

Click on the links below for important benefits information as you plan to leave UAMS

[What Happens to My Benefits When I Leave UAMS?](#)

Details about your insurance coverage and retirement benefits

[COBRA Insurance Rates](#)

Continuation of Medical, Dental or Vision insurance

[Update your Address](#)

Update your address with UAMS and benefit vendors to ensure delivery of your W2, final pay check, etc.

[32 Day Form-Retirement Distribution](#)

Must be signed by an employee who wishes to access their TIAA or Fidelity retirement plan benefits within the first 32 calendar days after leaving UAMS employment. If you decide to “cash out” your TIAA or Fidelity retirement account you must complete a release form and contact [TIAA or Fidelity](#).

[Vacation and Holiday Payout](#)

This payout could take between 3 – 4 weeks after the clearance process is complete.

Other resources:

[The Arkansas Department of Workforce Services](#)

[UAMS Exit Survey](#) - Recommended exit feedback form

If you have any further questions, please contact Human Resources:

Hours: 8:00 am -4:30 pm, Monday-Friday
Telephone: (501) 686-5650
E-Mail: askhr@uams.edu
Location: 4th Floor Wing C, Central Building

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