FLEXIBLE SPENDING ACCOUNTS (FSA)
FSA options include:
• Health Care FSA
• Dependent Care FSA

FSA elections will be effective on the 1st day of the month following your date of hire, or on your date of hire if that occurs on the 1st of the month.

Find additional information at rochester.edu/totalrewards/fsa.

METLIFE LEGAL PLAN (formerly known as Hyatt Legal Plan)
Receiv...
ENROLLMENT DETAILS
1. Go to TIAA.org/rochester and click “Ready to Enroll.”
2. Click “Register with TIAA.”
3. Follow the on-screen instructions to complete your enrollment. You will select your contributions, investment choices, and beneficiaries.

To receive credit for service completed at another eligible institution, you must submit the Retirement Service Credit Waiver on HRS (rochester.edu/hrms) by following the path Main Menu > Self Service > Benefits > Retirement Service Credit, within 90 days of your hire date for retroactive contributions.

WELL-U
The University’s wellness program, WELL-U, provides SEIU members with programs such as:
• Physical fitness development opportunities
• Food & nutrition support

Find additional information, including eligibility requirements, at rochester.edu/well-u.

LIFE-WORK CONNECTIONS/EAP
Professional & confidential guidance provided at no cost for employees and their immediate family members. Life-Work Connections/EAP will help assess issues and provide short-term counseling and referrals as needed with life events.
Find additional information at www.urmc.rochester.edu/life-work-eap.

GROUP AUTO & HOME INSURANCE
Receive special group discounted rates on auto and home insurance, plus the convenient option of paying your premiums through automatic payroll deduction.
Find additional information at www.YOURBenefitsExtras.com.

FAMILY CARE PROGRAM
The University’s Family Care Program offers:
• The Children’s School at URMC - priority placement and 10% discount
• Child Care Select - 10% discount at any KinderCare location

Find additional information at rochester.edu/totalrewards/family/.

LONG-TERM CARE
Long-term care (LTC) insurance pays for home health care, assisted living and nursing home care to help people with the functions of daily- to-day living when it becomes too difficult to do it on your own.

BUSINESS TRAVEL INSURANCE PLAN
The University provides benefits in case of accidental death, dismemberment, or paralysis while traveling on approved University business away from the principal place of employment for periods of 365 days or less. The travel assistance card is available online at rochester.edu/benefits/health/life-care/traveling and should be printed and carried with participants.

Individuals represented by collective bargaining agreements receive benefits in accordance with those agreements.

The University reserves the right to modify, amend, or terminate these plans at any time. This document provides only a summary of the main features of the plan. Detailed information on the benefit plans is available on the Total Rewards website at rochester.edu/totalrewards.