

## New investment options available in April

**A**s we reported in the December 2003 New Dimensions, two new UC-managed investment options will be available to participants in the Defined Contribution Plan and Tax-Deferred 403(b) Plan beginning in April: the TIPS (Treasury Inflation-Protected Securities) Fund and the Balanced Growth Fund (replacing the Multi-Asset Fund). The Money Market Fund will be closing and assets will be merged into the Savings Fund. Letters explaining what will happen to their balances in the Money Market Fund or the Multi-Asset Fund have been mailed to retirees with balances in those funds.

### The new funds

The new TIPS Fund is composed of United States Treasury Bonds whose principle will be adjusted for changes in the Consumer Price Index. The TIPS Fund will be a stand-alone investment option as

well as a component of the new Balanced Growth Fund.

The Balanced Growth Fund is a blended fund composed of three UC funds with an allocation of 65 percent Equity Fund, 30 percent Bond Fund, and 5 percent in the new TIPS Fund. The Money Market Fund and Savings Fund will not be part of the new mix.

### If you want to invest in TIPS or Balanced Growth funds

If you want any of your existing Defined Contribution Plan (DC Plan) or Tax-Deferred 403(b) Plan (403(b) Plan) balance to be transferred into the Balanced Growth Fund or the TIPS Fund, you may do so now by logging onto At Your Service and choosing “Your Benefits Online.” Transfers made by March 25 will be processed in April.

Because of processing time, your 403(b) Plan or DC Plan balances may not reflect your changes for a month or more. For example, transfer requests are processed once each month, and the cutoff date for processing transfers is the 25th of the month. If you request a transfer between March 26 and April 25, it will usually be reflected in your account balance around May 21, with an effective date of May 1.

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## New beneficiary designation process

**Retirees urged to designate insurance beneficiaries using new process**

**W**e’re pleased to announce a new online process for naming retirement plan beneficiaries, available in late March 2004.

### Retirement plan beneficiaries

The new online process will allow you to review your beneficiary designations at any time, and to name or change your beneficiary as necessary for UC retirement and savings plans.

### How to designate beneficiaries

To take advantage of this new process, log on to the At Your Service website (<http://atyourservice.ucop.edu>) and select “Your Benefits Online” on the right side of the home page. You’ll find a link—“View your Beneficiaries”—under “Your Money.”

A new paper form (UBEN 117) has been developed for those who can’t use the online application. Forms will be available from the UC Customer Service Center at 1-800-888-8267.

### Designate retirement beneficiaries using the new process

When you go online you will see any primary beneficiaries that

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## TIPS

### Fund objective

To provide total return and inflation-protection consistent with an investment in U.S. Government inflation-indexed securities.

### Risks

The value of the TIPS Fund is subject to the effects of changes in market interest rates caused by factors other than inflation. Generally, when interest rates rise, the value of inflation-indexed securities will fall and the fund's share value will decline. Interest rate risk should be moderate for the fund. The greatest risk occurs when interest rates rise and inflation declines.

In general, investors should expect the fund's unit price and total return to fluctuate within a wide range.

### Performance

Between 1998 and 2002, the Lehman U.S. TIPS Index (the fund's performance benchmark) has posted annual returns as low as 2.38 percent and as high as 16.57 percent.

### Benchmark

Lehman Brothers U.S. TIPS Index

### Who may want to invest?

Participants with a long-term investment horizon and/or those who want protection from the effects of inflation. Please note, however, that fluctuations in the market can cause the Fund's unit value to increase or decrease, and a period of sustained deflation could cause the Fund's value to fall.

## Balanced Growth Fund

### Fund objective

To provide long-term growth and income through a balanced portfolio of equity and fixed income securities held within UC-managed funds.

### Risks

The component funds that make up the Balanced Growth Fund are subject to the broad market risk of fluctuating prices, which can potentially reduce the value of an investment. The Balanced Growth Fund seeks to moderate risk by investing in three separate funds.

In addition, the risks include:

- Individual stocks and bonds will vary in value according to factors related to a company's own performance.
- Fixed income holdings carry the risk that a company will be unable to repay its debt obligations. In addition, as interest rates rise, the value of fixed income investments normally falls.
- TIPS may lose value during periods of deflation.
- Foreign securities may carry greater risk than domestic securities for a variety of reasons such as increased political risks, smaller markets, higher transaction costs, less rigorous accounting and reporting standards for corporations, and changes in currency rates vs. the U.S. dollar.

### Performance

With a more aggressive asset allocation mix than the Multi-Asset Fund, the Balanced Growth Fund's performance is likely to closely mirror the performance of the University of California Retirement Plan (UCRP).

### Benchmark

Weighted sum of the benchmarks of the Equity, Bond and TIPS Funds.

### Who may want to invest?

Investors at all points in their careers who are seeking growth with moderate market fluctuations. Investors with longer time horizons looking to maximize principal growth to fund retirement may want to use this Fund. 📌

# What you can do to influence the cost of your UC-sponsored insurance

*The cost of medical plans increased substantially for 2004 and all indications lead us to believe that we should expect the same type of increases for 2005. These double-digit increases, coupled with the State's budget deficit, will challenge UC to find creative solutions to ensure that all families have access to the best benefits possible. While UC can help by continuing to offer high quality plans, you may be asked to share a larger burden of the total cost of your health benefits.*



Shouldering more of the cost may make you wonder what you can do to help reduce the burden. Here are some suggestions, which you may wish to evaluate:

## Investigate wellness programs

Our UC-sponsored medical plans all offer wellness programs to help you maintain a healthy, active lifestyle. The quality of your health and level of wellness help contain plan costs for everyone.

You can explore the wellness offerings of all our plans through our At Your Service website. You'll find not only the programs available from your plan, but can also get general ideas about wellness measures by exploring each medical plan's site. The plans offer some of the following options: exercise programs, weight control, nutrition, smoking cessation, health education, and disease management and help for chronic conditions such as asthma, diabetes, high blood pressure, and hypertension. If you do not have access to the internet, call your plan directly for details.

## Consider your options for prescriptions

The increasing cost of prescription drugs continues to be the item which is most influencing the increase in our medical costs. You can help minimize this impact by talking with your doctor or pharmacist about generic alternatives to your brand name drugs. Not

only will you save money, but it will reduce costs for our medical plans, helping to keep monthly premiums in check. If you take prescription medication on an ongoing basis, check with your plan about a Mail Service Prescription benefit, which may offer multiple refills at a reduced copayment.

If you are a Blue Cross plan member, you may obtain mail service prescription quantities through UC Medical Center pharmacies. Contact your local UC Medical Center pharmacy for details, or see our At Your Service website.

## Evaluate your coverage

In the past couple of years, the University has provided a larger contribution towards the cost of your health care than to that of your spouse/same-sex domestic partner. If your spouse or partner has access to medical coverage through his or her own employer, you should evaluate whether keeping him/her on your plan is cost effective.

## Stay informed

Changes in our health care system and on the federal and state legislative front will continue to have an impact on UC's benefit offerings. Things such as prescription drug coverage under Medicare may help UC reduce its costs, while state mandates such as California's recent "Pay or Play" law may increase costs. Being informed and participating in the legislative process through your elected officials ensures that you have a voice. 🗣️

# Your benefits online

Internet access to your benefits (<http://atyourservice.ucop.edu>)

Our September *New Dimensions* article, “Web Changes—Personalize your online identification,” highlighted applications on the UC HR/Benefits website “Your Benefits Online.” These applications have been well received and we’d like to clarify that if you have a balance in the Defined Contribution Plan or Tax-Deferred 403(b) plan accounts, you may use “Your Benefits Online.” Through “Your Benefits Online” you may access your UCRS accounts to perform certain retirement account transactions.

## No self-service applications for health and welfare benefits

In the September article, we indicated that “Your Benefits Online” contains self-service applications for your health and welfare benefits. Please note the self-service applications on “Your Benefits Online” are limited to the following:

### Your Money

- View Your UCRS Account Balances
- Transfer UC Fund Balances (You can move your balances from one UC-sponsored fund to another)
- Request a Distribution (You can elect to have some of your accounts paid to you)
- Performance for UC-Managed Funds
- Investment Links 



**New beneficiary designation** continued from page 1

you designated for the retirement plan. However, you will not see any secondary retirement beneficiaries previously designated.

**You should review your retirement beneficiary designations for accuracy and designate insurance beneficiaries. By 2006, we plan to obsolete any beneficiary designations not submitted using the new process and to base beneficiary payments on order of succession unless designations have been identified through the new process.**

**Review your beneficiaries regularly** Please remember to review your designations periodically and to change your designations if you’ve had a major life event—marriage, divorce, birth of a child, or a death.

### Fidelity Investments

If you have 403(b) Plan money with Fidelity Investments, you’ll be pleased to know that Fidelity also has an online service to name or change your beneficiaries. The Online Beneficiaries Service, available through Fidelity netBenefits, is a convenient process that takes just minutes.

For direct access, just log on to <https://netbenefits.fidelity.com> and select “Beneficiaries” in the “My Profile” section. You can designate or update your beneficiary(ies) for your 403(b) Plan account and receive instant online confirmation.

You can also access netBenefits from the At Your Service website. Select “Your Benefits Online” on the right side of the home page. Under “Your Money,” select the link to Fidelity Investments and log on under “Fidelity netBenefits.” 

# UCSF brings women's health issues to UCTV

In response to the growing need for timely health-related information aimed specifically at women, UC San Francisco has launched "Women's Health at Twelve" (WHAT), a monthly lunch-hour series of talks given by UCSF faculty on contemporary topics in women's health. To insure the wide availability of this valuable information, the WHAT talks will be broadcast live to over 13 million households on University of California Television (UCTV), as well as webcast live at [www.uctv.tv](http://www.uctv.tv). All lectures will then be archived online for future "on-demand" viewing at UCTV's website.



The first two installments in the series, "Solution to Weight: Healthy Living and Self-Acceptance" (January 2004) and "Sex, Hormones and Moods: Finding Pleasure at Any Age" (February 2004) are archived at the UCTV website.

Future WHAT lectures are scheduled as follows:

- March 24 "Herbal Medicines for Women: What Works, What's Safe"  
Dr. Ellen Hughes, Osher Center for Integrative Medicine
- April 28 "Anxiety Disorders: More Than a Case of the Nerves"  
Dr. Ellen Haller, director of the WomenCare Mental Health Clinic
- May 26 "Mind Over Bladder: Managing Urinary Incontinence"  
Nurse Practitioner Janice Luft of the Women's Continence Center

The WHAT series is presented by the UCSF Center for Gender Equity and the UCSF National Center of Excellence in Women's Health. Each of the talks will be held at noon on the fourth Wednesday of each month through May 2004. For detailed descriptions of the talks or for other information about the UCSF Center for Gender Equity, call (415) 476-5222, or visit [www.ucsf.edu/cge/wg/programs/what/index.html](http://www.ucsf.edu/cge/wg/programs/what/index.html).

UCTV is a 24-hour channel offering the best in educational and enrichment programming from the campuses and national laboratories of the University of California. UCTV is available in over 13 million homes nationwide and can be viewed via:

- Direct Broadcast Satellite: nationwide, 24-hours a day on Dish Network Channel 9412
- Cable TV: Community channels in California (see [www.uctv.tv/cable](http://www.uctv.tv/cable) for details)
- Internet: Live webcast and subsequent "on-demand" streaming video at [www.uctv.tv](http://www.uctv.tv)
- C-band satellite: Nationwide (register at [www.uctv.tv](http://www.uctv.tv)) 📡



## Bulletin Board

*Bulletin Board is for UC retiree and emeriti association announcements and other articles of interest. The information contained herein does not necessarily represent the opinions of UC Human Resources and Benefits. UC HR/Benefits reserves the right to edit, correct, and/or decline to publish information submitted to New Dimensions. To post an announcement, write to New Dimensions or email [steven.ong@ucop.edu](mailto:steven.ong@ucop.edu).*

## From the outback to the glaciers

### Australia and the Outback plus New Zealand

#### **Council of University of California Retiree Associations' Travel Interest Group**

For an in-depth and enlightening travel experience, we hope you will consider joining UC Retiree Association members and friends on a 20-day tour of Australia and the New Zealand islands, with optional extensions to Rotorua and Fiji. The planned departure date for this trip is October 21, 2004.

The itinerary we have chosen is loaded with incredible features designed to acquaint you with this region's most distinct and memorable sites that highlight Melbourne, Alice Springs, Ayers Rock, Cairns, Great Barrier Reef, Sydney Opera House, Christchurch, Franz Josef Glacier Region, Queenstown, Milford Sound, Mt. Cook National Park, and much more. The trip will include a breakfast with kangaroos and a dinner with a New Zealand family. Wonderful hotel accommodations, must-see sightseeing, quality entertainment, exceptional dining experiences, and plenty of free time to enjoy this remarkable area are all included in this once-in-a-lifetime journey. This trip promises to be both educational and fun.

The land "down under" comes alive as you savor the amazing contrasts of sophisticated cities with spectacular scenery and cultural wonders. On this journey to Australia and New Zealand, you will find a

mixture of cultural exploration and lots of adventure and fun. Presented in an entertaining and informative style, the professional tour manager, joined by local experts, is always on hand to provide insight on the history, ecology, and geography of this fascinating region.

While in the land "down under" you will have the option of extending your trip with a relaxing visit to the beautiful paradise island of Fiji. Or perhaps you may want to continue your exploration of New Zealand with a two-night extension to Rotorua, a geothermal wonderland, where natural beauty and native festivities are sure to delight.

We are proud to offer this wonderful itinerary to you, our distinguished members, as well as your friends, for \$4,699 double, \$5,699 single, and \$4,599 triple. All rates are per person with departures from Los Angeles and include round trip air, hotel transfers, and departure tax. Not included is cancellation waiver and insurance for \$200.

We hope that you will be able to join us. Not much time is left to make reservations, so act now. A deposit of \$250 per person is due at time of booking; final payment is due August 8, 2004. For full details, including reservations and optional extensions, contact the Special Accounts Desk, 877-584-7302, and ask for Cochetta Dolloff (e-mail: [cdolloff@collettevacations.com](mailto:cdolloff@collettevacations.com)) or Annie Vendetti and refer to Reservation No. 673298.

For general information, contact Rosemary Norling, UC Travel Interest Group representative, at [Rnorling@ucsd.edu](mailto:Rnorling@ucsd.edu). 📍

## New Dimensions

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Editor: Steven Ong  
steven.ong@ucop.edu

Design: Kathy Kirkpatrick

**UNIVERSITY OF CALIFORNIA  
HUMAN RESOURCES AND BENEFITS**

P.O. Box 24570  
Oakland, CA 94623-1570

Associate Vice President:  
Judith W. Boyette

Executive Director, Client Relations and  
Diversity: Kay Miller

Associate Director, Communications:  
Carl Klompus

Periodicals Manager/Editor:  
Norm Cheever

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In conformance with applicable law and University policy, the University is an affirmative action/equal opportunity employer. Please send inquiries regarding the University's affirmative action and equal opportunity policies for staff to Director Mattie Williams, University of California Office of the President, 300 Lakeside Drive, Oakland, CA 94612 and for faculty to Executive Director Sheila O'Rourke, University of California Office of the President, 1111 Franklin Street, Oakland, CA 94607.

# Comments or questions?

Write *New Dimensions* at:

University of California, Human Resources and Benefits  
P.O. Box 24570, Oakland, CA 94623-1570

Email: [steven.ong@ucop.edu](mailto:steven.ong@ucop.edu)

## Retiree Newsletter on Audio Cassette

This newsletter is available on audio cassette tape for visually impaired and disabled retirees. If you are interested, call *New Dimensions* at 1-800-239-4002, extension 79836, and leave your name, address, and phone number. Please indicate that you want to receive *New Dimensions* on tape and future *New Dimensions* recordings will be sent to you. Please note that audio cassette tapes are generally mailed four weeks after each *New Dimensions* mailing.

## Retiree Association Contacts

Use this listing if you're interested in joining an association, or to inform your association of an address change.

	<b>Emeriti</b>	<b>Retirees</b>
Berkeley	UCB Retirement Center 510-642-5461	UCB Retirement Center 510-642-5461
Davis	Edmond Constantini 530-752-0974 <a href="mailto:egconstantini@ucdavis.edu">egconstantini@ucdavis.edu</a>	Charles Lacy 530-756-4372, <a href="mailto:calacy@ucdavis.edu">calacy@ucdavis.edu</a>
Irvine	Lyman Porter 949-824-6204, <a href="mailto:emeriti@uci.edu">emeriti@uci.edu</a>	Emeriti/Retiree Office 949-824-6204
LANL	N/A	Mary Mariner 505-672-1950 Chuck Mansfield 505-662-2115
LBNL	N/A	Bud Larsh 510-724-1202, <a href="mailto:almonlarsh2@juno.com">almonlarsh2@juno.com</a>
LLNL	N/A	Lawrence Livermore Employee Services Association 925-422-9402
Los Angeles	Emeriti/Retiree Relations Center 310-825-7456 <a href="mailto:emeriti@humnet.ucla.edu">emeriti@humnet.ucla.edu</a>	Emeriti/Retiree Relations Center 310-825-7456
OP & Regents	N/A	Karl Droese 925-376-0468, <a href="mailto:kdroese@comcast.com">kdroese@comcast.com</a>
Riverside	Dericksen Brinkerhoff 909-682-3293 <a href="mailto:dericksen.brinkerhoff@ucr.edu">dericksen.brinkerhoff@ucr.edu</a>	Betty Morton 909-689-4381, <a href="mailto:TheMortons@aol.com">TheMortons@aol.com</a>
San Diego	Sandi Pierz 858-534-0101	Suzan Cioffi 858-534-4724, <a href="mailto:scioffi@ucsd.edu">scioffi@ucsd.edu</a>
San Francisco	William F. Ganong 510-526-5680	Frances Larragueta 415-731-3109
Santa Barbara	Emeriti/Retiree Relations Center 805-893-2168 <a href="mailto:gina.lopez@hr.ucsb.edu">gina.lopez@hr.ucsb.edu</a>	Emeriti/Retiree Relations Center 805-893-2168
Santa Cruz	Stanley D. Stevens 831-475-9172	Nancy Pascal 831-423-2422, <a href="mailto:njpascal@cruzio.com">njpascal@cruzio.com</a>

Note to associations: To update a listing, write to Steven Ong at *New Dimensions* (Email: [steven.ong@ucop.edu](mailto:steven.ong@ucop.edu)).



University of California  
Human Resources and Benefits  
PO Box 24570  
Oakland, CA 94623-1570

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