Benefits eNewsletter

A Quarterly Newsletter brought to you by UC San Diego Campus Human Resources

In This Issue

Family Care Resources
Getting Care at UCSD Health
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Health Care Facilitator Program

Open Enrollment
- Starts: Thursday, October 28th at 8:00 a.m. (PST)
- Ends: Friday, November 19th at 5:00 p.m. (PST)

The Benefits Fair will be held virtually on Tuesday, October 26th and Wednesday, November 3rd.
  - Attend a medical plan presentation
  - Learn more about the Supplemental Health Plans
  - Pop in to Office Hours with a Benefits Professional

Visit the Open Enrollment page on Blink for more information.

Read the article about Open Enrollment on UCnet

New employees hired after October 22, 2021 will see a delay with the Open Enrollment module on UCPath. These employees will have two modules to complete - Benefits Enrollment (for plans to start as of the hire date) and Open Enrollment (for plans to start January 1, 2022).
**Getting care at UC San Diego Health**

The 2021-2022 U.S. News & World Report survey results ranked UC San Diego Health as the #1 hospital in San Diego and #5 throughout California. This is a testament to the quality of care given by our own extraordinary health care providers. Click here to read the article.

Express Care and Urgent Care locations offer a "Save My Spot" feature where you can see the current wait times and get on the waitlist before you leave your home.

Ready to switch to a UC provider? Visit health.ucsd.edu/switch or call 619-543-2273 for assistance.

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**Family Care Resources**

**Bright Horizons Care Advantage** - A web-based resource for finding childcare and elder care. UC pays for the monthly membership for policy-covered employees. Members pay for the services used.

- The Sittercity program offers profiles, reviews, and background checks for in-home childcare, tutors, before/after school care, senior caregivers, and pet sitters.
- The Years Ahead program provides an online needs assessment, information on selecting facilities, and tools to find in-home companions.

**UC San Diego Babysitting Resources**

allow you to post a job and view sitter profiles. *(Read disclaimer on Blink page before using this program.)*

**Faculty and Staff Assistance Program (FSAP)** offers an ongoing Caregivers and Eldercare Support Group.

Email Crystal Green at cegreen@ucsd.edu for confidential Zoom link to the meeting.

**Sittercity** program offers profiles, reviews, and background checks for in-home childcare, tutors, before/after school care, senior caregivers, and pet sitters.

**Years Ahead** program provides an online needs assessment, information on selecting facilities, and tools to find in-home companions.

**Bright Horizons Care Advantage** - A web-based resource for finding childcare and elder care. UC pays for the monthly membership for policy-covered employees. Members pay for the services used.
UC values its employees and takes pride in inclusive programs

Disability Awareness Month

**DISABILITY PLANS**

*Missed your opportunity to enroll?*
Apply by submitting an Evidence of Insurability.
These plans are not Open Enrollment options

**Basic Short-Term**
- UC-paid
- Automatic enrollment
- 55% of pay up to $800
- Benefits up to 6 months

**Voluntary Short-Term**
- Employee-paid
- Optional enrollment
- 60% of pay up to $15,000
- Benefits up to 6 months

**Voluntary Long-Term**
- Employee-paid
- Optional enrollment
- 60% of pay up to $15,000
- Benefits up to SSA*

*SSA: Social Security Retirement Age*

**CATASTROPHIC LEAVE DONATION PROGRAM**

Donate vacation hours to make a difference in the life of someone who needs it while on an unpaid medical leave

**REASONABLE ACCOMMODATION**

If you need modifications to your UCSD worksite or duties due to a disability, contact the Disability Counseling and Consulting team

**AVAILABLE TRAINING**

Reasonable Accommodations and the Interactive Process (Intended for Supervisors)
**On-Demand eCourse on UCLearning**

Expectant Parent Workshops (Pregnancy Disability & Related Leaves)
**Register on UCLearning**

**ACCESSIBLE EVENT PLANNING**

Consider making your next event accessible with closed captioning, American Sign Language, and tips for your presenters

Visit the Disability Awareness page on Blink
The Health Care Facilitator (HCF) Program is designed to assist active and retired faculty and staff with understanding their UC health plan coverage, navigating the health care system (including Medicare-coordination), and guidance for resolution of claims issues with providers and insurance carriers.

Contact HCF in any of these ways:
- Email HCFhelp@ucsd.edu
- Call 858-534-9686
- Attend a Help Desk every 2nd and 4th Thursday of the month, 9am - 10am (registration not required):
  https://ucsd.zoom.us/j/91981952281 (password: 220181)

HCF does not provide medical nor legal advice, act as patient advocate, nor suggest treatment plans

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**Education Corner**

**Retirement Counseling**

Sign up for a 90-minute retirement counseling session facilitated by a Senior Benefits Analyst. The following topics will be covered:
- **Insurance Continuation Checklist** - Introduction to Retiree Health Benefits and Required Forms.
- Sessions will be held on:
  - October 12 at 2:00 p.m. (Spanish version)
  - January 11 at 2:00 p.m.

*Click here to register on UCLearning*

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**ARAG Legal Plan**

Nobody wants to be on their own when a legal matter surfaces. That’s where legal insurance from ARAG comes in.

Whether you’re creating a will, fighting a traffic ticket or needing a loan agreement reviewed, your legal coverage and ARAG’s network of attorneys are there for you every step of the way.

Explore the various ways that ARAG can help you. [Click here to view the ARAG Learning Center](https://www.arag.com/)

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| Every 2nd & 4th Monday 10:30 a.m. - 12:30 p.m. | New Hire Benefits Orientation - Register on UCLearning  
Facilitated by UCSD Senior Benefits Analyst |
| October 12 9:00 a.m. - 10:00 a.m. | Getting Started in the UC Retirement Savings Program – Register on Webex  
Facilitated by Fidelity Investments |
| October 12 1:00 p.m. - 2:00 p.m. | The UC Retirement Choice Program - Register on Webex  
Facilitated by Fidelity Investments |
| October 12 2:00 p.m. - 3:30 p.m. | Retirement Counseling (Spanish) - Register on UCLearning  
Facilitated by UCSD Senior Benefits Analyst |
| October 13 11:30 a.m. - 1:00 p.m. | Wills, Trusts and How to Cover Your Assets - Register on UCLearning  
Facilitated by Heidi Klippel, Esq |
| October 22 10:00 a.m. - 11:00 a.m. | The UC Retirement Choice Program - Register on Webex  
Facilitated by Fidelity Investments |
| October 26 12:00 p.m. - 1:00 p.m. | Guide to Investing in the UC Retirement Savings Program - Register on Webex  
Facilitated by Fidelity Investments |
| October 27 9:00 a.m. - 10:00 a.m. | Basics of When and How to Claim Social Security - Register on Webex  
Facilitated by Fidelity Investments |
| October 27 11:00 a.m. - 12:00 p.m. | Your UC Retirement System - Register on Webex  
Facilitated by Fidelity Investments |
| November 8 11:00 a.m. - 12:00 p.m. | Maximizing Social Security in Your Retirement Strategy - Register on Webex  
Facilitated by Fidelity Investments |
| November 12 11:00 a.m. - 12:00 p.m. | Make the Most of the UC Retirement Savings Program - Register on Webex  
Facilitated by Fidelity Investments |
| November 12 1:00 p.m. - 2:00 p.m. | The UC Retirement Choice Program - Register on Webex  
Facilitated by Fidelity Investments |
| November 15 9:00 a.m. - 10:00 a.m. | Strategies for Drawing Income in Retirement - Register on Webex  
Facilitated by Fidelity Investments |
| November 17 11:00 a.m. - 12:00 p.m. | Your UC Retirement System - Register on Webex  
Facilitated by Fidelity Investments |
| November 17 11:30 a.m. - 1:00 p.m. | Wills, Trusts and How to Cover Your Assets - Register on UCLearning  
Facilitated by Heidi Klippel, Esq |
| November 18 1:00 p.m. - 2:00 p.m. | Create a Budget, Ditch your Debt, and Start Building for the Future - Register on Webex  
Facilitated by Fidelity Investments |
| November 19 10:00 a.m. - 11:00 a.m. | Guide to Investing in the UC Retirement Savings Program - Register on Webex  
Facilitated by Fidelity Investments |
| November 19 12:00 p.m. - 1:00 p.m. | Getting Started in the UC Retirement Savings Program – Register on Webex  
Facilitated by Fidelity Investments |
| November 22 1:00 p.m. - 2:00 p.m. | Your UC Retirement System - Register on Webex  
Facilitated by Fidelity Investments |
| November 23 9:00 a.m. - 10:00 a.m. | The UC Retirement Choice Program - Register on Webex  
Facilitated by Fidelity Investments |
## Workshops

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| December 6  | Your UC Retirement System - [Register on Webex](#)  
*Facilitated by Fidelity Investments* |
| 11:00 a.m. - 12:00 p.m. | |
| December 7  | The UC Retirement Choice Program - [Register on Webex](#)  
*Facilitated by Fidelity Investments* |
| 11:00 a.m. - 12:00 p.m. | |
| December 8  | Fundamentals of Retirement Income Planning - [Register on Webex](#)  
*Facilitated by Fidelity Investments* |
| 9:00 a.m. - 10:00 a.m. | |
| December 9  | Maximizing Social Security in Your Retirement Strategy - [Register on Webex](#)  
*Facilitated by Fidelity Investments* |
| 9:00 a.m. - 10:00 a.m. | |
| December 10 | Make the Most of the UC Retirement Savings Programs - [Register on Webex](#)  
*Facilitated by Fidelity Investments* |
| 9:00 a.m. - 10:00 a.m. | |
| December 14 | Tax Efficient Investing - [Register on Webex](#)  
*Facilitated by Fidelity Investments* |
| 11:00 a.m. - 12:00 a.m. | |
| December 15 | Guide to Investing in the UC Retirement Savings Program - [Register on Webex](#)  
*Facilitated by Fidelity Investments* |
| 12:00 p.m. - 1:00 p.m. | |
| December 16 | Identify and Prioritize your Savings Goals - [Register on Webex](#)  
*Facilitated by Fidelity Investments* |
| 12:00 p.m. - 1:00 p.m. | |
| December 17 | Basics of When and How to Claim Social Security - [Register on Webex](#)  
*Facilitated by Fidelity Investments* |
| 11:00 a.m. - 12:00 p.m. | |
| December 17 | The UC Retirement Choice Program - [Register on Webex](#)  
*Facilitated by Fidelity Investments* |
| 1:00 p.m. - 2:00 p.m. | |

Workshops are subject to change. Information on registration links supercede this listing.