

3rd Quarter  
October 1, 2018



### QUESTIONS?

Email us at  
[ulm.edu/hr/  
benefits](mailto:ulm.edu/hr/benefits)



### Inside this issue:

- **Annual Enrollment Information**
- **New HR Benefits link: [benefits@ulm.edu](mailto:benefits@ulm.edu)**
- **Updated benefits website: [www.ulm.edu/hr/benefits/](http://www.ulm.edu/hr/benefits/)**
- **Online access to TRSL**
- **FMLA Process**
- **October: Breast Cancer Awareness Month**

# University of Louisiana at Monroe Department of Human Resources

## 2019 Annual Enrollment

Annual enrollment begins October 1 and ends November 15, 2018. This is your opportunity to evaluate your health care needs and select a plan best suited to you and your eligible covered dependents. If you would like to remain in your current OGB health plan with the same covered dependents for the 2019 plan year, you do not need to do anything EXCEPT update your HSA and/or FSA contributions as applicable. Remember, members enrolled in the Pelican HSA775 and/or FSA options MUST update their contribution for 2019.

### Quarterly Benefits Newsletter

The University of Louisiana Monroe's human resources and benefits team are bringing you a quarterly newsletter to provide you with reminders and valuable information related to your benefits. Also, news about what's up and coming from your Human Resources Department.

We would like your feedback. Tell us what you want to know at [www.ulm.edu/hr/benefits](http://www.ulm.edu/hr/benefits).

### What's New for 2019?

Beginning January 1, 2019, the following changes will be effective for our Blue Cross and Blue Shield of Louisiana plans:

#### Coverage for Dependent Children:

- Grandchildren may be covered if the grandchild is unmarried, resides with the enrollee and is in legal custody of the enrollee. Coverage will continue until age 26.
- Dependents who are unmarried and in court-ordered legal custody/guardianship of the enrollee will be cov-

ered until age 18.

- A covered Child under age 26 who is or becomes incapable of self-sustaining employment may be eligible to continue coverage as an over-age dependent, if the Office of Group Benefits receives the required medical documents verifying the child's incapacity before he or she reaches age 26.



### Stay Informed about your TRSL retirement:

*Sign up for Member Access*

Get secure, online access to your TRSL account information through TRSL's Member Access.

Visit [www.TRSL.org](http://www.TRSL.org) and follow the registration instructions to create a user ID and password. Then you'll be able to:

- View your annual member statements.

- Estimate your benefit with calculators that load your account information.

- Update your name or address.

- Apply for retirement.

Connect with us online

- Subscribe to *eNews* and newsletters for news, legislation updates, and information on issues affecting TRSL.

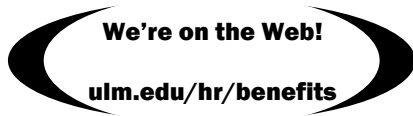
ULM Benefits News



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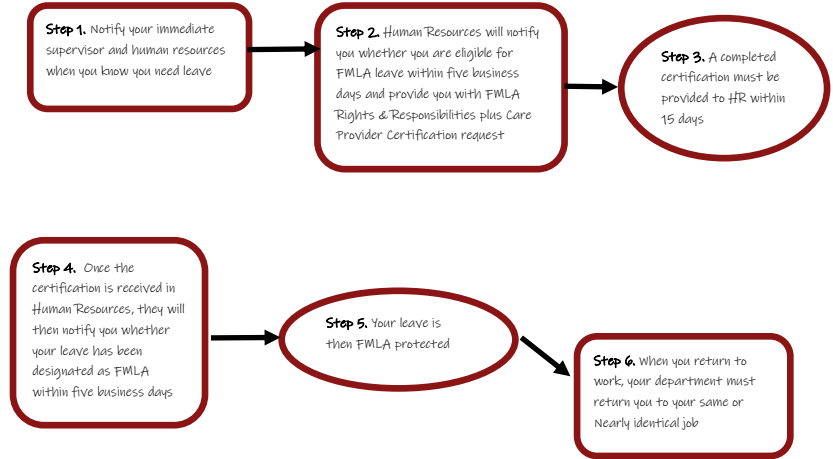
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### The FMLA Leave Process

This is a very basic overview of the FMLA Leave Process:



### WELLNESS:

### Get Fit at the Activity Center!



The Activity Center has so many options to fit your workout needs. They have an indoor track to run or walk, as well as various cardio equipment. Did you know that working out and staying healthy has many health benefits, such as lowering your risk for diabetes, lowering your blood pressure, helping you sleep better, and just feeling better all around. The Activity Center also has many different group exercise classes you can try. One new class offered during lunchtime (12:30 – 1:30) is their Bootcamp class. Bootcamp is an intense boot camp style class incorporating high and low impact movements and plyometric. Perfect for intermediate to advanced fitness levels. Prepare to sweat

and push yourself to the next level. It is a great class to challenge you and get you into shape!

Please visit the Activity Center website to find more information on what they have to offer <https://www.ulm.edu/recserv/wellness.html>.

