

Quarterly NUFLEX BENEFITS NEWSLETTER

JUNE
2017

UNIVERSITY OF
Nebraska®

INTRODUCTION

Welcome to the 2017 edition of your quarterly University of Nebraska Benefits Newsletter. This is a quarterly communication that provides you with reminders and useful information in managing your University benefit selections.

Feel free to contact your campus Benefits Office with questions, and let us know if you have any topics you would like discussed in future newsletters.



PARTICIPATE IN THE TIAA FINANCIAL LITERACY QUIZ

Starting on June 12th TIAA is asking daily financial IQ questions. At any time during the month you can register to participate at www.whatsyourfinancialiq.org/q/nu/Quiz2. This contest is open to all University employees. You do not have to be an active participant with TIAA to sign up and learn.

QUESTIONS WILL COVER ITEMS SUCH AS:

- Personal Savings
- Investment Risk
- Living Expenses
- Financial Planning

It is a quick and fun way to learn about important financial concepts!

If at any time you would like to have a personal consultation with a representative of Fidelity or TIAA please call one of the numbers below to schedule an appointment:

- Fidelity 800-642-7131
- TIAA 800-732-8353



RETIREMENT DEFERRAL = TAX SAVINGS 2017 Maximum Retirement Plan Deferral Limits

There's no better time than right now to put away more dollars into the University of Nebraska Supplemental Retirement 403(b) Plan and Deferred Compensation Retirement 457(b) Plan. In 2017 you can contribute up to \$18,000 to the 403(b). Age 50 or older? You can contribute up to \$24,000 to the 403(b).

If your 403(b) contributions are on track to reach the maximum contribution amount allowed, you may be eligible to contribute up to \$18,000 to the 457(b) if you are under age 50. Those 50 or older may be eligible to contribute up to \$24,000 in the 457(b).

HOW TO INCREASE YOUR CONTRIBUTIONS

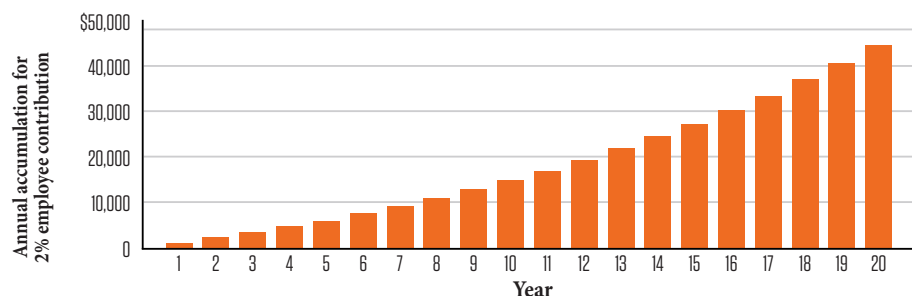
Complete the [Supplemental Tax-Sheltered Annuity 403\(b\) Program Pre-Tax Salary Reduction/Roth Deduction Agreement](#) form and return to your Campus Benefits Office.

NOT ENROLLED? IT'S EASY TO JOIN THE PLAN!

Go to [Online Retirement Plan Enrollment](#) for information and instructions on enrolling.

THE CHART BELOW SHOWS HOW AN EXTRA 2% INVESTED CAN ADD UP:

PROJECTED GROWTH



Assumes an annual salary of \$50,000 with annual salary increase of 2%, and 6% average investment returns for 10, 15 and 20 years.



EMPLOYEE AND DEPENDENT SCHOLARSHIP PROGRAM

Full-time and retired employees of the University who wish to continue their education may be eligible for tuition assistance through the employee scholarship program. Spouses and dependent children may also be eligible for a benefit under the dependent scholarship program.

ELIGIBILITY FOR EMPLOYEE SCHOLARSHIP PROGRAM

- All regular full-time (1.00 F.T.E) employees of the University are eligible to apply.
- Employees must be admitted students of the University and must have met all normal academic requirements for the courses taken.
- The Employee Scholarship Program applies only to academic credit courses being offered at any unit of the University of Nebraska. These courses may be taken for credit or audit.
- The University of Nebraska Employee Scholarship Program shall provide tuition equal to the University's resident tuition charge per semester credit hour.
- The Employee Scholarship Program is limited to no more than fifteen (15) credit hours in any 12-month period (August through July) and is normally restricted to no more than six (6) credit hours per semester.

For additional questions or information on the spouse and dependent children offerings please visit www.nebraska.edu/faculty-and-staff/benefits/employee-and-dependent-scholarships.html.



SET YOUR PERSONAL HEALTH AND WELLNESS GOALS TODAY

Employees and dependents enrolled in the University's health insurance plan have free access to an app that connects you to a certified nurse or health coach. Once you download the mobile app, called Wellframe, you'll be securely connected to a care nurse or health coach who will begin assessing your daily progress toward your wellness goals. With the help of the app, you will be able to receive messages directly on your device to help you achieve your goals. You will also have access to a library of articles and educational material to help you better understand any health topics that interest you. **Sign up by June 30th to reserve your spot.**

You and your health advisor can set reminders for medications, monitor goals, view daily activity and much more, utilizing the Wellframe app together.

Popular, personalized programs include:

- Weight management
- Healthy eating
- Smoking/Tobacco cessation
- Developing a physical activity program
- Stress Management
- Chronic health conditions (such as COPD, congestive heart failure, depression, diabetes, and high blood pressure)

You can start on the program today by downloading the Wellframe app from the App Store or Google Play. The first time you open the app you will enter your **member ID** and **use the verification/access code NEWELL**. Your health coach will connect with you to set up your personalized program. Or call toll-free 844-201-1546 to start the process.

Not ready to download yet? Request more information. You will receive the information within four business days.

CONTACT US

Additional questions about the University's Benefits Program? Please call your Campus Benefits Office:

UNL: (402) 472-2600 | UNMC: (402) 559-4340 | UNO: (402) 554-3660 | UNK: (308) 865-8516 | UNCA: (402) 472-5258



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