



This week, we're highlighting **Life and Disability Insurance** benefits, which provide vital financial protection for you and your loved ones in case of unexpected events.

Now is a perfect time to review your current elections and update your beneficiaries. Simply log in to [UBenefits](#) and select "View Your Benefits" to ensure your elections and beneficiary information are accurate and up to date.

Life Insurance

- To view changes available during Open Enrollment, visit our [Life Insurance page](#) and select the Open Enrollment dropdown.
- To see changes available anytime, visit our [Life Insurance](#) page and select the Life Insurance Information dropdown.

Disability

- Apply anytime using [The Standard's Medical History Statement](#)
- For more information visit our [Disability page](#)

Accidental Death & Dismemberment (AD&D)

- Apply anytime through [UBenefits](#)
- Visit our [AD&D page](#) for more information

Stay tuned for upcoming emails on important Open Enrollment updates, including:

- A new Health Plan option
- A new Prescription Drug Administrator
- A new Employee Assistance Plan provider

Visit our [Open Enrollment](#) page to access previous emails and our weekly OE email calendar.

Regards,

University of Utah Human Resource Management (UHRM)