new dimensions

Get rewarded for taking simple, healthy steps

We all want to live healthier, happier lives. UC Living Well, UC’s systemwide wellness initiative, is partnering with Optum in 2014 to offer innovative programs and services. Optum is a health and well-being company serving nearly 60 million people. As part of their unique offerings, Optum developed a wellness portal that allows people to create a personalized and private health website. You can even earn rewards by completing simple activities, many of them online. When you earn 7,500 points, you’ll receive a $75 Visa® Rewards pre-paid card. Use your Rewards card anywhere Visa is accepted. This program is available to employees and retirees. Spouses and domestic partners are not eligible for the Rewards card, but they may participate in the UC Living Well coaching, and online programs. Here’s how it works.

First, complete the Total Health Profile. It takes just 15 minutes and you’ll earn 5,000 points. Find out your health age and learn helpful tips for improving your health and reducing your risks. Your responses and results are kept strictly confidential.

To complete your Total Health Profile, go to uclivingwell.ucop.edu, select the I WANT/I GET button and log on to the Wellness website. The Wellness website is organized into three parts: I AM, I DO and I GET. You’ll find the Total Health Profile under I AM. You’ll receive credit upon completion.

Take part in Wellness Coaching programs, online or by phone.

The Wellness website may suggest programs based on your Total Health Profile results. Earn 2,500 points for completing an online Wellness Coaching program. These are found in the I DO section. Each program has helpful articles and fun tools and trackers to help you see your progress.

You can also earn 2,500 points for simply enrolling in a telephonic

UCOP launches new website for employees and retirees

The UC Office of the President is launching a new website this month that aims to make life easier for retirees, faculty and staff.

The new site, called UCnet, is the fruit of more than two years of development by OP’s internal communications team and is part of a broader strategic initiative to improve the university’s websites. UCnet (ucnet.universityofcalifornia.edu) is meant to make it simpler for faculty, staff and retirees to keep up with what’s happening at UC, find information about benefits and policies and quickly access personal accounts. It’s also designed to allow users to learn about and engage with colleagues around the system, and build a stronger sense of community.

UCnet, set to launch in early February, replaces At Your Service as the source of information about benefits. At Your Service Online (AYSO), the password-protected portal that employees and retirees use to access their personal pay and benefits information, will still exist. UCnet provides links to AYSO and Fidelity Retirement Services. UCnet offers timely news about UC and a wide array of tools and resources, such as a gateway to systemwide data and policies.

*UCnet is designed to be a source of news and a home for resources and transactions for UC employees and retirees,* said Paul Schwartz, UC’s director of internal communications.

The information here does not apply to Los Alamos or Lawrence Livermore National Labs retirees. Your benefits are provided by LANS and LLNS, not UC.

Inside

2 News about your benefits
3 Research of interest
4 Share your stories

Quoteworthy

“Our goal is to give employees and retirees a site that makes it easy to get information, conduct personal business and stay connected with the UC community.”

Paul Schwartz, Director of Internal Communications

Spotlight

The 2014 retirement benefit payment schedule is now available.

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news about your benefits

Changing your medical plan after Open Enrollment

UC made significant changes to its medical plan offerings for 2014, and some retirees who did not make elections during Open Enrollment may have been defaulted to a plan they don’t want.

Talk to the Retirement Administration Service Center about making a change. Depending on whether you used medical services in 2014, there may be an option to change your enrollment retroactively or change it prospectively.

Check your January Direct Deposit statement and if you think you are enrolled in the wrong plan, contact the Retirement Administration Service Center (800-888-8267) as soon as possible and no later than March 31, 2014.

Retirement benefit payment schedule for 2014

<table>
<thead>
<tr>
<th>Payment month</th>
<th>Direct deposit date*</th>
<th>Payment month</th>
<th>Direct deposit date*</th>
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<tr>
<td>May</td>
<td>5/30/2014</td>
<td>November</td>
<td>12/1/2014</td>
</tr>
<tr>
<td>June</td>
<td>7/1/2014</td>
<td>December</td>
<td>12/31/2014</td>
</tr>
</tbody>
</table>

* The making date for paper checks and direct deposit statements will be the same date as the payment date except for the December benefit payment, which will mail Jan. 1, 2015.

For more information, read the Direct Deposit for Retiree Monthly Benefits Factsheet. To sign up for direct deposit, complete an Enrollment, Change or Cancellation - Direct Deposit form (UCRS 160). Both publications are available online in the Forms and Publications section.

Did you get a new medical plan ID card?

If you changed medical plans during Open Enrollment last fall, you should have received new ID cards by now.

If you enrolled in a Blue Shield plan (Blue Shield Medicare PPO, Blue Shield Medicare PPO without prescription drugs, Blue Shield Health Savings Plan, Core or UC Care), you receive up to two copies of your cards in the initial mailing and both cards are in the name of the retiree. Blue Shield does not issue cards in the name of dependent members. Retirees in the Blue Shield Medicare Plans should have received a pharmacy card as well.

Health Net sent new cards to all members (Blue & Gold and Seniority Plus), while Kaiser and Western Health Advantage sent cards only to new members. If you did not receive your ID cards or want additional cards, call your plan.

UC retirees rewarded continued from page 1

Wellness Coaching program.

Earn another 2,500 points for completing it. Programs are available to help you create (and stick to) an exercise plan, lose weight, quit smoking and manage stress. There are also programs that help with diabetes and heart health. Working one-on-one with a wellness coach by phone may be just what you need to jumpstart your fitness plan.

Join us for on-campus UC Living Well activities. Your UC campus or medical center offers a variety of health and wellness activities, including wellness challenges, UC Walks and group fitness programs. You can receive points for taking part in up to two on-campus UC Living Well activities. Use the contact information at right to find out about on-campus activities. Stay connected with our vibrant and active UC community. Check out the Wellness website at uclivingwell.ucop.edu. Or call 1-855-668-9775 to learn more about wellness coaching.

Note: Retirees in the Extend Health Medicare Coordinator program are not eligible to participate in this program.

Want to learn more about on-campus wellness activities?

At some campuses, retirees are welcome to participate in any on-campus wellness activity, and at others the offerings are limited. Visit the websites below or contact the campus wellness coordinator to learn more.

UC Berkeley

Medical and health matters: Trish Ratto

510-642-7324

UC Davis

Barbara Ashby

530-752-5976

UC Davis Medical Center

Marina A. Poderonom

916-734-2760

UC Irvine & UC Irvine Medical Center

Cynthia Anderson (medical center)

714-456-6827

UC Los Angeles

Kelly Shedd

310-794-7765

UC Los Angeles Medical Center

Raginig Gill

310-794-0529

UC Merced

Julie Chobdee

951-827-1488

UC Riverside

310-794-3083

UC Santa Barbara

Ginnie Thomas

805-893-5520

UC San Francisco Campus

Leeane Jensen

415-514-4950

UC Santa Cruz

Colleen Thompson

831-502-7375

UC Irvine & UC Irvine Medical Center

714-456-6827

UC San Diego

530-752-5976

UC San Francisco Campus

Leeane Jensen

415-514-4950

UC Santa Barbara

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UC Santa Barbara

Ginnie Thomas

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UC San Francisco Campus

Leeane Jensen

415-514-4950

UC Santa Cruz

Colleen Thompson

831-502-7375
High levels of “good” cholesterol and low levels of “bad” cholesterol are associated with lower levels of amyloid plaque deposits in the brain, said Bruce Reed, lead study author and associate director of the UC Davis Alzheimer’s Disease Center. “Unhealthy patterns of cholesterol could be directly causing the higher levels of amyloid known to contribute to Alzheimer’s, in the same way that such patterns promote heart disease,” he said.

The relationship between elevated cholesterol and increased risk of Alzheimer’s disease has been known for some time, but the current study is the first to specifically link cholesterol to amyloid deposits in living human study participants, Reed said. Charles DeCarli, director of the Alzheimer’s Disease Center and an author of the study, said it is a wake-up call that, just as people can influence their late-life brain health by limiting vascular brain injury through controlling their blood pressure, the same is true of getting a handle on their serum cholesterol levels. “If you have an LDL above 100 or an HDL that is less than 40, even if you’re taking a statin drug, you want to make sure that you are getting those numbers into alignment,” DeCarli said. “You have to get the HDL up and the LDL down.”

Reed more at: ucdmc.ucdavis.edu/publish/news/newsroom/8555
communications. “Our goal is to give employees and retirees a site that makes it easy to get information, conduct unloading business and stay connected with the UC community.”

UCnet is one of three new websites created by Office of the President communications in the past year to improve the information and resources offered online. The other two are ucop.edu, the Office of the President’s website, which launched last year, and UCal (universityofcalifornia.edu), a site for prospective students, parents and other external audiences.

UCnet is organized into five sections, each with its own distinct focus. The Home page, where most readers will start, serves as UCnet’s “front page,” containing top news about what’s going on at UC, a sampling of top items from other sections of UCnet and links to important parts of the site’s other sections.

The News section offers news stories about the university. It is organized around five categories including administration, employment and people. All in all, UCnet’s news section offers a much richer selection of news about UC than At Your Service. The section also has a retiree news section and a "UC in the news” section containing some of the best and most interesting items about UC from news outlets around the world.

Want to go green?
Consider signing up for the electronic version of New Dimensions. Simply sign in to your personal account on At Your Service. Under the “Stay Connected” tab, choose “Newsletter.”

Working at UC is a window into the diverse and fascinating community of university employees. There will be in-depth stories about faculty and staff, opportunities to connect with people at other campuses and links to campus websites around the system. The section also contains information about how faculty and staff can develop their careers, how to manage work-life balance and other wellness and career-related resources.

Compensation and Benefits is the section for users who want information about pay, benefits, how to handle a life event and other employment- or retirement-related matters. The section contains comprehensive ‘roadmaps’ to guide employees and retirees through events like adding a family member or, enrolling in Medicare.

Lastly, the Tools & Services section is the go-to page when searching for a policy, data tools or information about UC’s libraries. The section also contains details on travel services, publishing, research grants and safety on the job.

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