



University of Utah Human Resource Management

250 E. 200 S. Suite 125, Salt Lake City, Utah 84111

Dear University of Utah Employee,

Open Enrollment is coming up May 1 – 31, 2026. This is your opportunity to review and update your benefits for the new plan year **beginning July 1, 2026.**

During Open Enrollment, you can:

- Make changes to your current health plan elections
- Add or remove dependents
- Enroll in a flexible spending account
- Explore new benefit options

To help you prepare, we'll be sending weekly emails highlighting important information, including:

- New Short-Term Disability waiting period options (30, 60, or 90 days)
- Life Insurance with Long-Term Care Special Enrollment
- Open Enrollment informational webinars
- Other key Open Enrollment details

This is also a great time to review and update your beneficiaries. You can check your current life insurance beneficiaries and benefit elections anytime in UBenefits by selecting “View Your Benefits.”

This year, we'll also be sharing tips on how you can save on healthcare costs. If you have a strategy or example that has worked well for you, we'd love to hear it—please email us at AskHR@utah.edu.

Keep an eye out for our next emails!

Wishing you health and wellness,
University of Utah Human Resource Management (UHRM)