

April 2021 Employee Benefits Newsletter

Benefits+YOU

THE UNIVERSITY OF MINNESOTA EMPLOYEE BENEFITS NEWSLETTER



April is Employee Benefits Month! There's no better time to be kicking off this newsletter that we've designed to bring timely, relevant benefit information and resources directly to your inbox every month. Staff and Faculty are what make the University of Minnesota a world-class institution, and we hope this newsletter will help you find new ways to use your employee benefits to achieve whatever goals *you* have for your mind, body, community, and future.



NEWS

COVID Vaccines—let's do this! All UPlan members can get a COVID vaccine at no cost, no matter which vaccine or where it is given. Start planning your vaccination using the [U of M COVID-19 Vaccines page](#) and the [Minnesota Department of Health](#), join wait lists through your clinic or city, and talk with your supervisor about using [Emergency Paid Leave](#) for the shot and any side effects.

Support during the Chauvin trial. As our community undergoes the trial for the murder of George Floyd, take care of yourself. Talk to a mental health counselor, learn about creating inclusion in on-demand webinars, join a [BIPOC discussion](#) group, practice self-care from home, and more. [See support resources.](#)

Faculty Retirement Plan and 457(b) plan change. On April 12, the investment expenses will become lower for JPMCB SmartRetirement Passive Blend Funds CF. No action is required on your part! [Learn more on your Fidelity NetBenefits portal.](#)



EXPLORE

Get a Financial Wellness Checkup. Answer questions about your budget, debts, savings goals, plus your progress towards them to get information and tips just for you. [Take the Checkup online](#) today! Any U of M employee can use this feature. Or, text "CHECKUP" to 343-898 to get a link directly to the checkup.

Virtual Care wherever you are. From strep, allergies, and prescription refills to mental health care and urgent care, there's a Virtual Care option on the UPlan for whatever you (or the family!) may need. [Learn more about options by plan.](#)

Who's your beneficiary? Naming a beneficiary for your employee life insurance is important to making the payout process fast, easy, and accurate in the event of your death. [Check or change your beneficiary with these tips.](#)

Pre-Retirement Resources Online. Preparing to retire? Build a future you'll love using resources to help you plan your savings, routine expenses, health and dental care, community belonging, and more. [Find seminars, videos, articles, and more.](#)

Earth Day is April 22. Want to set some sustainability goals? The Wellbeing Program can help you choose eco-friendly goals, remember them, and track your progress. Visit the [Healthy Habits tracker](#) on the Wellbeing portal or app, choose "Browse All," click "Acting Sustainably," and pick goals that work for you!



JOIN

April is Stress Awareness Month. The Wellbeing Program offers phone coaching for stress and anxiety at no cost. [Reach out to a Wellbeing Health Coach through Virgin Pulse](#) to discuss your stress, center your motivation, and break down goals into simple steps.

Webinar: Is the Roth 403(b) Right for Me? Join this virtual Ask Fidelity Sessions where our local Fidelity representative will provide information and answer questions around the Optional Retirement Plan to see if after-tax Roth contributions might be right for you. Bring your questions! All sessions are at noon: [April 6](#), [April 16](#), [April 21](#), and [April 29](#).