

Employee Benefits & Well-being

Human Resource Services



SEPTEMBER 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

Cost Savings with Mail Order Prescriptions

Avoid going to the pharmacy by having your maintenance medications conveniently mailed to your home by using [CVS Caremark's Rx Mail Order Service](#). Utilizing this service saves you money as a 90 day supply will only cost you two prescription copayments, instead of three. This service saves you time as you can enjoy the convenience of not

driving to the pharmacy and confirming your refills on your own time, at your own convenience.

Financial Wellness

Free Financial Seminars

If you're looking for additional education on how to become financially secure and more financially savvy, there are some additional free resources. Desiree Friedman, Financial Wellness Manager with Regions Bank, will be joining us at the Employee Well-being Fair to provide additional information on free financial education seminars and how to help secure your financial future. Plan to stop by at the fair to learn more.

My Well-being

Share 988 the Suicide and Crisis Lifeline

New provisional data reported from the [Center for Disease Control \(CDC\)](#) found that the number of deaths from suicide increased 2.6% from 2021 to 2022. This is after seeing a continual increase each year of the last decade with the exception of 2019 & 2020. Suicide prevention help is available by calling or texting 988 anywhere across the United States. A live chat is also available at [988lifeline.org/chat](#). The anniversary of the change of the suicide hotline to 988 lifeline just reached a year this past summer. Help commemorate that anniversary by continuing to get the word out and sharing 988. Post it in your email signature, share it at home, and share it with your friends and family. You never know when it may reach a person in crisis that needs it. Share hope. Share 988.

There is hope.



Join Us For Our Next Wellness Challenge

Challenge #3: Fall Into Wellness: Walking Challenge

To complete this challenge participants will track total steps each day with a goal of reaching 10,000 steps each day.

When: September 14 - November 9 (8 weeks)

Type: Total Miles Traveled Challenge

How: Whether walking, running, or using a step converter (e.g. bike riders), employees aim for 10K "steps" per day. Completers: All completers* will be entered in a drawing for a \$75 gift certificate to the runners flat. Two winners will be selected. Gift taxes apply.

*Completers are those who track each day and reach their step goal. Two drawings will be held for employees who finished the challenge. One for all those who finished the challenge tracking each day and one for those who met the 10K daily step goal.

Although activity trackers are supported, they are not required. Participants may enter their own data using the [ChallengeRunner webpage](#) or ChallengeRunner smartphone apps.

[Activity to Steps Calculator](#)

Get Started: Visit our [UNI Challenge Runner webpage](#) to get signed-up. The Fall Into Wellness challenge starts the day of the Employee Benefits and Well-being Fair. Be sure to walk over to the fair to help get your steps in that day!

For questions or assistance email employeewellbeing@uni.edu.

Employee Assistance Program

More Than Just Free Counseling

EAP provides up to six sessions of individual counseling per issue per year. This is an excellent benefit as it is provided at no cost to our faculty, staff, and members of their families. They also provide free child and elder care resources and referral, free legal services once per year, and free financial services. To get started call 800-327-4692. To learn more [visit our EAP webpage](#).

Upcoming Events

You Are Invited!

Join us for the [Employee Benefits and Well-being Fair](#), September 14, from 11:30 a.m. to 2:30 p.m. in the Maucker Union Ballroom.

This is an excellent opportunity to:

- Learn more about your benefits by visiting with our vendor representatives.
- Discover financial, health and well-being resources at UNI and in the Cedar Valley.
- Help raise donations for the [Panther Pantry](#).
- Receive your [free flu shot](#).

RETIREMENT READINESS

Bridging the Gap

Human Resource Services will host an informational session on bridging the gap from your employer health plan to Medicare. Learn how to use the Marketplace or healthcare.gov to price Affordable Care Act (ACA) compliant plans, and options such as COBRA, short term health plans, sharing programs and group plans. The hour-long session

will be presented by Todd Cooper with Veridian, on September 7, at 11 a.m. in Gilchrist 009. Please [register in advance](#).

KNOW YOUR BENEFITS

Employee Well-being Offerings

Human Resource Services will host a series of sessions designed to help employees understand their benefits and benefit options. This session will provide information on Employee Well-being services and offerings as a part of your complete benefits package. Therese Callaghan, Employee Well-being Coordinator, will lead this thirty minute session via Zoom on Monday, September 11 at 3 p.m. 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, September 19 at 9 a.m. via Zoom. Please [register in advance](#).

KNOW YOUR BENEFITS

Flexible Spending Accounts (FSA)

Human Resource Services will host a series of sessions designed to help employees understand their benefits and benefit options. This session will provide information on FSA as a part of your complete benefits package. Jesse Lahmann, Senior Benefits Analyst, will lead this thirty minute session via Zoom on Thursday, September 21 at 1 p.m. Please [register in advance](#).

MY WELL-BEING

Confidential Biometric Screening & Flu Vaccination Clinic

Human Resource Services will host a confidential biometric screening and flu vaccination clinic on September 22 from 7 to 9:30 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](#). If you want to only receive a flu vaccine, [click here to register](#).

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, on September 29 at 10 a.m. in Gilchrist 009. Please [register in advance](#).

MY WELL-BEING

Fall 2023 Free Flu Vaccination Clinics

MercyOne will administer on-campus flu vaccination clinics for faculty and staff this fall. All health insurance eligible faculty and staff are eligible for one free flu vaccination each year. [Click here to register](#) in advance for your flu vaccine. For additional information visit our [Free Flu Vaccination webpage](#).

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 319-273-2954, 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 September Financial Wellness Webinars

W2W Attention to Detail: Financial Finishing Touches for Women

September 7 at 1 p.m. (CT)

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.

We'll share financial planning strategies to help you:

- Ways to help stay in control of your wealth
- Financial planning strategies
- Learn about investment and allocation strategies
- Discover the right questions to ask a financial advisor

The Starting Line: Beginning to Save for Retirement

September 12 at 2 p.m. (CT)

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.

Make the Move Towards Long-Term Financial Security: Your Mid-Career Retirement Check-In

September 20 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

Avoiding Fraud & Scams

September 26 at 2 p.m. (CT)

If you want to learn how to safeguard your retirement assets, this webinar is for you.

Fraud and scams related to retirement assets are on the rise, and their effects can be devastating. Scammers know how to exploit current events and add new twists to well-known ruses to steal your money. In this valuable webinar, you'll learn how to recognize the warning signs so you can protect yourself and others.

We'll help you avoid fraud and scams by showing you how to:

- Remain cautious of unsolicited offers
- Protect your personal and financial information
- Employ best practices for online activities
- Report fraud and scams

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 September Retirement Webinars

- September 20 | 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.

Daniel G Clubb

Custodian I, Custodial Services
29 Years of Service, Retiring in September
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Kim R Hurlbut

Custodian I, Custodial Services
44 Years of Service, Retiring in September
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James Louis Janaszak

Utility Plant Maintenance Mech II, Utilities
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25 Years of Service, Retiring in September
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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](#).

Coming In October

October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 My Well-being: Flu Vaccination Clinic Event Status: On-time	4	5 Own Your Benefits: Schedule Your Mammogram Know Your Benefits: Dental and Vision Benefits Event Status: On-time	6	7
8	9	10 Know Your Benefits: Health Insurance Event Status: On-time	11	12 New Hire Benefits Orientation Event Status: On-time	13 My Well-being: Confidential Biometric Screening & Flu Vaccination Clinic Event Status: On-time	14
15	16	17	18	19	20	21
22	23	24 New Hire Benefits Orientation Event Status: On-time	25	26	27	28
29	30	31	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?

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.

