Plan to Attend the 2nd Annual Benefits Vendor Forum – September 18, 2018
Bruce M. Pitman Center, International Ballroom – 9:00am – 3:30pm
Help us kick-off our 2019 Annual Enrollment!
Flu shots will be available throughout the day until supplies are exhausted.
Visit the vendor booths, ask questions and learn about your benefits.
Breakout Forums are being planned to address specific topics – more information will be available soon.
Sign up to win some great prizes!

Q3 New Employee Benefits Orientation Schedule

Dates
- August 6, 2018
- August 20, 2018
- September 4, 2018
- September 17, 2018

Time
- 8:30 a.m. – 10:00 a.m. (PST)

Location
- Room 040A – Bruce M. Pitman Center

Register Now!
- Go to uidaho.edu/benefits > Orientations Events
- Employees in off-campus locations can register for these orientations and attend via zoom. The registration confirmation will contain the zoom meeting information.

Education Benefits for Employees, Spouses & Dependents

- Available to benefit-eligible employees and their spouses and dependents.
- A benefit-eligible employee is someone on board appointment, working half-time or greater for at least 5 consecutive months.
- The education benefit is provided through the Student Accounts office. Please contact them for questions and additional information.
- Registration forms are available on the Student Accounts webpage.
- Benefit Services process all Reciprocal Education Agreements. Please refer to the benefits webpage for additional information and forms.
Back to School Time!

One of the hardest things about going back to school is getting back into the swing of things. Here’s a checklist to help make sure all your i’s are dotted and t’s are crossed before your child’s first day.

- Make sure your child has all required immunizations.
- Schedule a physical exam for your child if needed to participate in school activities.
- Get your child’s vision checked before school starts if he/she is due for an exam.
- Schedule a dental appointment for your child if he/she is due for an exam.
- Stock up on school supplies
- Plan to be involved; mark school events on the family calendar.
- Have nutritious food on hand for breakfast and after-school snacks.
- Arrange for your child’s lunches
- Arrange transportation to and from school.
- Make after-school plans by arranging child care or after-school activities.
- Lay ground rules around bedtime & homework.

Thinking About Retirement?

Benefits Specialists are trained resources to assist you through the retirement process. The transition can be a lengthy process full of many options and important decisions to make. We are here to guide you through the process and provide you with materials and resources along the way.

The first step as you contemplate retirement is to submit a tier request to benefits@uidaho.edu. Please provide your full name, vandal #, best email address to contact you, a brief outline of your University of Idaho employment history including any breaks in service, your retirement plan (TIAA, Valic or PERSI) and the date you are looking to retire.

A benefits specialist will research your qualified service and determine the tier(s) you qualify under. You will receive an email response within approximately 2 – 3 weeks.

Once you’ve reviewed the information provided in the email, you will setup an in-person meeting to discuss your retirement goals and next steps in the process.
The Season of Change

The summer sunshine can be a catalyst for many activities in our lives. People are taking advantage of the beautiful weather and getting married, babies are being born, and people are moving into and out of households and communities. Some of these changes might provide an opportunity to take a closer look at your current benefits and medical coverage. Has something occurred in your family that might qualify for a mid-year change to your elections? How do you know if your changes are qualifying life events?

Review the types of qualifying life events below and refer to the benefits webpage for additional information.

Four Basic Qualifying Life Events

- Change in spouse’s or dependent’s coverage under a non-University of Idaho health plan including a dependent turning 26 and losing coverage through a parent’s plan.
- Changes in family status that results in increase or decrease in the number of eligible family members.
  - Marriage, divorce, annulment, legal separation
  - Birth, adoption, acquiring foster child or stepchild, issuance of court order requiring employee to provide coverage for child
  - Death of a spouse or dependent
- Changes in employee’s employment status that could result in entitlement to coverage
  - Change in employee’s employment status that could affect cost of premiums, i.e. half-time to full-time, etc...
- Employee becomes entitled to Medicare and wants another plan or option
- If one of these events occur, please log into your myBenefits portal through VandalWeb and select the appropriate life event. You will then be able to make the applicable changes to your benefits.
- Life events are time sensitive – You have 30 days from the date of the event to complete the change unless it’s for birth or adoption, in that case, you have 60 days from the date of birth or adoption. Please make sure you upload applicable proof that will be required.
Did You Know?

Preventive Care is 100% Covered by University of Idaho Medical Plans
According to the U.S Centers for Disease Control and Prevention (CDC), 7 out of 10 Americans die each year from chronic diseases, many of which are preventable. When preventive care is used and illnesses and diseases are caught early enough, individuals can avoid or better control their health problems.

What is Preventive Care?
Preventive care shifts the focus of health care from treating sickness to maintaining wellness and good health. Preventive care, which occurs before you feel sick or notice any symptoms, is designed to prevent or delay the onset of illness and disease. Preventive care includes various disease screenings, immunizations, and women’s preventive health services.

Why Use Preventive Care?
Preventive care is important because it helps you stay healthy and gives you access prompt treatment when necessary. Many types of screenings and tests can catch a disease before it starts. Starting treatment or lifestyle changes before a disease starts or while it is still in its early stages will help you stay healthier or recover more quickly.

Additionally, preventive care saves you money. First, preventive care helps lower the long-term cost of managing disease, because it can catch problems in the early stages when most diseases are more readily treatable. The cost of early treatment or diet and lifestyle changes is less than the cost of treating and managing a full-blown chronic disease or serious illness. The CDC asserts that treatment for chronic diseases is most effective when detected early.

Second, many preventive services are now covered in full by the University of Idaho’s medical plans (both High Deductible Health Plan and PPO), which means they are free for you and your family, if enrolled. You will not have to pay a deductible, copay, coinsurance or other out-of-pocket expenses. You can find a full list of preventive services covered at 100% under the medical plans at the University of Idaho on the benefits website at http://www.uidaho.edu/-/media/Uidaho-Responsive/Files/human-resources/Benefits/Medical/Preventive-Wellness-Services.ashx.

Please be sure to clarify with your provider that the purpose of your visit is for preventive care services. Should another unrelated subject come up in the course of your visit, you may need to schedule a separate appointment. Otherwise, your claim may be processed under your medical benefit (which is subject to deductible, cost-share, and co-pays) instead of the preventive care benefit which is covered at 100%.
Your Benefits Resources

University Benefits Center
uidahobenefits@hroffice.com
(800) 646-6174
(208) 885-3697

University of Idaho Benefits Services Staff
Brandi Terwilliger, Director, Human Resources
brantit@uidaho.edu, 208-885-3008

Judy Colbeck, Benefits & Retirement Specialist
judyc@uidaho.edu, 208-885-3608

Angela Harley, Benefits Specialist
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Arlette Jameson, Benefits Specialist
ajameson@uidaho.edu, 208-885-3100

Kim Ridle, Benefits Specialist
kridle@uidaho.edu, 208-885-3616

Benefits Webpage
www.uidaho.edu/benefits

- Plan Documents for Core Benefits
- Links to UI Education Benefit for Employees, Spouses & Dependents
- Retirement Resources, Information & Links
- Register for Orientation Events
- Access Wellness Program Resources and Employee Assistance Resources
- Understand Leave & Time Away from Work Benefits
- Find Frequently Used Forms

Who is SHIBA?

- Senior Health Insurance Benefits Advisors (SHIBA) serves Idahoans with free, unbiased Medicare benefits information and assistance through workshops, group presentations and personal counseling.
- Contact SHIBA at 1-800-247-4422
- View the Medicare Events & Workshop Calendar at doi.idaho.gov/shiba/default.

Upcoming Workshops
- August 6th – Eagle
- August 6th – Nampa
- August 9th – Idaho Falls
- August 15th – Boise
- August 23rd – Twin Falls
- September 10th – Nampa
- September 10th – Kellogg
- September 18th – Pocatello
- September 19th – Boise
- September 27th – Twin Falls
- October 23rd – Moscow