

Benefits+YOU

THE UNIVERSITY OF MINNESOTA EMPLOYEE BENEFITS NEWSLETTER



Read on for ways to use your University benefits to enjoy the great outdoors, celebrate Juneteenth, process traumatic events, and more.



News

Mental health resources for grief. If you, your spouse, or your children are struggling with grief, shock, anger, or numbness in light of the recent shootings in Buffalo, NY, and Uvalde, TX, you may want to consider scheduling free and confidential counseling sessions through the University's Employee Assistance Program (EAP). [Learn more about your EAP benefit.](#)

Use your two extra days off to observe Juneteenth, spend time outdoors, or anything else you'd like to do by June 30. See the [Personal & Scheduled Floating Holiday webpage](#) for more details on eligibility and how to schedule your personal holidays.

June 11 is National Get Outdoors Day. Join the Wellbeing Program's "National Great Outdoors Challenge" to celebrate! You'll be asked to track outdoor movement (such as gardening, canoeing, or taking a walk) to earn Wellbeing Points. To join, go to "Challenges" under the "Social" tab on the [Virgin Pulse portal or app](#) a few days before the challenge begins on June 6.



Explore

Summer means sunscreen and aloe. Did you know that you can use your Flexible Spending Account (FSA) funds to pay for warm weather needs? [Find out](#)

[what your FSA covers](#), from calamine lotion to first aid kits. Plus, you can download the Benefits by WEX app for [iPhone](#) or [Android](#) to check items while you're shopping by scanning the barcode.

More time outdoors can mean more injuries. Your University medical insurance is here for you with virtual care options to help you get care, faster. Learn about [virtual appointments through Medica](#).

When's the last time you went to the dentist? Your dentist can catch problems before they become potentially painful or costly. Checkups are covered under the University's dental plan, so make sure to visit the dentist at least once a year. [Click here to find a dentist or check that your dentist is in network](#).



Need help creating a workout routine? Sign up for Extension's free ["Get Moving, Get Fit"](#) webinar on Tuesday, June 21, 11:00–11:45 a.m. Plus, you'll earn 200 Wellbeing Points. [Find more Wellbeing Points-eligible webinars from Extension](#).

Outdoor gear rental. Planning an outdoor adventure? Anyone can rent tents, backpacks, kayaks, and other outdoor equipment at the Crookston, Morris, and Twin Cities campuses over the summer. Learn more about renting at the [Crookston campus](#), Morris's [Regional Fitness Center](#), or [RecWell](#) at the Twin Cities.

SKY Campus Happiness Retreat. This retreat features SKY breathing exercises, meditation, yoga, positive psychology, emotional intelligence, and other evidence-based skills for stress management and resilience. The retreat costs \$75 and runs June 27–29, 4:30–7:30 p.m. each day. [Register here](#).

More events. Check the [Events and Workshops page](#) for free or low-cost Wellbeing Points-eligible webinars covering financial wellness, gardening, bike safety, and more.

[Click here to read previous editions of Benefits + YOU online](#).