

Benefits+YOU

THE UNIVERSITY OF MINNESOTA EMPLOYEE BENEFITS NEWSLETTER



It's February and we know what you're thinking . . . happy American Heart Month to you too! Keep reading for resources to help you keep your heart healthy (literally and metaphorically), along with other important reminders.

News

Make your heart your Valentine this year. Join the "Show Your Heart Some Love" challenge on the [Virgin Pulse portal or app](#) by going to "Challenges" a few days before it begins. From February 14-20, we will be highlighting heart-healthy programs and providing tips on nourishing your body, staying active, and reducing stress. You'll gain 200 Wellbeing Points for completing at least one day of the challenge.

America Saves Week (February 21-25) is the perfect time to adjust your financial plans. Look for daily MyU cards with tips throughout the week, and check out webinars on budgeting and saving using [Fidelity's Appointment Scheduler](#) (select "Attend a learning event," then choose "University of Minnesota" as the Employer and "Virtual Event" as Event Type). Each webinar earns 200 Wellbeing Points!

COVID-19 boosters are now available statewide for everyone age 12 and over. Extend the protection of your initial COVID-19 vaccine with a booster when you are eligible. [Learn more about boosters](#) from MDH, find a [vaccine location](#), or check updates about the [University vaccine response](#).

Expansion of gender care under medical plan, including voice therapy, and electrolysis or laser hair removal. Learn about the expanded coverage on page 66 of the [Medical Summary of Benefits](#). If you have questions about the medical plan, please reach out to the University's dedicated customer service team at Medica at 1-877-252-5558.



Explore

Did you know that you can change your Health Savings Account (HSA) contribution amount year-round, not just during Open Enrollment? It's true! You can even make changes multiple times. Look over your healthcare expenses and household budget, and then email benefits@umn.edu to start the change process.

Keep your Life Insurance beneficiary up-to-date. When was the last time you updated your beneficiary? Keeping your beneficiary up-to-date as life progresses helps ensure that any payment would be paid according to your wishes and without delay. [Learn more about naming beneficiaries](#), including minors.

Got Parental or Medical Leave plans for 2022? As you work with your supervisor and family to plan your leave, remember the Parental Leave Checklists (for [Civil Service/Labor Represented](#) and [P&A/Faculty employees](#)) are optional resources that were created to help you plan a leave in a holistic, organized way.

Are you due for a physical? From heart health to important screenings, you can get a lot done during your annual physical exam, which is covered by your health insurance when you go to an in-network provider. Use Medica's [Find a Physician search tool](#) to find primary care providers in your plan's network.



Join

Events & Workshops. Check the [Events & Workshops page](#) for Wellbeing Points-eligible webinars, including LSS's Foundations of Financial Wellbeing series (February 7-March 7, limit 150 participants).

Public Student Loan Forgiveness Program (PSLF). Read this [LSS Financial blog post](#) for more information, and register for [LSS's PSLF webinar](#) on Thursday, February 10, from 11:30 a.m.-12:30 p.m. (limit 50 participants). You'll learn how to get started and have an opportunity to ask questions. You can also sign up for [free one-on-one sessions through LSS](#) to discuss your personal financial situation.

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