

# Benefits Checklist

**TOTAL REWARDS**  
HUMAN RESOURCES  
UNIVERSITY OF ROCHESTER

OPEN ENROLLMENT 2025

OCTOBER 2024

Please check off each item to ensure you've made all necessary 2025 Open Enrollment elections.

Plan	Location for Enrollment	Important Information
<input type="checkbox"/> <b>Health</b>	HRMS > Main Menu > Self Service > Benefits > Benefits Enrollment	<ul style="list-style-type: none"> <li>Current elections roll over.</li> <li>Remember to enroll your dependents.</li> <li>Any new enrollments or changes must be made by 10/30/2024.</li> </ul>
<input type="checkbox"/> <b>Dental</b>	HRMS > Main Menu > Self Service > Benefits > Benefits Enrollment	<ul style="list-style-type: none"> <li>Current elections roll over.</li> <li>Remember to enroll your dependents.</li> <li>Any new enrollments or changes must be made by 10/30/2024.</li> </ul>
<input type="checkbox"/> <b>HSA</b>	HRMS > Main Menu > Self Service > Benefits > Benefits Enrollment	<ul style="list-style-type: none"> <li>Current elections <b>do not</b> roll over.</li> <li>Enrollment and changes are permitted throughout the plan year.</li> <li>Employees eligible for UR seed contribution: <ul style="list-style-type: none"> <li>Certify during OE to receive the full seed amount.</li> <li>Elections made during Open Enrollment are effective 1/1/25</li> </ul> </li> </ul>
<input type="checkbox"/> <b>FSA</b>	HRMS > Main Menu > Self Service > Benefits > Benefits Enrollment	<ul style="list-style-type: none"> <li>Current elections <b>do not</b> roll over. <ul style="list-style-type: none"> <li>Health Care FSA (benefit-eligible employee not contributing to an HSA Bank account)</li> <li>Limited Purpose FSA (enrolled in HSA plan and contributing to HSA Bank account)</li> <li>Dependent Care FSA (daycare expenses for tax-dependent child under 13 or tax-dependent adult)</li> </ul> </li> <li>Any new enrollments or changes must be made by 10/30/2024.</li> </ul>
<input type="checkbox"/> <b>VSP Vision Care</b>	HRMS > YOURBenefitsExtras.com > Vision Care	<ul style="list-style-type: none"> <li>Current elections roll over.</li> <li>Any new enrollments or changes must be made by 10/30/2024.</li> </ul>
<input type="checkbox"/> <b>MetLife Legal Plan</b>	HRMS > YOURBenefitsExtras.com > Legal Services	<ul style="list-style-type: none"> <li>Current elections roll over.</li> <li>Any new enrollments or changes must be made by 10/30/2024.</li> </ul>
<input type="checkbox"/> <b>Life Insurance</b>	HRMS > Securian Financial	<ul style="list-style-type: none"> <li>Current elections roll over.</li> <li>Any new enrollments or changes must be made by 10/30/2024.</li> </ul>
<input type="checkbox"/> <b>Allstate Identity Protection</b>	HRMS > YOURBenefitsExtras.com > Identity Theft Protection	<ul style="list-style-type: none"> <li>Current elections roll over.</li> <li>Enrollment and changes are permitted throughout the plan year.</li> </ul>









# Benefits Vendors

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Use the information below to quickly connect with the vendor designated for a specific benefit.

Benefit	Contact Information
 <b>Health and Dental Coverage</b>	<b>Excellus</b> (800) 659-2808 EROC.SelectDedicated@excellus.com www.excellusbcbs.com/ur
 <b>Flexible Spending Accounts</b>	<b>Lifetime Benefit Solutions</b> (585) 273-7128 www.lifetimebenefitsolutions.com
 <b>Health Savings Accounts</b>	<b>HSA Bank</b> (866) 471-5940 www.hsabank.com/hsabank/members
 <b>Vision Coverage</b>	<b>VSP</b> (888) 935-9595 customerservice@corestream.com www.yourbenefitsextras.com
 <b>Life Insurance</b>	<b>Securian Financial</b> (800) 941-2192 lifebenefits@securian.com www.lifebenefits.com
 <b>Pharmacy Coverage</b>	<b>Navitus</b> (833) 210-5965 www.navitus.com
 <b>Legal Coverage</b>	<b>MetLife Legal</b> (888) 935-9595 customerservice@corestream.com www.yourbenefitsextras.com
 <b>Identity Protection</b>	<b>Allstate</b> (888) 935-9595 customerservice@corestream.com www.yourbenefitsextras.com

More information is available on the Total Rewards website, [rochester.edu/totalrewards](https://rochester.edu/totalrewards).  
Call the Office of Total Rewards at (585) 275-2084 to request a copy to be mailed at no charge.

