Today marks the annual celebration to honor the important work that trustees, benefits administrators and professional advisors do on behalf of America’s workforce. The International Foundation of Employee Benefit Plans created the day to provide a vehicle for better educating employees about benefits topics.

We salute our employer, the University of Alabama, for offering a comprehensive benefits package which enhances the total compensation for our faculty and staff. To celebrate, we're officially launching this brand new, quarterly benefits newsletter - Benefits Beat! The newsletter is designed to help our employees keep their finger on the pulse of benefits at UA.

Wellness and Work-Life Award
The American Heart Association recognizes The University of Alabama for workforce well-being.

UA received national silver level recognition for commitments to employee health and well-being as measured in the Association's 2022 Workforce Well-being Scorecard.

Disease Management Programs

*The following programs are only available to eligible employees and dependents enrolled in UA's health plans with a diagnosis of prediabetes, diabetes and/or hypertension.*
Lark Health

New voluntary digital health program provided at no additional cost to you. Lark helps prevent or manage chronic conditions such as hypertension, prediabetes and diabetes. Participants receive a free wireless scale, plus wireless blood sugar meter OR wireless blood pressure monitor.

Virta for Type 2 Diabetes

Research-backed treatment that reverses type 2 diabetes through a combination of nutritional ketosis, medical supervision, and health coaching. Virta helps reduce blood sugar and A1c, eliminate medications, and lose weight by using food as medicine.

Your FSA Summer Essentials

Summertime will be here soon! For many employees, summer means vacations, backyard barbecues, and lots of time spent in the great outdoors. It may surprise you to learn that many summer fun products are FSA-eligible, including:

- Sunscreen SPF 15+ with broad-spectrum UVA and UVB protection,
- Aloe Vera Gel,
- Prescription Sunglasses,
- Bug Bite Care, including anti-itch creams,
- Bandages and First Aid Items,
- Shoe Insoles and Orthotics,
- Motion Sickness Medication, and more

Did you know summer day camps are also FSA-eligible? Yes!

Under IRS guidelines, you can pay for a child up to 13 years old to attend a day camp as a work-related expense with your dependent care FSA as long as it allows you or your spouse to be gainfully employed or look for work.
Free, Confidential Counseling Services

Uprise Health

EAP benefits are available to all employees and their families at NO COST. The Uprise Health EAP offers confidential advice, support, and practical solutions to real-life issues, including financial help, legal services, child/parenting services, adult/eldercare services, and more.

Educational Tuition Benefit

Deadline to apply for summer courses is June 2

The University offers an educational tuition benefit to all regular, full-time and part-time employees and their eligible spouses and unmarried, dependent children up to the age of 26. Admission to UA is required.

Only one application form is required per academic year, so if you've already received the benefit for Fall 2022 or Spring 2023 then you do not need to reapply to receive the tuition benefit this summer.

The deadline to apply corresponds to the 'Last Day to Add a Course or Drop a Course Without a Grade of “W” for the Full Term' per the University Registrar’s Academic Calendar - June 2, 2023 for the full summer term.

Submit Your Educational Benefit Application Form

Benefits Highlight

24/7 On-Demand Telemedicine

Teladoc uses phone and video technology to provide remote, medical care for acute, non-emergency illnesses. The cost per Teladoc visit is $55 before
the calendar year deductible is met for employees and dependent(s) enrolled in a UA health plan. Call 1-855-477-4549 for additional information.