session on managing your money can be an intimidating thought. Being financially responsible involves control, planning, and having a strategy in place to reach your financial goals. Learn how to establish reachable goals and develop new spending and saving habits that can help you increase

your income and decrease spending. See tips on organization and record-keeping and regain control of your money to create stability in your financial future. This session will be presented by Regions on April 5 at 11 a.m., 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 hqs-leaves@uni.edu for approval. Stay up-to-date with the status of this session by visiting <https://hqs.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 319-273-4246, or hqs-benefits@uni.edu, at least one week prior to the event.

Upcoming Financial Webinars



TIAA March Financial Wellness Webinars

The Starting Line: Beginning to Save for Retirement

March 6 at 11 a.m. (CST)

There's no time like the present to save for the future. Sometimes it's hard to think about retirement when you're just starting out in your career. The truth is, that's when thinking ahead can do the most good! It all starts with some practical knowledge.

We'll help you get ahead of your retirement saving with some tools and information you can use right now:

- Learn the real effect of time on money thanks to compounding and dollar cost averaging¹
- Understand debt and how to manage it
- See how budgeting can find money and help you save it

¹A periodic investment plan such as dollar cost averaging does not ensure a profit or protect against a loss in declining markets.

Attention to Detail: Financial Finishing Touches for Women

March 14 at noon (CST)

What does your financial future hold? Financial success can often complicate your life, and we'd like to help. You'll learn some ways to stay in control of the portfolio you've accumulated.

Paycheck for life: Set your sights on retirement security

March 20 at 11 a.m. (CST)

Do you have a plan to avoid outliving your retirement savings? In this webinar, you'll learn how to leverage a portion of your savings to create a retirement paycheck that's guaranteed as long as you live.

We'll discuss how to:

- Create stable income in retirement
- Prepare your portfolio to produce a retirement paycheck
- Budget guaranteed income to cover fixed expenses

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

March 26 at 2 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 March Retirement Webinar

- March 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.

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

Coming in April

April 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2 Own Your Benefits: More Than Just Insurance, Legal Services and Discounts Event Status: On-time	3 My Well-being: Supporting Someone Who is Grieving Event Status: On-time	4	5 Financial Wellness: Smart Money Habits Event Status: On-time	6
7	8	9	10	11 New Hire Benefits Orientation Event Status: On-time	12	13
14	15	16	17	18	19	20
21	22	23	24	25 New Hire Benefits Orientation Event Status: On-time	26 My Well-being: Confidential Biometric Screening Event Status: On-time	27
28	29	30	1	2	3	4

Legend

- Financial Wellness
- My Well-being
- Retirement Readiness
- Own Your Benefits

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

Having a Life Event?

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