

Benefits+YOU

THE UNIVERSITY OF MINNESOTA EMPLOYEE BENEFITS NEWSLETTER



Open Enrollment is here, November 1-30! Now is your chance to change your benefit selections and dependents without a qualifying life event. Choices you make during this Open Enrollment will take effect January 1, 2023.

News

Biweekly rates for the medical plan have changed for 2023, but plan options and medical and dental plan designs are the same as they were last year. Check the new [2023 medical rates online](#).

The Health Savings Account (HSA) maximum change. Employees can now contribute up to \$3,100 to an employee-only HSA or \$6,250 to a family HSA on top of the University contribution of \$750 employee-only or \$1,500 family.

If you want a Flexible Spending Account (FSA) for 2023, you will need to enroll whether or not you have had one before—FSA selections do not carry over to the next year.

There is a special additional life insurance opportunity available for 2023, whether you are electing for the first time or increasing existing coverage. Visit z.umn.edu/OpenEnrollment to learn more.

Wellbeing Program Rates & Open Enrollment: The Wellbeing Rate will be automatically applied to your [2023 medical plan rates](#) if you achieved your 2021-2022 Wellbeing Program goal of 500 or 750 points. If you add or remove a spouse on your medical insurance during Open Enrollment, your rate reduction will adjust automatically. Reach out to the Contact Center if you have any questions about your rates or Wellbeing Points.



Explore

Visit the Open Enrollment web page for updated rates, videos, flyers and info sheets to download or print, and instructions for reaching out with questions or concerns. Get all of your open enrollment information at z.umn.edu/OpenEnrollment.

Check your benefits on your Confirmation Statement. Once you've submitted your [benefits enrollment in MyU](#), you can check your enrollment choices by going back into the My Benefits section in MyU and clicking "Confirmation Statement." If what you see doesn't look right, you can go back into the Open Enrollment event until the last day (November 30), make changes, and submit again.

Budgeting for retirement savings. You may want to take a look at your retirement savings plan and make changes based on your Open Enrollment selections. Fidelity is here to help! [Sign up for a free session](#) with a licensed financial counselor.



Join

Enroll in benefits [on MyU](#) by November 30!

Questions? You can get your benefits questions answered by emailing the OHR Contact Center at benefits@umn.edu or calling 612-624-8647 or 1-800-756-2363 and selecting option 1.

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

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