

Benefits+YOU

THE UNIVERSITY OF MINNESOTA EMPLOYEE BENEFITS NEWSLETTER



May is Mental Health Month. Whether you wonder if you are experiencing a mental illness based on how you feel, you live with a known mental illness, or you're feeling frequent stress, your mental health deserves attention and respect. Caring for your mental health can include seeking the help of a health professional, finding easier ways to stay organized, and allowing yourself rest and compassion. This newsletter has options for seeking mental health care or counseling, and for reducing stress by organizing your benefits and finances.

News

Mental health coverage is here for you. Every UPlan health plan includes coverage options for psychiatry, therapy, and psychology, including virtual care. You can [explore mental health resources online](#), or call Medica Behavioral Health 24/7 at 1-800-848-8327 to get live help finding a mental health care provider.

Flexible Spending Account (FSA) special changes for 2021. It's been announced that the deadline for spending [2020 FSA dollars was pushed from March 2021 to December 2021](#) due to federal relief bills, but the government has even more great opportunities in store. Stay tuned for news about a special enrollment opportunity (like last year's) in June, and join the [FSA Q&A webinar](#) to prepare.

Medication Therapy Management (MTM) is now run by Medica instead of the College of Pharmacy. MTM will continue to work the same way with a provider directory that will be set up by Medica. [Learn more about MTM.](#)

Interested in a COVID-19 vaccine? You can get one at no cost, no matter where you go. [Learn more on OHR's Vaccine resource.](#)



Explore

Explanation of Benefits, explained! The Explanation of Benefits you get from Medica truly isn't a bill—it tells you what your insurance has already paid for, so you know it's taken care of. Then, you can wait for the actual bill for your portion from the specific clinic or hospital. Learn more on this [Explanation of Benefits quick guide](#), by [visiting Medica online](#), or by calling 952-992-1814 or 877-252-5558.

Practice Yoga, Mindfulness, and Resilience with Whil. The Wellbeing Program offers on-demand online lessons in these physical and mental skills at no cost through Whil. [Open your Wellbeing portal](#), click Programs, and search for Whil to start a session today!

The Employee Assistance Program (EAP) gives confidential counseling from licensed professionals at no cost, whether you're struggling with mental or chemical health, family or workplace conflict, grieving, or other challenges. [Learn about EAP online](#) or call 888-243-5744 for 24/7 in-the-moment support at no cost.

Retirement plans have beneficiaries, too! You can name a spouse, child, other family member or loved one, or even a charitable organization as beneficiary for a Fidelity plan. Visit your profile on [the Fidelity site](#), and click "Beneficiaries." And if you have a TIAA or Vanguard balance, set a beneficiary up there as well.



Join

SKY® Campus Happiness Retreat: This retreat runs May 18-20 from 4-7 PM, and features SKY® breathing exercises, meditation, yoga, positive psychology, emotional intelligence and leadership training, and other valuable evidence-based skills for stress management and resilience. The retreat costs \$75 and earns 150 Wellbeing Points. [Register here via SKY](#), or [learn more at Boynton Group Coaching](#).

Navigating Isolation & Loneliness Webinar: As we navigate a world of mental health stressors, building our support and resources is important work. Join Sand Creek/AllOne Health EAP as they discuss ["Navigating Isolation and Loneliness."](#)

Financial Health Webinars: From repaying debt faster to organizing your financial life and building long-term financial wellbeing, there are several upcoming virtual events to improve your financial health. [Check out webinar options and register for free.](#)

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