January 1st is the start of the new benefits year at UofL. The decisions you made during our Open Enrollment in the fall took effect on January 1. To help you have a smooth transition, here are a few tips:

- **Keep using your Anthem card at your health care provider and pharmacy.** New participants will get a new card in the mail.

- **Make sure your pharmacy has your most recent Anthem insurance card.** If it has been several years since you have updated this card with your pharmacy, please make sure to provide your current card the next time you go. Effective Jan. 1, any older versions of the insurance card will no longer work at the pharmacy.

- **Use up any leftover 2018 FSA money.** If you have money remaining in your 2018 balance, you can continue to use your debit card or submit claims for eligible expenses (https://www.discoverybenefits.com/employees/eligible-expenses) occurring on or before March 15, 2019.

- **Review your paycheck stub.** You may notice some changes with the New Year. Possible reasons for these changes could include:
  - increased health plan rates
  - changes you selected during Open Enrollment for your health, dental or vision plans
  - the expiration of the waiver transition year
  - new flexible spending account (FSA) elections

If you notice any errors, please contact HR via email at benefits@louisville.edu.

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**HEALTH REMINDERS**

A new year is a great time to reset, refresh and recharge ourselves. It is also a great time to take a few moments for our health!

- **Don’t forget your second dose of the Hepatitis A vaccine.** You should get this approximately 6 months after your 1st dose. If it is over six months since your first dose, you do not need to retake it. You can still go and get the second dose at your doctor’s office or pharmacy.

- **Get your preventive screenings on your calendar!** Now is a great time to schedule these for the year. Remember, most preventive screenings are covered in full by our health plan.

- **Get your flu shot.** Flu season may be well underway, but it is not too late to get your flu shot. It is still recommended.
QUALIFYING LIFE EVENTS NOTIFICATION DEADLINE REMINDER

Life events (such as the birth of a child, a marriage, or a spouse gaining/losing employment) are major events in our lives that can have a big influence on our benefits needs. Please remember that you must notify Human Resources of any qualifying event within 30 days if you need to make changes. Once 30 days has passed, you can only make changes during the next Open Enrollment period for the following calendar year.

REMINDER:
PCA Accounts deadline approaching

Are you enrolled in a University of Louisville PCA High or PCA Low health plan? If you are, DON’T FORGET to use your PCA/HRA dollars for your 2018 eligible medical expenses. You have until March 31, 2019 to submit your 2018 claims. Now that it’s 2019, remember that you cannot use your debit card if you are trying to pay for services you incurred in 2018. You will need to submit receipts or use the online portal reimbursement for any expenses not charged on the card prior to Dec. 31, 2018. We highly recommend using the mobile app, or the online member portal, which makes staying on top of claims very simple. Please visit our website for more information on the PCA accounts and links to the claim form and help with registering for the online member portal, http://louisville.edu/hr/benefits/health/pca.

AMERICA SAVES WEEK
February 25 - March 2

This is a great time to think about your savings, especially your savings for retirement. Make the most of America Saves Week and think about increasing your contributions to your University of Louisville 403(b) Retirement Plan. It’s a smart and easy way to help your savings growth potential well into the future.

Are you taking advantage of the 2.5% Employee and Employer match offered by the university? In doing so, the university contributions will increase to 10%. Already participating in the match? You may want to consider increasing the amount you are saving, even if it’s just 1%. Your current contribution elections can be viewed on our Plan Master Administrator website, www.Netbenefits.com.

JANUARY IS CERVICAL CANCER AWARENESS MONTH

Cervical cancer is the only gynecologic cancer for which there is a screening test, the Pap test, that can find signs of cancer early, when treatment is generally most effective. Currently the recommendations are for women ages 21-65 to be screened either with a PAP test every 3 years or a PAP test and HPV screen every 5 years. UofL health plans cover these recommended screenings.

FEBRUARY IS AMERICAN HEART MONTH

Heart disease is the leading cause of death for men and women in the United States. Being active can make a big difference in your risk factors. Make physical activity a part of your day, both at home and in the community. At work, it’s easy to fall into sedentary habits. Make sure to move more throughout the day. Take the stairs. Park farther away. Get up from your seat and visit your coworker instead of e-mailing. Little steps like this throughout your day can make a bigger difference than you realize.