

# Benefits+YOU

THE UNIVERSITY OF MINNESOTA EMPLOYEE BENEFITS NEWSLETTER



September brings a lot of change: the start of a new semester, the fall season, and the beginning of the University's Wellbeing Program year.



## News

**Update your contact information in MyU before Open Enrollment.** To make sure you don't miss any important information during Open Enrollment, please take a moment to review and update your contact information before October 15. Do this by logging on to [MyU.umn.edu](https://myu.umn.edu), clicking the "My Info" tab, and then using the EDIT feature in the top right of each section to change any outdated information.

**The Wellbeing Program starts on September 1!** Check the [OHR website](#) for information on how to sign up, or dive right into the [Virgin Pulse portal](#) to explore wellbeing resources and start earning points.

**September and October is the best time to get your annual flu vaccine,** before the flu starts spreading in the community, [according to the CDC](#). Vaccinations are covered as preventive care under the University medical plans.

**New Fidelity retirement planner.** Meet Evelyn Rhines, your new University-dedicated licensed financial planner! She and Jason Callin provide free and confidential one-on-one sessions to discuss financial and retirement savings goals for all benefit-eligible employees. [Learn more about Evelyn and Jason and schedule an appointment](#) by clicking "Schedule a one-on-one meeting," entering "University of Minnesota" as your employer, and choosing your appointment type.



# Explore

**COMING SOON! Diabetes prevention and management services** for all eligible employees. If you or your adult family members are at risk for type 2 diabetes or heart disease or are living with diabetes, and are enrolled in the University's health plan, the University will cover the entire cost of the program. Look for more information coming soon.

**The National Crisis Line is now using the 988 suicide and crisis lifeline number.** Anyone can dial or text 988, or use an online chat feature to connect with crisis support 24/7. People can also dial 988 if they are worried about a loved one who may need crisis support.

Boynton Pharmacy offers University employees a 10% discount on over-the-counter products. Shop in person and show your employee ID, [browse products online](#), [request OTC COVID tests](#) be billed to your insurance, or easily [transfer prescriptions](#). Twin Cities employees can call ahead to request curbside service. Boynton Pharmacy can also mail most products and prescriptions within Minnesota and Wisconsin. *Exclusions and mailing limits may apply.*



# Join

**Biometric screenings.** Want to get a snapshot of your overall health? Boynton Health is offering free biometric screenings at our Crookston, Morris, and Twin Cities campuses. [Check dates and sign up](#) or go to the [Virgin Pulse portal](#) and search for "Biometric Screening" in the Programs section to order a kit. You'll earn 1,000 Wellbeing Points for completing the screening.

**More events.** Check the [Events page](#) for free or low-cost Wellbeing Points-eligible webinars, including the [September SKY Campus Happiness Retreat](#).

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