

Benefits+YOU

THE UNIVERSITY OF MINNESOTA EMPLOYEE BENEFITS NEWSLETTER



The end of the calendar year comes with a lot of planning considerations.

Whether it's wrapping up loose ends for 2022 or making decisions for 2023, check out these resources for staying well during this busy time, preparing for the new benefit plan year, and more.



News

The grace period for spending 2021 FSA accounts ends December 15, 2022, and the deadline to reimburse yourself and submit receipts is December 31. FSAs are a “use it or lose it” benefit where money is no longer available to you after the deadline. [These dates are extended from the regular March deadlines](#) you may be accustomed to due to federal legislation passed in response to COVID-19. For 2022 FSA accounts, the deadline for expenses is March 15, 2023, and the deadline for claims to be submitted is March 31, 2023.

2022 and 2023 limits for elective retirement contributions. Per the IRS, the annual deferral limit for 2022 is \$20,500, and the 2023 limit is rising to \$22,500. This limit applies to contributions to the 457 Deferred Compensation Plan and Optional Retirement Plan. Please contact Fidelity at 800-343-0860 with any questions. [Learn more.](#)

Check your benefits enrollment with Confirmation Statements. Log into [MyU](#), click the My Benefits tab on the left, scroll down and select Confirmation Statement, and choose the table row with the most recent date. From there, you can print a summary of your benefit selections and costs.

Look out for new benefits ID cards. This year, all employees enrolled in medical coverage will receive a new Medica ID card, plus a Delta Dental card if you're new or have changed plans, and a Prime Therapeutics card only if you're a new member.



Explore

The University's Employee Assistance Program (EAP) provider is changing, effective January 1. In addition to providing care for both your work and personal concerns, our new partnership with Lyra Health provides the opportunity to continue mental health care under the medical plan beyond the 8 EAP sessions for enrolled employees and their dependents. If you are currently seeing a counselor through Sand Creek (our current provider) you will be able to continue with your current counselor through your 8th session. Look for more information coming soon.

Dentistry is evolving as new technology and methods are proven effective. Read up on a few big updates you may or may not have noticed at your last dental visit on the [Delta Dental blog](#).

Now that open enrollment is over, you may have questions about your life insurance benefit elections. Visit our [new educational microsite](#) to view resources and tools to learn more about your Securian Financial benefits. You can access the benefits decision tool (Benefit Scout), educational flyers and videos, a summary of plan benefits and costs, plus downloadable resources.

Did you know that you can use the Wellbeing Program with a computer? That's right, you don't need to download the Virgin Pulse app if you don't want to! Visit [this webpage](#) for instructions on how to sign up.



Join

Don't forget your emotional, physical, and mental health during this busy season. In this webinar on December 8, [Don't Stress the Season](#), discuss self-care during a time we should be enjoying our family, and not feeling the holiday blues.

The holiday period can often be a difficult time as family members attempt to navigate old hurts and histories. Join a live webinar on December 14, [Family Dynamics During the Holidays](#), to discover ways to establish important boundaries and enjoy the holiday period with family and friends.

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

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