

Subj: December U of M Benefit News

Benefits+YOU

THE UNIVERSITY OF MINNESOTA EMPLOYEE BENEFITS NEWSLETTER



2021 is coming to an end! Between the holidays, planning for the new year and the end of the semester, there is a lot to celebrate but also plenty to feel stressed about. With that in mind, we've compiled some resources for staying well during this busy time, preparing for the new benefit plan year, and more.

News

Watch for new benefits ID cards. This year, all employees enrolled in medical coverage will receive a new Medica ID card, plus a Delta Dental card if you're new or have changed plans, and Prime Therapeutics card only if you're a new member. Medica cards will now have the block M logo on it instead of "UPlan."

FSA extension dates. Due to federal relief opportunities, the University was able to extend FSA spending deadlines from March to December. Spend your 2020 FSA dollars by December 15, 2021 (reimburse by December 31), and remember that you can spend your 2021 FSA dollars by December 2022. [Learn more on the FSA special opportunity page](#), and [look up eligible expenses](#) through WEX benefits.

Delta Dental ID cards on the app. Is your wallet stuffed? You can now keep a digital copy of your dental ID card on your phone using the [Delta Mobile App](#). You can also use the app to find an in-network dentist and check your plan's coverage.

Check your benefits enrollment with Confirmation Statements. Log into MyU, click the My Benefits tab on the left, scroll down and select Confirmation Statement, and choose the table row with the most recent date. From there, you can print a summary of your benefit selections and costs.



Explore

Looking for support in your recovery journey? Boynton Health's Recovery Navigator can connect you to trained peers who have been through drug or alcohol addiction and can understand what you're going through. [Schedule a session.](#)

Financial health is about more than your savings account. Play Fidelity's "[5 Money Musts](#)" game to explore how to maintain financial wellbeing while making decisions on everything from rent to concert tickets. You'll earn points for the choices you make, and you can see how each decision affects your score.



Join

Tired of eating the same meals every week? Register for Healthy Foods, Healthy Lives' "[Hearty Fall Greens, Root Vegetables, and More!](#)" webinar on Tuesday, December 7, from 11:45 a.m. to 1:00 p.m. to get fresh recipe ideas and cook along with instructor Robin Schow. The webinar costs \$10 and earns 250 Wellbeing Points.

Practice gratitude this holiday season. Join the "Appreciate Others" Healthy Habit Challenge on the [Virgin Pulse portal](#) or app by going to "Challenges" a few days before it begins, complete a daily tip on December 13 through 19, and earn 50 points.

Plan for your short- and long-term financial future! Visit our [Events and Workshops webpage](#) to sign up for upcoming LSS and Fidelity webinars, including "Financial Stress Busters" on December 8, "Top Things to Do Before You Retire" on December 9, and "How to Plan for the Income You'll Need in Retirement" on December 15.

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