

Benefits+YOU

THE UNIVERSITY OF MINNESOTA EMPLOYEE BENEFITS NEWSLETTER



A new academic year is just around the corner. For many of us, that means it's time to get back into routines and prepare for the months ahead.



News

The deadline to earn wellbeing points for the 2021-2022 program year is August 31, 2022. You need to earn 5,000 points (7,500 points for employee + spouse) to get a discount on your 2023 medical rates. You can check your progress in the [Virgin Pulse portal](#) and browse opportunities to earn points through the portal or on our [Events page](#). If you have questions or would like advice, reach out to wellness@umn.edu.

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](#) or [attend a PSLF webinar](#) for more information. Plus, you can [schedule a free consultation with LSS](#) to get your questions answered.

Updated Office of Human Resources website! Make sure to update your bookmarks and check out our [fresh new homepage](#).



Explore

Did you recently have a baby, get divorced, or get married? Securian's [interactive Benefit Scout tool](#) can help you determine the best life insurance coverage level for you and your family.

Don't forget about orthodontia coverage. [University dental plans](#) include 80% orthodontia coverage up to the \$2,800 lifetime maximum for dependents up to age 19. Now is a great time to schedule your appointments before school starts again.

Common diseases can have connections to oral health. Taking good care of your oral health at every phase of life can help you age healthier and avoid tooth decay or tooth loss. Read this [Delta Dental blog](#) for more information.

Looking for work-life balance? The Employee Assistance Program (EAP) can help you search for childcare or eldercare providers, connect you with free life or parenting coaching sessions, and more. [Contact Sand Creek](#) to get started.



Free "Navigating Economic Volatility" webinars. Fidelity is offering two sessions of this timely webinar on Friday, August 12, and Wednesday, August 24. Both will be held noon-12:30. [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. Earn 200 wellbeing points for attending one of the webinars!

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

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