



### **Employee Benefit and Wellness Fair on November 8<sup>th</sup>**

The Human Resources Department is hosting an Employee Benefit Fair on Thursday, November 8<sup>th</sup> from 9:00 a.m. to 3:00 p.m. in the Union Ballroom. Raffle prizes and give-away items will be available while they last. All benefited employees are authorized to use a maximum of one hour of release time to participate in the Benefit Fair. The scheduling of release time should be a collaborative discussion between employee and supervisor to ensure the effective and efficient operation of the unit.

### **Representatives from our benefit providers will be available to offer advice and answer questions about:**

- Retirement - Wyoming Retirement, TIAA, VALIC, Ameriprise, Fidelity, AXA and Voya
- Health and Dental Insurance - Employees' Group Insurance, Cigna, and Delta Dental
- Employee Assistance Program (EAP) – MINES and Associates

**The Fair will include several FREE wellness activities. The WY Health Fairs will offer blood screens from 8 to 10 am. UW Pharmacy students will offer flu shots while they last. UW Nursing students will check vital signs and UW Communication Disorders will provide information about hearing screenings. Representatives from Psychology Clinic, UW Wellness Center, and Outdoor Recreation will provide information about their services.**

### **Human Resources Staff members will be there to assist with:**

- Flexible Benefits (medical and dependent care reimbursement) for 2019
- Open enrollment (spouses and children through age 26 may be added)
- Changing deductibles for health insurance

**Open Enrollment closes on 11/30/18.** It is [open enrollment](#) for the 2019 calendar year. This is your opportunity to:

- Make changes to your deductible, add/remove dependents
- Contribute to a flexible benefits account (medical or dependent care reimbursement) These accounts do NOT carry forward from year to year and MUST be renewed every year