

Benefits+YOU

THE UNIVERSITY OF MINNESOTA EMPLOYEE BENEFITS NEWSLETTER



October is National Retirement Security Month, and National Primary Care Week is October 4-10. Both are a reminder to be sure you're making the most of your benefits.



News

National Retirement Security Month. Are you on track for the retirement you hope for? Fidelity is here to help! Browse the [NetBenefits portal](#) or [download the app](#) (free for all University employees) for on-demand workshops and interactive tools. Plus, [sign up for free webinars](#) by entering "University of Minnesota" as your employer and choosing "virtual event." Earn 200 Wellbeing Points per webinar!

Regular primary care visits identify problems early and prevent many serious or chronic health problems, which could save you money in the long run. Learn more about the benefits of regular primary care from the University's Medical School monthly series, "[Where Discovery Creates Hope.](#)"

Updated COVID-19 boosters, with protection against the Omicron variant, are now available. The CDC now [recommends the updated COVID-19 boosters](#) for everyone ages 12+ who completed their primary series or received a booster dose at least 2 months ago. Vaccines are covered as preventive care under the University medical plans.

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, you can [schedule a free consultation with LSS](#) to get your questions answered.



Explore

NEW! Diabetes prevention and management services available for all eligible employees and dependents. Omada matches you with a care team so you have personal, one-on-one support to help you take control of your health. If you or your adult family members are living with or at risk for diabetes, and you are enrolled in the University's medical plan, this program is offered at no cost to you. [See if you qualify and start today.](#)

Your FSA or HSA could cover more than you think. Did you know that you can use an FSA or HSA for things like Lasik, acupuncture, hearing aids, and fertility treatments? Use the [WEX Eligible Expenses](#) search to find out if an item or service is covered.

Check your toothbrushes! The American Dental Association recommends replacing your toothbrush every three to four months, or more often if the bristles are visibly matted or frayed. Looking for the right toothbrush? Make sure your dental products have the ADA's [Seal of Acceptance](#) for demonstrating safety and efficacy.

Life Insurance FAQs. As you evaluate your benefit options and needs ahead of Open Enrollment next month, check out [the most common questions people have about life insurance.](#)



Join

Hispanic Heritage Month and financial planning. Join Fidelity for a free virtual event on Thursday, October 6, at 1 p.m. CDT featuring Latine education consultants. They'll share their personal journeys and talk about how culture, tradition, and family can influence financial decisions. [Register here.](#)

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

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