

new dimensions



Protect your loved ones: Keep your beneficiary information up to date

You worked hard to earn your UC benefits, designed to protect you and your family. Start off 2023 by taking a few minutes to ensure your benefits are there for your loved ones when they need them.

It's important to review each of your UC benefits accounts to make sure your personal information and your beneficiary information — who you've designated for each account and how to contact them — is up to date. Depending on your benefits, you'll need to designate beneficiaries for:

- UC Retirement Plan (UCRP) benefits

- Accidental death & dismemberment (AD&D) insurance
- UC Retirement Savings Plan accounts (including Savings Choice, Pension Choice supplemental accounts and other DC, 403(b) and 457(b) Plans)

Please note: If you are married, your spouse may have a legal interest in benefits payable at your death. A beneficiary designation may be subject to challenge if it will result in your spouse receiving less than your spouse's share of that portion of the benefit that is considered community property.

How to designate and update beneficiaries

You can update beneficiaries online through your secure UC Retirement At Your Service (UCRAYS) and/or Fidelity NetBenefits accounts. Here's how:

UCRAYS: UCRP and AD&D

Log in to UCRAYS (retirementatyour.ucop.edu) and click "Manage Contacts" on the main menu. On the Manage Contacts page, click "Manage Beneficiaries," and complete the steps to add and or edit your beneficiary information. After you've reviewed and confirmed

your beneficiary designations, a confirmation will be sent to your email address on file.

Make sure the contact information on file for you and your beneficiaries is complete and accurate, as well.

Fidelity: UC Retirement Savings Plan accounts

Log in to your netbenefits.com account and click on "Profile." Note that you need to designate a beneficiary for every UC Retirement Savings Plan account you own.

In addition to keeping your beneficiary information up to date,

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If you are Medicare-eligible, living outside of California and 64-years-old or older

UC sponsors a Medicare Coordinator Program, administered by Via Benefits, for Medicare-eligible retirees and family members living outside California. Here is important information about your medical coverage.

New members

Eligibility for the Medicare Coordinator Program can be triggered by any of these events when all covered family members are 64-years-old or older and Medicare eligible:

- Retirement
- New home address outside California
- Medicare eligibility of all covered family members
- Covered family member turns 26 and is no longer eligible for UC health coverage, and all remaining family members are 64-years-old or older
- Retiree returning to UC medical coverage due to involuntary loss of other medical coverage or during UC's Open Enrollment

Once you meet the eligibility for the Medicare Coordinator Program, your information will be shared with Via Benefits. You will begin to receive regular communications from Via Benefits as early as 12 months before your youngest fam-

ily member turns 65. This is to prepare you for Medicare and to assist you with your enrollment through Via Benefits. You will remain enrolled in your current UC medical plan until your enrolled youngest family member turns 65, then all in your family must transition to the Via Benefits' medical plans. In some cases, Via Benefits may contact you as late as two months before the enrollment effective date.

Existing members

The Medicare Annual Enrollment period (AEP), which runs from Oct. 15 to Dec. 7 every year, is your opportunity to change medical plans. Some members, however, may change their medical plans outside of this period. Members who enrolled in new Medicare Advantage plans may change to another Medicare Advantage plan between Jan. 1 and Mar. 31. Members who are enrolled in Medicare Supplemental plans may change to another Medicare Supplemental plan any time during the year. However, this change may be subject to underwriting.

Contact Via Benefits at 1-855-359-7381, Monday through Friday, 5 a.m. to 4 p.m (PT) or visit thegrooveviabenefits.com or my.viabenefits.com/uc. For more

information or to see if a plan change is right for you.

Moving back to California?

First make sure Via Benefits and the UC Retirement Administration Service Center (RASC) have your new home address. The address must be a physical address as required by CMS (Centers for Medicare and Medicaid Services). Next, contact Via Benefits to verify whether your new address is in the service area of your current plan. If not, you'll need to enroll in a new plan through Via Benefits. UC's next Open Enrollment period is your opportunity to return to a UC group medical plan if you wish. To enroll, you must submit a UBEN 100 form and the appropriate Medicare Assignment forms to RASC during Open Enrollment.

For more information on the Medicare Coordinator Program, visit ucal.us/medicarecoordinator.

For more information on Medicare, FAQs about this program and plans offered through Via Benefits, visit: my.viabenefits.com/uc and select "Shop for Plans" or call 855-359-7381, Monday through Friday, 5 a.m. to 4 p.m. (PT).

2023 benefit direct deposit dates

The following chart lists the mailing dates of direct deposit statements and checks, and the direct deposit posting dates for UCRP monthly retirement, survivor and disability benefit payments.

Payment month	Direct deposit date
January	2/1/2023
February	3/1/2023
March	3/31/2023
April	5/1/2023
May	6/1/2023
June	6/30/2023
July	8/1/2023
August	9/1/2023
September	9/29/2023
October	11/1/2023
November	12/1/2023
December	1/2/2024

New retiree webinar series starts in March

Next month, UC will launch a new series of webinars to provide retirees with timely, relevant information on a variety of retirement issues. Morning and afternoon sessions will be offered, and spouses or family members are also encouraged to attend.

The first webinar, "Five Steps to a More Financially Secure Retirement," will be held on Tuesday, March 21, 10 to 11 a.m. (PT) and 1 to 2 p.m. (PT). It will cover developing financial confidence and maximizing retirement income.

To register for the webinar go to: https://fmr.zoom.us/webinar/register/WN_-OKImxAbQwO3BPratlauCA

For more information on the series, go to: www.myuciretirement.com/TrackPage/4

Questions regarding the retiree webinar series can be submitted to UCRSwebinars@ucop.edu.

Access your retirement benefits tax statement

It's tax season, and if you haven't accessed your 2022 1099-R, the following is information on how to do so safely:

- If you have requested to receive 1099-R forms electronically, they are available for viewing and downloading from your UC Retirement At Your Service (UCRAYS) account at retirementatyour.service.ucop.edu. Go to "Benefit Payments & Taxes" and choose "Tax Statements." For security reasons, you will be sent an email when you view your statement(s). You will also be required to verify your identity by entering a onetime code that is sent to you via text to your cell phone number on file or to your personal email.

- Printed 1099-R forms were mailed by Jan. 31 to the address you have on file. UC sends you a printed form unless you request an electronic version. If you still prefer receiving this form by U.S. mail, make sure your mailing address is always up to date in UCRAYS or call the UC Retirement Administration Service Center at 800-888-8267.
- Though the deadline to request electronic delivery of your 2022 forms has passed, sign in to your UCRAYS account to request electronic delivery of next year's tax statements. Go to "Edit Profile" then to "Communications Preferences." Under "Tax Statements," choose "UCRAYS."

- Learn more about Getting Help with UCRAYS at ucal.us/retireehelp.

Please note that UC does not send actual tax statements to employees or retirees by email or text.

If you have requested an electronic statement, you must log in to UCRAYS to view and download it. If you receive an email or text that has an attachment for viewing your tax statement, it is a phishing scam designed to gain your private information. Do not open any attachments or click on any email links.

Musical Mondays: A pandemic project



Nick Royal
Coordinator, Merrill College Field Study Program,
UC Santa Cruz

Just after we were shut down by COVID on Monday, March 24, 2020, I sent out a recording of me playing the mandolin and singing the ballad, “The Water is Wide” to a number of my friends. The next Monday I did it again with a different song, thinking I might do it for a few months.

At around six months, I decided to send out my “Musical Monday” songs for a year. By this time, I was adding commentary along with my mp3 recording, some history on a song, where I had learned it and why I liked it.

For 2 1/2 years I sent out my “Musical Monday” songs to an email list of over 200 friends. Since I knew a lot of musicians, if they gave me permission, I would send out one of their recorded pieces, thus introducing my listeners to a musician they might not have known.

My last song was sent out Oct. 11, 2022: “Happy Trails” by Dale Evans. I got some nice feedback about the song and the ending of my Musical Mondays project.

A sample comment: “Nick, are you sure you want to quit? All during COVID and beyond you’ve helped me and others, I’m sure, get through those years with your Monday musicals.”

I know it was a great activity for me, and with “Happy Trails” I felt COVID was less of an issue and I was at a good stopping place.

Coming full circle



Barbara R. McLain
Associate Clinical Professor of Nursing,
UC San Francisco

In 1990, at the age of 43, I was Associate Clinical Professor of Nursing at UCSF, with a joint appointment in the School of Medicine. I ran the Family Nurse Practitioner Program, which I helped to start 12 years earlier.

Armed with administrative experience and a doctoral degree, I thought it was time to pursue what might be next. Perhaps, dean in a nursing school? Instead, I began to receive messages from all sorts of places, such as dreams and workshops, that it was time to leave academia behind and pursue my original dream of becoming an artist. Entering college, my father did not approve of that preferred career path.

The messages were so strong that I listened, giving up my UCSF appointment, my rent-controlled apartment, my life in San Francisco, as I headed to New York City and the Art Students League in Manhattan.

Now, 32 years later, I find myself experiencing a full circle. After a career in painting, alongside work as a hospice nurse, my artwork has been selected for the Serenity Exhibit at the UCSF Center for Excellence in Women’s Health, coordinated by the San Francisco Women Artists. My artwork has always leaned figurative, and lately has merged abstraction with the figure, mostly female. This exhibit, “Radiant,” runs through May 5 at UCSF.

Beneficiary information continued from page 1

you can review and edit personal and contact information and choose how you would like to receive important information. A telephone number is required for multi-factor authentication, an added level of account security enabled on netbenefits.com.

How to help your beneficiaries prepare

These can be difficult conversations, but it’s a good idea to let those you’ve designated as beneficiaries know, so they are aware of the process and of benefits they may expect to receive. Representatives at Fidelity (866-682-7787) and the UC Retirement Administration Service Center (RASC; 800-888-8267) are ready to help, including a dedicated RASC team that will begin serving survivors in the coming weeks.

Share Your Stories

Doing something interesting in your retirement or at your UC Retirement Center? Tell your story in New Dimensions. Email us at NewDimensions-L@ucop.edu.

UC’s retiree and emeriti associations and UC Retirement Centers use online communications to interact with retirees and emeriti about services and programs.

Go to ucnet.universityofcalifornia.edu/retirees/associations.html for a list of emeriti and retiree association and Retirement Center contacts. If you have moved away from your home campus, you are welcome to affiliate with the association or center near where you live.

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For benefits questions:

RASC:

800-888-8267 (8:30 a.m. – 4:30 p.m., PT)

UCRAYS:

retirementatyourservice.ucop.edu

UCnet:

ucnet.universityofcalifornia.edu/retirees

Want to go green?

Consider signing up for the electronic version of *New Dimensions*. Go to retirementatyourservice.ucop.edu, select “Edit Profile,” click “Communication Preferences,” under “Communication Type,” go to “Newsletters and other General Information” and select “Email.”

travel opportunities

Join fellow UC retiree world travelers

Retirees have been traveling the world with UC Retirees Travel, discovering iconic sites and exploring off-the-beaten path destinations.

Last fall for example, on a trip to Chile and Argentina, travelers visited historical and cultural sites, hiked in beautiful locations, rafted down a river, rode horses at a ranch, enjoyed great food and drink, and cheered with the locals as Argentina won the World Cup soccer tournament.

Would you like to join fellow UC retirees in these kinds of adventures? As of press time, space remains in many 2023 and 2024 tours, including Ireland, Iceland, Greece, Cuba, and more, but slots are filling quickly.



UC retirees and their guests bundled up to visit Perito Moreno Glacier in Argentina's Los Glaciers National Park. Right, UCSB Stephanie Coghlan and friend Patricia Arciniaga.



UCLA retiree Aune Moro on a horseback ride in Argentina.

For more information on upcoming adventures, visit the UC Retirees Travel website at cucra.ucsd.edu/travel or email UCRetireesTravel@gmail.com.

By participating in UC Retirees Travel, you help to support to the Council of UC

Retirees Associations (CUCRA). CUCRA is comprised of volunteer representatives from each of the UC retiree associations, who meet with UC Office of the President representatives twice per year and advocate for retiree benefits and services.



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Are you moving?

To continue receiving *New Dimensions*, be sure to notify UC of your new address online: retirementatyour.service.ucop.edu or by submitting a *UC Benefits Address Change Notice*, available online at ucnet.universityofcalifornia.edu or from the Retirement Administration Service Center at 800-888-8267.

Home visits for Medicare Advantage plans

House calls are available for Medicare Advantage members of plans noted below. House calls are visits made by medical professionals to provide certain types of care or services.

Kaiser Permanente Senior Advantage

House calls are by a plan physician (or a plan provider who is a registered nurse) inside your Home Region Service Area when care can best be provided in your home as determined by a plan physician. There is a \$20 copay for each visit.

UnitedHealthcare® HouseCalls

UnitedHealthcare HouseCalls is designed to complement your annual wellness visit with your doctor. It is an annual in-home or online virtual clinical visit with one of the plan's

licensed medical staff that supports the care of your primary care provider.

A HouseCalls health care practitioner will review and update your medical history, review your current medications and go over any preventive screenings that may be due. It's a chance for you to ask health care questions and get answers at no cost to you.

Now, you can earn a \$50 Visa card for completing a HouseCalls visit in 2023. After you complete a HouseCalls visit, your reward card will be sent to you within two to four weeks. HouseCalls visits are available in most, but not all areas.

To see if HouseCalls is available in your area, call 1-866-447-7868, TTY 711, Monday through Friday, 5 a.m. – 5:30 p.m. Pacific Time. To learn more, visit: UHCHouseCalls.com



2/23 75M

A promotional graphic for UCAN. It features a smiling man in a white lab coat with a stethoscope around his neck. The UCAN logo is in the top left corner. The text "Pledge to stand with UC" is prominently displayed in a white box. Below it, a message says "When we're united, we bring real change to issues that matter. Will you join us?". At the bottom, it says "Text 'UC PLEDGE' to 52886 or visit ucal.us/pledge".

UCAN

Pledge to stand with UC

When we're united, we bring real change to issues that matter. Will you join us?

Text "UC PLEDGE" to 52886 or visit ucal.us/pledge