

Subj: October U of M Benefit News

Benefits+YOU

THE UNIVERSITY OF MINNESOTA EMPLOYEE BENEFITS NEWSLETTER



When you imagine yourself in the future, what do you see? Preparing for retirement isn't just for people about to retire. No matter where you are in your career, it's healthy to plan for your future by giving some attention to your finances and your savings, discussing your goals with a financial planner, or diving into resources. So, let's get started!

News

It's National Retirement Security Month. Saving for retirement may seem overwhelming, especially if you're just starting out. Luckily Fidelity offers a tool for any University employee to use that helps you map out what you'll need. [Sign in or create a free NetBenefits account](#), go to "Tools," and select "Planning and Guidance Center" to begin your assessment.

New Wellbeing Program year, new points goals, and opportunities! For example, you can now earn 200 points for each LSS Financial and Fidelity webinar you attend, with no maximum or minimum. Check the [Events and Workshops page](#) or click the calendar icon in the [Virgin Pulse portal or app](#) (under the "Social" tab in the app) to find upcoming events.

NEW! Employee Open Enrollment Webinar. Want to learn more about Open Enrollment and benefits at the University? Join University Benefits staff at this Zoom webinar on November 1 at 11 a.m. [Register here.](#)

Finding solutions to help those with serious conditions. Those who are taking specialty drugs, like ones used to fight cancer, may find that they cannot tolerate the side effects of these potent drugs and need to switch to a new medication. Given the cost of specialty medication, this can lead to wasted medication and

dollars for both the individual and the University. To address this problem, a portion of the full prescription, called the split fill, is offered to selected patients so they can try the medication before getting the full prescription. If you are eligible for the Split-Fill Program, a specialty pharmacist from Fairview Specialty Therapy Management will work with you and your doctor. Everyone who participates has a \$0 copay for the first six prescription fills.

Explore

Schedule a free meeting with a financial professional. Wondering whether to meet with an [LSS Financial](#) counselor or [Fidelity](#) financial planner? It may be helpful to know that LSS Financial specializes in helping with budgeting, debt, credit, and housing costs. Fidelity focuses on long-term financial strategy and investment planning.

Build momentum with Wellbeing Journeys. The Wellbeing Program can help you grow your financial fitness through the [Journeys feature](#) in the Virgin Pulse portal or app. Browse options including “Organize for Financial Fitness” and “Maintain Financial Fitness” in the Managing My Finances Journeys category.

What is an FSA? A Flexible Spending Account, or FSA, is an account that allows a participant to set aside pre-tax money for [eligible expenses](#) related to medical care and dependent care. Participants must re-enroll annually and elect a new amount. [Learn more about FSAs from WEX](#), the University’s FSA administrator.

Join

Expand your horizons. The Wellbeing Program can help you appreciate our differences and break down stereotypes through the “Celebrate Culture” Healthy Habit Challenge. Join the challenge on the [Virgin Pulse portal or app](#), complete a daily tip on October 11 through 15, and earn 50 points.

Grow your knowledge through LSS and Fidelity financial webinars! You’ll also earn 200 Wellbeing Points per webinar, including any Foundations of Financial Wellbeing session. Find free events on investing, budgeting, retirement savings, and more on the [Events and Workshops page](#).

SKY Campus Happiness Retreat: This retreat features SKY breathing exercises, meditation, yoga, and other evidence-based skills for stress management and resilience. The retreat costs \$75 and runs October 14–16

from 4–7 p.m. on weeknights and 9 a.m.–noon on Saturday. Plus, the retreat earns 1,800 Wellbeing Points! [Register here via SKY.](#)

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