

Subj: June U of M Benefit News

# Benefits+YOU

THE UNIVERSITY OF MINNESOTA EMPLOYEE BENEFITS NEWSLETTER



**June is Get Outdoors Month.** Sunny skies and warm air are here! It's a great time to get moving, whether your pleasure is gardening, fishing, going to the beach, grilling, hiking, biking, camping, picnics, or visiting the local park. As you plan your summer fun, remember that your benefits cover care and resources to use for *your* kind of adventure, whether it's close to home or far away.

## News

**FSA Special Opportunity change:** During June 2021, you can increase, decrease, or revoke (stop) an existing 2021 Flexible Spending Account (FSA), or enroll in a totally new account, due to federal relief opportunities. [Learn more about your FSA change options.](#)

**Furlough-related pension repayment:** Civil Service and Labor Represented employees who took furlough hours have the [option of making up the pension contributions missed during furlough](#). This payment is typically only beneficial if you are in your [highest five years of MSRS earnings](#). Learn more about the payment deadline and cost on the [OHR retirement savings website](#) or by calling MSRS at 800-657-5757.

## Explore

**Protect your skin while you get outdoors.** Sunscreen is an important way to protect your body from skin cancer, but how do you pick the right sunscreen for *your* skin? [Get the facts from U of M Medical School dermatologists.](#)

**Stock up on summer essentials with FSA.** From sunscreen and allergy pills to prescription sunglasses, lots of summer essentials are FSA-eligible. Use the [WEX FSA eligible expense search tool](#) to check before you buy, and save those receipts!

**Get to know the UPlan Specialty Pharmacy.** Fairview Specialty Pharmacy provides quality one-on-one support to UPlan members with diagnoses that require a specialty medication. From getting your medication to you, teaching safe use and storage of medications (such as injections), monitoring your response to the treatment, and communicating with your healthcare provider, Specialty Pharmacy care exists to improve care quality for plan members. [Learn more about how Specialty Pharmacy works.](#)

**Emergency Travel Assistance:** if the unexpected happens when you are 100 miles or more from home (including abroad), remember that University basic life insurance comes with Emergency Travel Assistance, provided by Redpoint. This can get you flight arrangements during an emergency, evacuation during a natural disaster, worldwide medical referrals, and travel resources. [Learn about Redpoint.](#)



**Mind-Body Tools to Manage Anxiety and Difficult Emotions Webinars.** Build strong skills that bring calm, focus, and awareness no matter what challenge you're facing. [Register to learn these Mind-Body Tools with the Bakken Center for Spirituality and Healing](#), Noon-1 on June 1, 8, & 22. Each virtual workshop costs \$15 (\$10 scholarship rate available) and earns 25 wellbeing points per session, plus 75 additional points for attending all three.

**The Bike Commuter Program** is a great way to enjoy the nice weather and pick up Wellbeing Points. If you're working on-campus, [register and find out where there is a ZAP reader](#) near your workspace via PTS. Working from home? No problem! Bike wherever you'd like, log rides on [the Bike Commuter Form](#), and submit.

**Financial health webinars:** learn to manage debt, recover from financial stress, and "scam-proof" your finances with [this month's free financial health webinars](#).

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