

Benefits+YOU

THE UNIVERSITY OF MINNESOTA EMPLOYEE BENEFITS NEWSLETTER



New year, new goals. Whether you want to take control of your finances or just make sure everything is up to date, here's a round up of resources to make the most of your benefits in the new year.

News

Get to know our new Employee Assistance Program (EAP) vendor. Lyra Health offers a wide range of services, from identity theft and legal assistance to mental health coaching and counseling. Lyra can help you build a personalized plan for your care and match you with someone in its diverse network of providers. [Learn more on the Lyra website.](#)

Review the medical and dental Summary of Benefits documents. If you enrolled in a medical or dental plan during November's Open Enrollment, then make sure you review the Summary of Benefits documents. Each document details the specifics of what is covered under each plan. You can view them on the [medical](#) and [dental benefits](#) webpages.

New simplified approach to taking a leave of absence. Faculty and staff who need to use parental, medical, personal, military, or other leaves covered by the Family and Medical Leave Act (FMLA) will now have a dedicated specialist in the Office of Human Resources who will support them in setting up and tracking their leave, as well as planning for their return to work. [Learn more about these changes.](#)

Look 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

New look and points opportunities for the Wellbeing Program coming in January. The navigation will remain the same, but the portal is getting a fresh look! Additionally, the new Media tab in the portal offers videos featuring short workout routines, mindfulness topics, and more. Each video you watch will earn you 15 points (four videos per day max). [Log in to Virgin Pulse.](#)

Make sure your life insurance beneficiaries are up to date. Who you want listed on your policy could change over the years. Things like marriage, divorce, the birth of a child, or buying a house could mean it's time to change your beneficiaries. [Learn more about managing your beneficiary designations.](#)

Coming soon: Your new Medica member website + mobile app. Starting this month, you'll have a new and easy way to access your Medica medical plan benefits online and through your mobile device. Using the new Medica member website experience and mobile app, you will be able to download your member ID card, access benefits, check on claims, find providers, and more. Learn about the new member website [in this video](#), and login at [Medica.com/SignIn](#).



Join

Events and resources that help you plan for your unique financial needs. Check out the special month-long series from Fidelity that covers it all—whether you're paying down debt, navigating life's successes or setbacks, or planning for what's next. [Browse events.](#)

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

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