

# Benefits+YOU

THE UNIVERSITY OF MINNESOTA EMPLOYEE BENEFITS NEWSLETTER



**April is Earth Month!** Read on to find out how to use your benefits to better the world and yourself.



## News

**Join the Sustainability Healthy Habit Challenge** from April 18 to 24 to earn 200 Wellbeing Points! You'll get tips each day of the challenge on how to reduce food waste, how to recycle correctly, and other ways to care for our beautiful planet. To join, go to "Challenges" under the "Social" tab on the [Virgin Pulse portal or app](#) a few days before the challenge begins.

**ESG (environmental, social, governance) investing.** Fidelity will be discussing investing and ESG's part in it in two upcoming webinars: "Making Your Money Work as Hard as You" (April 14, noon–12:30 p.m.) and "Navigating Market Volatility" (April 19, noon–12:30 p.m.). Register on Fidelity's ["Appointment Scheduler" webpage](#) by selecting "Attend a learning event," then typing "University of Minnesota" as the Employer and "Virtual Event" as Event Type. Each webinar earns 200 Wellbeing Points!

**Bike program.** Biking is a great way to enjoy the outdoors and get some exercise. If you bike to work, you can log your rides through the Wellbeing Program to earn 20 points per day. Learn more about earning points for biking by going to the [Virgin Pulse portal or app](#), going to "Programs," and searching for "UMN Bike Program."

**The Public Service Loan Forgiveness (PSLF) program** is always open for applications, but the deadline to take advantage of a waiver that expands the program is October 31, 2022. Not sure if you qualify? Read this [LSS Financial blog post](#) for more information. Plus, [schedule a free consultation with LSS](#).



# Explore

**The Employee Assistance Program (EAP) offers more than counseling.** You can set up an account through the EAP to view webinars and resources on mental health, communications skills, emotional intelligence, and more. [Register here](#) with the company code "uofmn."

**Stay in network to save money.** Going to the doctor shouldn't give you a headache, so make sure to check if your doctor is in network with your medical plan before scheduling an appointment. If you are enrolled in the Elect/Essential plan, you'll need a referral to see a doctor outside of your primary care system. [Check if your doctor is in network](#), and [learn about referrals](#) for the Elect/Essential plan.

**Qualifying life events.** Health insurance plan elections cannot be changed outside of Open Enrollment, *except* if you have a qualifying life event. Qualifying life events include marriage, having a baby (don't forget to add medical *and* dental insurance!), or moving outside of your plan's service area. [Learn more about qualifying life events](#), and [reach out to the Contact Center](#) with any questions.

**Help kids build good dental hygiene habits.** How soon should you start brushing a child's teeth? When should they learn how to floss by themselves? [Read this Delta Dental blog post](#) to find answers to your questions on raising kids with healthy teeth.



# Join

**Events & Workshops.** Check the [Events and Workshops page](#) for free or low-cost Wellbeing Points-eligible webinars.

**Struggling with navigating change this spring?** Attend the Employee Assistance Program's free ["Managing Change in Our Ever-evolving World" webinar](#) on Wednesday, April 13, from 1:30 to 2:30 p.m. for tips and support. (If you haven't created an account, you can register using company code "uofmn.")

**Did you know that you can get Wellbeing Points** for activities outside of the program? If you run a 5k, volunteer at an Earth Day clean-up event, or set up a composting plan for your household, you can enter it in the [Virgin Pulse portal or](#)

[app](#) by going to "Programs" and searching "Wellbeing My Way Pledge." Then follow the steps to get 50 points per entry!

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