

# Benefits Checklist



University  
of Rochester

OPEN ENROLLMENT 2026

OCTOBER 2025

Please check off each item to ensure you've made all necessary 2026 Open Enrollment elections.

Plan	Location for Enrollment	Important Information
<input type="checkbox"/> <b>Health</b>	<i>myURHR Workday &gt; My Tasks &gt; Open Enrollment Change &gt; Let's Get Started</i>	<ul style="list-style-type: none"> <li>• Current elections roll over.</li> <li>• Remember to enroll your eligible dependents.*</li> <li>• Any new enrollments or changes must be made by 11/10/2025.</li> </ul>
<input type="checkbox"/> <b>Dental</b>	<i>myURHR Workday &gt; My Tasks &gt; Open Enrollment Change &gt; Let's Get Started</i>	<ul style="list-style-type: none"> <li>• Current elections roll over.</li> <li>• Remember to enroll your eligible dependents.*</li> <li>• Any new enrollments or changes must be made by 11/10/2025.</li> </ul>
<input type="checkbox"/> <b>HSA</b>	<i>myURHR Workday &gt; My Tasks &gt; Open Enrollment Change &gt; Let's Get Started</i>	<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>• Must enroll in the UR Health Savings ER Contribution Plan during Open Enrollment to receive the UR funding.</li> <li>• Elections made during Open Enrollment are effective 1/1/2026</li> </ul> </li> </ul>
<input type="checkbox"/> <b>FSA</b>	<i>myURHR Workday &gt; My Tasks &gt; Open Enrollment Change &gt; Let's Get Started</i>	<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 11/10/2025.</li> </ul>
<input type="checkbox"/> <b>VSP Vision Care</b>	<i>YOURBenefitsExtras.com &gt; Benefits &gt; Vision Care</i>	<ul style="list-style-type: none"> <li>• Current elections roll over.</li> <li>• Any new enrollments or changes must be made by 11/10/2025.</li> </ul>
<input type="checkbox"/> <b>MetLife Legal Plan</b>	<i>YOURBenefitsExtras.com &gt; Benefits &gt; Legal Services</i>	<ul style="list-style-type: none"> <li>• Current elections roll over.</li> <li>• Any new enrollments or changes must be made by 11/10/2025.</li> </ul>
<input type="checkbox"/> <b>Life Insurance</b>	<i>myURHR Workday &gt; Benefits and Pay &gt; Suggested Links &gt; Securian Financial Life Insurance</i>	<ul style="list-style-type: none"> <li>• Current elections roll over.</li> <li>• Any new enrollments or changes must be made by 11/10/2025.</li> </ul>

More information is available on the Total Rewards website, [rochester.edu/totalrewards](https://rochester.edu/totalrewards).

\*For information on eligible dependents, please visit <https://uofr.us/dependents>.

Call the Office of Total Rewards at (585) 275-2084 to request a copy to be mailed at no charge.

# 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> (866) 634-6508 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

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