This is your chance to update your benefits for 2013

Please review the enclosed OPEN ENROLLMENT FOR 2013 material carefully, so that you choose the best options to protect your health, finances, and future. December 14, 2012 is the deadline to make benefit changes that will take effect on January 1, 2013.

Of particular importance:

**Open Enrollment November 14 - December 14**
Applies to our Medical, Dental and Vision insurance plans. Also to Flexible Spending Accounts. You’ll receive more detailed information about Medical and Dental in a separate mailing to your campus mail box. Vision open enrollment details are enclosed.

A Flexible Spending Accounts is the only benefit that requires re-enrollment each year. Your other benefit plans will automatically carry over.

**Insurance Rates**
Good news. With the exception of a small increase to Vision rates, our insurance premiums are not changing.

**Medical and FSA Plan Administrator Change**
UMR replaces QualChoice as the claims administrator for these plans.

An important new benefit is the **wellness program through Onlife Health**. This benefit is available to employees and spouses enrolled in the UA medical plan at no cost.

Are you ready to make a change towards a healthier life but need help getting started? Could you use a little encouragement and motivation? The University is partnering with Onlife to improve your health through small changes that will become a new, easy to maintain, positive lifestyle.
Here is what you need to do to start. There are two steps, which you can do in any order.

- **STEP 1: Get a biometric screening.**

  What’s done in the screening? It includes blood pressure, cholesterol, glucose, height, weight and a short medical history. The screening should take about 15 minutes.

  The screening is free, no cost to you. A schedule of screenings is posted on our website. There are many sessions held on the main UAMS campus, the AHECs and throughout the state at the other UA campuses.

  If you are unable to get a screening at one of the scheduled sites, you can visit your in-network primary care physician and it will be covered as a physical at $0 copay. You’ll need to take a form to your physician, which they will complete and mail to Onlife. This form is posted on Onlife’s portal (see step 2) and also on our website.

- **STEP 2: complete a health assessment questionnaire**

  - Click on GET STARTED.
  - Type in UAS as the key code.
  - Follow the online directions to create your username and password.
    (Keep these, as you’ll need them each time you access the site.)

  If you complete these two steps by January 31, 2013 you will receive a $25 gift card. Continue to participate in wellness events during the year and be eligible for quarterly drawings for $250 gift cards. Learn more details about this, plus health coaching and educational programs, in Onlife’s mailings to your home and on their website.

  As always, if you have questions or need help with your benefit changes, please contact Human Resources-Employee Services. Phone (501) 686-5650. Email AskHR@uams.edu. Internet [www.uams.edu/ohr](http://www.uams.edu/ohr). Or visit our new location on the 4th floor of the Central Building.

**Save these dates!**

The Employee Benefits fair is Wednesday, November 14, 9am-3pm, ground floor Ed II. This is also the first day of open enrollment.

**Friday, December 14 is the deadline** to make changes.

Enclosure: Open Enrollment for 2013