Mark your calendars! Open Enrollment for your 2020 benefits will be October 23 through November 6.

This is your once-a-year opportunity to add, remove or make changes to your benefits, unless you have a qualifying event during the year.

Selections made during Open Enrollment take effect January 1 and continue through December 31, 2020.

Start planning early to help you with your open enrollment decisions. Here are a few tips that can help you be prepared for the enrollment period:

- Taking a look at your current benefits and how you have used them this year can be a great starting point. It is also helpful to consider the following:
  - Who will I need to cover?
  - What expenses do I expect next year?
  - How can I use my PCA and/or Flexible Spending Account (FSA) to help cover my expenses? Is a Flexible Spending Account (FSA) right for me?
- Sign up for UofL Two-Factor [http://louisville.edu/its/ul2fctr](http://louisville.edu/its/ul2fctr) if you have not already. This will be required to log in to make your selections.
- Check ULink to make sure we have your most up-to-date mailing address. Watch for news about the Open Enrollment website and a mailing to your home (both coming in October).
- Attend one of the Open Enrollment Benefits Fairs (see details below). These events are a great opportunity to meet with benefits vendors and counselors so you can fully understand the university’s benefit packages. The UofL benefits team is also available to answer questions and assist with online enrollment.

**BENEFITS FAIR DATES**

October 30 and 31, 9:00 am – 4:00 pm  
Belknap Campus,  
SAC Ballroom B

November 4 and 5, 9:00 am – 4:00 pm  
Health Sciences Campus,  
CTR Building
THE IMPORTANCE OF THE FLU VACCINE

Flu season is coming. Make sure your family is prepared—especially vulnerable populations such as the elderly, the young, and people with chronic illness such as diabetes and heart disease. While available from mid-September to April, the CDC recommends getting the flu shot by the end of October. And yes, you need to get a flu shot every year to be protected! The vaccine is readily available at various locations on campus, as well as at health centers, health departments, doctor’s offices and pharmacies. Remember, UofL’s health plan covers the flu shot and FluMist at no charge. Recommended ages for the vaccine is 6 months and older.

BREAST CANCER AND EARLY DETECTION

October is breast cancer awareness month. Breast cancer is the second most common cancer in women. The good news is that the advancement of treatment has greatly increased the survival rate - if the cancer is found and treated early. Self-exams and mammograms are two of the best methods for early detection. Women over 40 are encouraged to talk with their doctor about when to start mammograms. Women ages 50-74 should consider getting mammograms at least every two years - more if higher risk. Share this important information with the women who are important in your life!

LIVEHEALTH ONLINE AND LIVEHEALTH ONLINE PSYCHOLOGY

Online health visits are easier than you think and LiveHealth Online has doctors available 24 hours a day. And LiveHealth Online Psychology offers an easy, convenient way to see a therapist or psychologist in just a few days. All you need is a smart phone, tablet or computer with a webcam. Learn more at http://louisville.edu/hr/benefits/health/LiveHealthOnlineCombined002.pdf

UPCOMING FIDELITY WEBCAST: UNDERSTANDING MEDICARE: COSTS, COVERAGE, & QUESTIONS ANSWERED

Available in November! Separate facts from fiction with this series of short video segments that can help you get more out of Medicare. Topics include how and when to enroll, Medigap and Medicare Advantage plans, understanding parts A, B, & D, and more. Watch them all or select the segments that are most relevant for you. Find out more: http://louisville.edu/hr/benefits/retirementplans/fidelity-understanding-medicare