

Benefits+YOU

THE UNIVERSITY OF MINNESOTA EMPLOYEE BENEFITS NEWSLETTER



We are offering pre-retirement seminars in March again this year. Even if you're nowhere near retiring it's still a good idea to check in on your retirement savings plans. Read on for opportunities to learn more about your finances, whether you plan on retiring in the next three years or three decades.



News

Pre-retirement sessions. Looking to retire in the next few years? If so, explore the [pre-retirement webpage](#) and join us for virtual sessions that will be held throughout the month. Designed for University employees ages 50 and over, these live webinars will cover University retiree insurance benefits, Medicare, Social Security, retirement savings accounts, and more.

2021 Flexible Spending Account (FSA) elections can be used until December 15, 2022. The deadline to submit receipts for reimbursement is December 31, 2022. [Log in to WEX to check your balance](#), and review [WEX's list of eligible expenses](#).

March is National Nutrition Month! Celebrate by joining the Wellbeing Program's free event for employees and covered spouses. On Wednesday, March 16, from 5:00-6:15 p.m. cook along with instructor Robin Schow as she shares recipes and tips on healthy fiber and cooking oils. [Register here.](#)



Explore

Making a big life change? Whether you're preparing for retirement, trying to find childcare providers, starting to care for an older adult, or adjusting to coming back

to the office, the Employee Assistance Program can help. [Learn more about your eight free counseling sessions](#) available through the University.

Health Savings Accounts (HSAs) and your retirement. Did you know that HSAs are powerful tools to save for retirement healthcare costs? If you're signed up for the [Medica HSA plan](#), you can take advantage of this tax-free investment option. Find out more about [how HSAs can help with your retirement](#) from Optum Bank.

Emergency travel assistance. Your Securian Basic Life Insurance includes automatic access to travel assistance through Redpoint. Learn about the [emergency travel assistance program](#) and how to use it whenever—and wherever—you need it.

Spring break health insurance coverage. Are your teens or adult children taking a spring break trip or preparing to move away from home? Learn how to ensure that they have access to medical care through [Medica's Travel Program Network](#).

Legacy planning. Retirement and legacy planning go hand in hand, so it may be a good idea to talk with your family about end-of-life planning and what documents you should have in place. University life insurance provider Securian offers [free resources](#) to help start the conversation.



Events & Workshops. Check the [Events and Workshops page](#) for Wellbeing Points-eligible webinars, including many "Ask Fidelity" sessions covering retirement topics from healthcare to Social Security.

Join the Food around the Globe Challenge to earn Wellbeing Points and unlock fun and healthy recipes from around the world. Registration for the challenge opens on March 4 on the [Virgin Pulse portal](#) or app (find Challenges under the Social tab on the website), and the challenge runs March 14-25. The more you move, the more points and recipes you'll get!

Women Talk Money webinars. For Women's History Month, Fidelity is offering several virtual workshops featuring notable women in finance. Learn healthy investing habits, money management basics, how to maximize your earning potential, and more in these informative sessions that are open to everyone. [Register for the events.](#)

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