

# new dimensions



## Invest in a stronger, healthier you

Preventive care isn't just about avoiding illness. It's about investing in a stronger, healthier future for yourself, your family and your community. It's also included in your UC benefits.

All Medicare members are eligible for a Medicare yearly "Wellness" visit — an opportunity to check in on your health with screenings and a personalized health plan. Wellness visits are tailored specifically for your age, gender and health needs, and generally include height, weight and blood pressure checks; a health risk assessment; updates to your prevention plan; medication review; health advice; advance

care planning; and cognitive assessments.

Here are some reasons to take advantage of your yearly "Wellness" visit:

- Cancer cases are rising — especially among women under 50, according to the American Cancer Society (ACS). However, so are survival rates, thanks in part to early detection.
- A routine mammogram can spot breast cancer before you notice any symptoms. When it's caught early, the survival rate is about 99%, says the ACS.
- A colonoscopy doesn't just find colon cancer early; it can help prevent it by finding and removing precancerous growths.
- Vaccines help your immune system recognize and fight disease, reducing your risk of infection. Vaccines are not always 100% effective, but they reduce your chances of getting seriously ill if you are infected. They go through strict safety testing, and their benefits far outweigh the low risk of side effects.

Staying on top of preventive care is one of the simplest ways to

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## Staying safe in a digital world

The internet makes daily life easier — from following the news and staying connected with loved ones to managing your bank account and UC retirement benefits. Unfortunately, it also opens the door to scammers, who are becoming more sophisticated every year.

In 2024, seniors lost \$4.8 billion to online fraud, according to the FBI. That figure doesn't include unreported cases, and estimates suggest actual losses could be over \$80 billion.

The UC community must be vigilant and work together to defend against these threats — including attacks that have targeted UC retirees. Here's more information about what UC is doing and how to protect yourself.

### Attacks against UC retirees

The UC Retirement Administration Service Center (RASC) has learned of recent attempts to defraud UC retirees by changing their direct deposit information in UC Retirement At Your Service (UCRAYS), and/or by initiating transactions on their behalf.

**It is critical that you monitor your benefit payments carefully and contact the RASC immediately if you suspect fraud.** (See the end of article for contact information.) The RASC conducts a thorough investigation into the specific facts and circumstances of each case of fraud (or suspected fraud) that impacts our members to determine how to address the situation and reduce future risks.

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## 2026 retirement 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/ MAIL DATE
January	1/30/2026
February	2/27/2026
March	4/1/2026
April	5/1/2026
May	6/1/2026
June	7/1/2026
July	7/31/2026
August	9/1/2026
September	10/1/2026
October	10/30/2026
November	12/1/2026
December	1/4/2027

## Help shape the future of UCRAYS

As a valued UC Retirement System member, your experience matters, and UC wants to lean on it to make the UC Retirement At Your Service (UCRAYS) platform easier, clearer and more helpful for you.

So, you're invited to participate in a 30-minute online survey. Tell us what's clear, what's confusing and how we can do better so we can improve the UCRAYS platform ([retirementatyourservice.ucop.edu](http://retirementatyourservice.ucop.edu)).

The online survey is open through March 31. Space is limited, so don't delay.

This chat-style survey feels like a conversation. For some questions, after you submit your response, you'll see how others answered and be asked if you agree with their response.

### Ready to participate?

Join the survey using a smartphone, laptop, tablet or any device that can connect to the internet. Go to [ucnet.universityofcalifornia.edu/shape-ucrays](http://ucnet.universityofcalifornia.edu/shape-ucrays), and at the bottom choose/link to "Retired members survey."

## Approaching age 65? Complete your UC-sponsored Medicare enrollment through UCRAYS

If you are nearing your 65th birthday, it's time to take the next step in your UC retiree benefits by enrolling in a UC-sponsored Medicare plan.

While you may still complete your enrollment using a paper form (UBEN), UC strongly encourages you to use UCRAYS, your secure online portal: [retirementatyourservice.ucop.edu](http://retirementatyourservice.ucop.edu).

UCRAYS is the safest and most reliable way to complete the Medicare enrollment process and ensure your coverage is set up correctly. You can also use UCRAYS to update your address

and phone number, keeping your contact information current.

If you need support accessing or navigating UCRAYS, call the Retirement Administration Service Center (RASC) at 1-888-825-6833 (Monday-Friday, 7 a.m.-4:30 p.m. PT).

If the "Life Event" button is unavailable in UCRAYS during your enrollment window, please submit a paper form to complete your request.

Below is what the "Life Event Change/Assign Medicare" would look like in UCRAYS.

### Retiree Insurance

Your current plan enrollment status and premiums are below.

To make changes to your retiree insurance enrollment **within 31 days** of an eligible life event, including adding or removing a family member, suspending your medical and/or dental plan, or assigning Medicare to your medical plan, please select the Life Event Changes/Assign Medicare button below.

For more information on your retiree health benefits, including eligibility, UC's contribution towards your medical and dental premiums, and Medicare assignment to your UC medical plan, please visit [UCNET](#).

[Life Event Changes/Assign Medicare](#) [Insurance Estimator](#)

## Resources if you are turning 65, Medicare eligible

UC provides several resources to guide you through the Medicare transition (age-in) process.

See the UCnet page "UC coverage and Medicare" at: [ucnet.us/aboutmedicare](http://ucnet.us/aboutmedicare). There are links on this page to the Retirement Administration Service Center (RASC) weekly and monthly presentation.

Additional information from medical plans:

**UC PPO plans** – Visit [ucal.us/medicaresupplement](http://ucal.us/medicaresupplement) and click on "Transitioning to Medicare" in the main menu.

**Kaiser Permanente** – Visit [ucal.us/ksa](http://ucal.us/ksa) and click on "Attend a Kaiser webinar about how this plan works."

**UC Medicare Choice by UnitedHealthcare** – [retiree.uhc.com/uc](http://retiree.uhc.com/uc). Visit during the first quarter of 2026 to review dates and times for the 2026 informational sessions.

## For retirees and covered family members living outside California and turning 64 or older in 2025

UC sponsors the Medicare Coordinator Program (MCP) for retirees and family members who meet certain criteria. The program is administered by Via Benefits. Visit [ucnet.universityofcalifornia.edu](http://ucnet.universityofcalifornia.edu) or [my.viabenefits.com/uc](http://my.viabenefits.com/uc) for more information.

As of January 2026, UC has increased its contribution to the annual Health Reimbursement Arrangement (HRA) for members of the Medicare Coordinator Program through Via Benefits. The annual HRA maximum will increase from \$3,000 to \$4,000 for a retiree, and up to a maximum of \$8,000 for a retiree and their spouse or domestic partner for a joint HRA. These maximums are based on 100% graduated eligibility and full

year of enrollment. Your HRA amount will be adjusted accordingly.

Notification letters about the 2026 HRA increase were sent to members in early October 2025. Members can review their 2026 HRA amount by visiting [my.viabenefits.com/uc](http://my.viabenefits.com/uc) to log in to their account. Prospective members can get estimated HRA amounts by visiting the new tool: [uc.jellyvisioncustom.com/health-reimbursement-arrangement-calculator](http://uc.jellyvisioncustom.com/health-reimbursement-arrangement-calculator)

Visit [ucal.us/medicarecoordinator](http://ucal.us/medicarecoordinator) for:

- Program eligibility details
- The Via Benefits Reference Guide
- Frequently Asked Questions (FAQ)



# CUCEA survey shines a light on the outsized impact of UC emeriti

When many UC faculty retire, they don't quit working.

They continue to teach, research, be creative, receive honors, and serve their campuses and communities. That's the theme of the most recent survey by the University of California Emeriti Associations (CUCEA), which gauges emeriti activity every three years.

"For many years CUCEA has been surveying the activities of retired UC professors," said Joel Dimsdale, Chair of CUCEA, and emeritus professor of psychiatry at UC San Diego. "The surveys reveal a continuing vibrancy and dedication as if we constituted the faculty of a virtual 11th UC campus."

"The number of respondents to the survey, 1,403, exceeds the number of faculty at some campuses in the UC system. And the level of activities reported here would almost surely be competitive with those of any single campus in almost all categories that help fulfill the mission of the University," stated the survey report.

"The commitment of the UC emeriti to continuing their professional scholarship, mentoring, and other service, without being motivated by career advancement issues, is a gift to the citizens of California and to the University of California system," according to the report, which covered emeriti activity in 2021-24.

The survey is an inventory of the activities of the 1,403 emeriti who voluntarily responded (out of more than 6,000 who were contacted). "As such, it represents a lower bound of the actual levels of the activities of all emeriti," stated the study.

When viewed in aggregate, "the work of UC emeriti during this period is equivalent to that of a major university."

The following are some of the survey highlights:

**Teaching and mentoring.** Many emeriti continue to teach in retirement even when they do not receive university funding to do so. In 2021-2024, emeriti taught at least 1,810 courses, with 1,469 for UC and 341 for other institutions. Many also gave guest lectures and seminars, taught local classes for laypersons or participated in online learning. They also continue to play an important role in mentoring, including supervising graduate students and formally guiding junior faculty and undergraduate students.

**Scholarship and publication.** Almost 70 percent of respondents reported that they published at least one article, book chapter or book. Adding up all the categories, emeriti published 6,859 publications in 2021-24. "They continue to pursue their scholarship, go to their labs, go out in the field, and interact with students and colleagues for the excitement and fulfillment this work provides."

**Creative activities in the arts.** More than 1 in 4 respondents said that they had undertaken creative or artistic projects (1,467 total), including visual arts, literary, music/dance, theatrical, and exhibits/shows.

**Participation, leadership in professional associations.** More than 3 out of 4 (1,028) participate in professional associations,

including in leadership positions, editorial board service, reviewing proposals and manuscripts, and serving on committees.

**Campus and community service.** Thirty-six percent (508) contribute to the mission of the university through service to the Academic Senate, UC Office of the President, or their campus, school or department. Forty percent (558) reported doing pro bono work that relied on their expertise. Emeriti serve on boards of directors at museums, libraries, service agencies and non-profit organizations. They are involved in community activities at local, national and international levels, such as advocating environmental protection or working with immigrants. In health care, many were doing volunteer work in community programs and clinics.

**Other professional work.** More than 50 percent (764) worked outside of UC in a professional capacity, including entrepreneurial/business, consulting projects, and advisory boards.

**Health sciences.** Of 334 health sciences emeriti, 57 percent maintained their license during 2021-24, and about 28 percent did clinical work during all or part of the period.

**Honors and recognition.** About 28 percent of surveyed emeriti (392) received at least one professional award and 8 percent (111) received at least one community award. Altogether, emeriti received 670 awards and honors.

**Emeriti giving.** The survey did not ask about charitable giving to UC,

but the UC Office of the President provided data on gifts to UC from emeriti for each of the campuses during 2021-24. In that period, 14,988 unique gifts from emeriti totaled nearly \$136.5 million.

View the full survey report on the CUCEA website at: [www.cucea.org](http://www.cucea.org)

CUCEA is a consortium of emeriti associations of nine UC campuses. (Merced will join eventually as the numbers of emeriti grow and a campus association is formed.) On behalf of UC emeriti, it presses for the protection, improvement and extension of a broad spectrum of benefits, such as good and affordable health care options, appropriate cost-of-living adjustments and enhanced academic privileges.

CUCEA collaborates with the Council of UC Retiree Associations (CUCRA), a parallel organization, which advocates for UC retirees, represents the interests of the individual UC retiree associations, promotes mutually beneficial relationships between the University and its retirees, and supports the teaching, research and service missions of UC.

UC's retiree and emeriti associations and UC Retirement Centers use online communication to interact with retirees and emeriti about services and programs. Go to [ucal.us/retireeconnect](http://ucal.us/retireeconnect) for a list of the associations and centers and contact information.

## Surviving long-haul flights in Economy

Do you love to travel but dread those long flights in economy class? You can ease the primary challenges — tight quarters, monotony and dry cabin air — by packing a personal bag with items for comfort, hygiene, health and entertainment.

Use small packing cubes to organize items for easy access. A personal bag must fit under the seat in front of you, so check your airline's dimension and weight limits. If you choose bulkhead seats for the extra legroom, carry-ons must go in the overhead bins during take-off and landing.

### Comfort

- Clothing – Wear layers that you can easily add or remove to adapt to fluctuating cabin temperatures. Use compression socks to improve circulation and reduce risk of swelling and walk around the cabin each hour when not sleeping.
- Sleep aids – Bring a neck pillow (use the airplane pillow for lumbar support), eye mask,

ear plugs or white noise app, melatonin, and/or prescription sleep aid.

### Hygiene

- Toiletry bag – Pack a small “bathroom” bag with travel-sized toothbrush, toothpaste, floss, deodorant, moisturizer or lotion, lip balm, eye drops, hand sanitizer, and tissues. To prevent or treat illness, bring an N-95 mask, disinfecting wipes, germ-killing nasal spray or swabs, pain/fever reliever, and anti-diarrheal medication. If susceptible to motion sickness, wear acupressure wrist bands or bring medication. If sensitive to air pressure changes, wear “air plug” ear plugs.
- Change of clothing – Minimally, bring an extra shirt, undergarments, and socks, but preferably a pair of pants as well in case of spills or just to refresh.

### Health

- Water bottle/thermos – Consider a collapsible bottle,

or, for keeping hot/cold liquids, a wide-mouth thermos. Most long flights provide hot/cold water in the galley.

- Electrolyte packets – Add electrolyte packets to water to help fight dehydration.
- Healthy snacks – Bring low-sodium, protein-rich snacks. Note: many countries restrict entry of fresh fruit, nuts, and meat, so finish those items before landing.
- Alcohol and caffeine – Limit both substances, as they can worsen dehydration, disrupt sleep and make it harder to adjust to time zone changes.
- Medications – Always bring medications in your carry-on bag. Keep prescription medications in original bottles or bring copies of your prescriptions.

### Entertainment

- Off-line entertainment – If bringing an e-reader, tablet, or laptop: load books, movies, TV shows, and/or music to devices

before traveling in case there is no Wi-Fi.

- Headphones/earbuds (preferably noise-cancelling) – Some newer planes have wireless connections but bring wired devices or a Bluetooth adapter to be safe. Attach a safety strap to earbuds to prevent loss.
- Charger/power bank – Make sure you have a newer model with a safety or wattage label (must be under 100 watts).
- Charging cords – Pack a multi-charging cable cord with USB-C to USB adapter.

A printable packing checklist is available on the UC Retirees Travel website, [cucra.ucsd.edu/travel](http://cucra.ucsd.edu/travel).

*UC Retirees Travel invites retired staff and faculty as well as family and friends to see the world on guided group tours. Visit [cucra.ucsd.edu/travel](http://cucra.ucsd.edu/travel) to see details about upcoming adventures or join the mailing list to receive monthly travel updates. Questions? Email UCRetireesTravel@gmail.com.*

## Digital world continued from page 1

### How UC is working to protect you

The RASC continuously reviews and updates their security protocols to prevent fraud. For example, UC deploys:

- **Multiple safeguards to block fraudulent transactions.**
  - When you make a change online or by phone (to your contact or direct deposit information, for example), you'll receive an immediate confirmation email. **If you didn't make that change, call RASC right away.**
  - Advanced analytics identify potential fraud and unusual patterns in real time.
  - If a transaction raises red flags, you may receive a verification call from a RASC representative. Unsure if the caller is legitimate? Contact RASC directly to confirm.

### Active monitoring for fraudulent websites.

Cybercriminals place deceptive ads in search engine results (like Google and Bing) for terms like “UCRAYS,” linking to fraudulent websites designed to steal usernames and passwords. By staying on top of these threats,

we can respond immediately to ensure fake websites are taken down.

- **Strengthened identity verification.** The RASC is enhancing multi-factor authentication and deploying new verification tools that will work together to block unauthorized access and reduce fraud risk.

UC also provides comprehensive identity protection through Experian for retirees and their dependent children up to 18. Enrollment is automatic, but if you have not set up your account, contact Experian's member services team at 855-797-0052. If Experian cannot find your eligibility record, call the UC Retirement Administration Service Center at the number below. If your account is set up, sign in at: [experian.myfinancialexpert.com/login](http://experian.myfinancialexpert.com/login)

### How you can protect yourself

Keep your login credentials safe by following these three rules:

1. **Set strong passwords.** A strong password doesn't have to be complicated — it just needs to be unique to you. A long

meaningful phrase like “I love my garden in spring,” is often stronger than a short jumble of characters. And if you find it difficult to keep track of multiple passwords, a trusted password manager can help.

#### 2. Think before you click.

Messages that are urgent or emotional, especially those that ask for personal information or money, are red flags. Don't click links or attachments — instead, go directly to the organization's official website for more information. And remember: UC won't ask for your password or other personal information over email, and neither will other legitimate organizations.

#### 3. Verify the source.

- Only enter your username and password on UCRAYS after verifying the URL address is correct: [retirementatyourservice.ucop.edu](http://retirementatyourservice.ucop.edu)
- Check email senders, website URLs, and login pages closely. Look for misspellings, inconsistencies, or anything unusual. When in doubt, don't proceed — report it instead.
- Bookmark websites that you visit often, such as UCRAYS,

to avoid landing on fake pages from malicious ads or search results.

Cyberattacks keep increasing in frequency and complexity, and UC cybersecurity teams work around the clock to mitigate risk and protect UC data. We all have a role to play in protecting ourselves and UC. **Play it safe, and, if you have the slightest suspicion that something may be potentially threatening, report it to the RASC right away.**

Get more tips on protecting your data from the National Cybersecurity Alliance. If you have experienced fraud, please report the incident to the Internet Crime Complaint Center (IC3) managed by the FBI.

UC cannot guarantee that no fraud will ever occur, but we will continue to strengthen controls, monitor emerging threats, and respond appropriately when new risks are identified.

### Contact RASC

1-800-888-8267 (international callers: 1-510-987-0200)

Monday through Friday, 7:00 a.m. to 4:30 p.m. (PT)

# Telling about the “real Rosies”



**Valerie Stoller**

Primary Care Nurse Practitioner  
UC Berkeley

I spent most of my career as a nurse practitioner working with young adults, from inner-city high school students to homeless teens and finally to UC Berkeley students at the Tang Center. I've always loved the energy and enthusiasm of young adults. After retiring in 2014, I focused on writing short fiction.

I visited the Rosie the Riveter Visitor Center in Richmond, California.

Betty Reid Soskin, at the time an 84-year-old National Park Service ranger, gave an inspiring talk on the challenges she and other women of color faced working at the WWII shipyards. (Soskin, who served as a ranger until her retirement at age 100, died on Dec. 21, 2025, at the age of 104). I learned about the Port Chicago naval disaster near Concord, California in 1944, when 200 young Black sailors were killed due to unsafe work loading live ammunition onto ships.

To research my debut novel (*Shipyard Gals*, published last October), I studied the transcribed oral histories of real Rosies at the Visitor Center and at the Bancroft Library at UC Berkeley. The novel includes bits of Thurgood Marshall's speeches during the Port Chicago explosion and subsequent mutiny trial. He served as legal counsel for the NAACP at the time, prior to his tenure as a Supreme Court justice. The late Robert Allen, a Cal professor, wrote the definitive Port Chicago textbook.

I even created a young nurse who worked in the shipyard clinic, at a time when occupational health and safety awareness was just beginning. And, Henry Kaiser, who managed the entire shipyard operation, developed his ideas on employee health and day care for their children that became the Kaiser HMO of today.

## 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](mailto>NewDimensions-L@ucop.edu).

## Access legacy planning resources, on your own schedule

Planning for the future — and for the peace of mind of those you care about — remains one of the most meaningful steps retirees can take. That's why UC's "Confident Retiree: Legacy Planning – Peace of Mind for You and Your Loved Ones" webinar series can be a valuable resource for UC retirees and their families.

With strong participation across the UC retiree community, more than 1,000 retirees and family members have already attended Parts 1 and 2. If you haven't tuned in yet — or want to revisit the content — now is a good time to explore the online recordings and resources at your convenience.

The first two webinars in the series offer practical, actionable guidance:

### Part 1: Estate Planning Essentials — Preserving Your Savings for Future Generations

Introduces foundational estate planning topics, including key legal documents and the steps to begin creating or updating your plan.

- View the Part 1 slide deck: [tinyurl.com/UCpreservesavings](http://tinyurl.com/UCpreservesavings)

### Part 2: Getting Your Affairs in Order — Essential Planning for Peace of Mind

Focuses on organizing important documents, reviewing beneficiary designations and helping

loved ones more easily access what they may need later.

- View the Part 2 slide deck: [tinyurl.com/UCorganizeaffairs](http://tinyurl.com/UCorganizeaffairs)
- View the Part 2 recording: [tinyurl.com/UCpt2recording](http://tinyurl.com/UCpt2recording)

In addition to the webinars, UC has also developed practical planning checklists for retirees and survivors:

- Survivor Checklist — Guides loved ones through essential steps for accessing UC benefits and important resources when the time comes: [tinyurl.com/UCsurvivorchecklist](http://tinyurl.com/UCsurvivorchecklist)
- "Organizing Your Affairs" Checklist for Retirees — Helps you gather, record and update key information, making it easier for you now and clearer for others later: [tinyurl.com/UCorglist](http://tinyurl.com/UCorglist)

### Looking Ahead: Part 3

The final installment — **Part 3: Assessing UC Benefits and More: Essential Steps for Survivors and Beneficiaries of UC Retirees** — will build on the foundation of Parts 1 and 2 with guidance specifically for surviving spouses, partners and loved ones. Keep an eye out for registration details at: [myucretirement.com/webinars/overview](http://myucretirement.com/webinars/overview)

## New Dimensions

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Vice President, Systemwide Human Resources and Chief Human Resources Officer: Dianna E. Henderson

Senior Director, Internal Communications: Paul Schwartz

Editors: Andy Evangelista, Wendy Welsh

Design: José Pantoja

## Comments/Questions/ Share Your Story

### Email:

[NewDimensions-L@ucop.edu](mailto>NewDimensions-L@ucop.edu)

## Make the most of UCRAYS

Go to [retirementatyourservice.ucop.edu](http://retirementatyourservice.ucop.edu) to:

- Manage your benefits — Check your pension, enroll in direct deposit and more.
- Stay connected — Share your email with your local retiree center (go to "Edit profile," then "Communication preferences").
- Go green — Sign up for *New Dimensions* by email (go to "Edit profile," then "Communication preferences").

Make sure to enable enhanced security features to protect your account! Go to [ucal.us/ucraysiafaq](http://ucal.us/ucraysiafaq) for details.

## Get involved

- Share your email with your local retiree center on UCRAYS or go to [ucal.us/retireeconnect](http://ucal.us/retireeconnect) to find a center or retiree or emeriti association near you.

## Follow UC news

Go to [ucal.us/retiree](http://ucal.us/retiree) for the latest news and benefits updates.

## RASC: WE'RE HERE FOR YOU

[rasc.universityofcalifornia.edu](http://rasc.universityofcalifornia.edu)

1-800-888-8267  
Weekdays, 7 a.m. - 4:30 p.m., PT  
UCRAYS help: Option 1

Survivors and beneficiaries  
1-888-825-6833

## Healthier you continued from page 1

protect your long-term health. If you're due for a screening — or not sure when to get checked — talk to your health care provider.

### Preventive care versus diagnostics — know how they're covered

Preventive care includes routine checkups and screenings — like a mammogram or colonoscopy — to catch health issues early or prevent them altogether. These services are typically covered 100%.

Diagnostic care is used when you're experiencing symptoms and your doctor needs to find out what's wrong. The same tests may be used, but when done for diagnosis — like a mammogram for a breast lump or a colonoscopy for abdominal pain — they're considered diagnostic and are covered according to your plan's benefits.

This means you may need to meet your plan's deductible and pay a copay or coinsurance.

### Small steps to make a big difference

1. Schedule your Medicare yearly "Wellness" visit if you haven't already done so. It's your opportunity to check in on your health with screenings and a personalized health plan. And best of all, Medicare covers 100% of the cost.
2. Review what's covered in a Medicare yearly "Wellness" visit at: [www.medicare.gov/coverage/yearly-wellness-visits](http://www.medicare.gov/coverage/yearly-wellness-visits)
3. Get up to speed on the CDC's vaccine recommendations at: [www.cdc.gov/vaccines/imz-schedules/adult-easyread.html](http://www.cdc.gov/vaccines/imz-schedules/adult-easyread.html)

If you need help finding a provider or scheduling an appointment, your health plan's member services can assist you in locating a provider near you and scheduling appointments.

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OF  
CALIFORNIA Human  
Resources

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

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## Are you moving?

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

## Access your 2025 retirement benefits tax statement

If you haven't accessed or received your 2025 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 UCRAYS account at [retirementatyourservice.ucop.edu](http://retirementatyourservice.ucop.edu). Go to "Benefit Payments & Taxes" and choose "Tax Statements." For security purposes, you will be sent an email when you view your statement(s). You will also be required to verify your identity by entering a one-time 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.

- Though the deadline to request electronic delivery of your 2025 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."

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.



**We're fighting for a better future**

The UC Advocacy Network is a grassroots community of 70,000 advocates fighting for the issues that matter most to our UC community. Will you join us?

Text "UCAN" to 57294 or visit [ucan.us/ucanjoin](http://ucan.us/ucanjoin)

